



JANUARY

Aerobic Class Schedule

Dates, classes, and times are subject to change.

MONDAY	7:00 a.m. 8:00 a.m. 9:00 a.m. 3:00 p.m. 4:00 p.m. 6:00 p.m.	Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Linda Margheim Tai Chi Workshop with Ray Korda (Begins Jan 21 st .) 'BACK' To Basics (Core-Balance-Strength-Flexibility) w/Joy Tkach Zumba Toning™ with Shiri Briseno
POOL CLASSES	8:30 a.m. 9:30 a.m.	Aqua Aerobics with Suzy Furlong Aqua Aerobics with Suzy Furlong
TUESDAY	8:00 a.m. 9:00 a.m. 4:00 p.m. 6:00 p.m.	50 + Endurance Circuit with Joy Tkach Beat To Beat Yoga For Golfers with Kathy DeFreitas The After-Work-Out with Janice Middlemore
POOL CLASSES	10:15 a.m. 11:15 a.m.	Arthritis Aquatics with Deb Korda LIQUID STRENGTH with Joy Tkach
WEDNESDAY	7:00 a.m. 8:00 a.m. 9:00 a.m. 4:00 p.m. 5:00 p.m.	Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Linda Margheim 'BACK' To Basics (Core-Balance-Strength-Flexibility) w/Joy Tkach 20-20-20 CARDIO POWER WORKOUT w/ Janice Middlemore
POOL CLASSES	8:30 a.m. 9:30 a.m.	Aqua Aerobics with Toni Ristich Aqua Aerobics with Toni Ristich
THURSDAY	8:00 a.m. 9:00 a.m. 3:30 p.m. 4:30 p.m. 6:00 p.m.	50 + Endurance Circuit with Joy Tkach Beat To Beat YOGA OVER 50 with Kathy DeFreitas Zumba Toning™ with Shiri Briseno (1 ½ Hour Class) The After-Work-Out with Janice Middlemore
POOL CLASSES	10:15 a.m. 11:15 a.m.	Arthritis Aquatics with Deb Korda LIQUID STRENGTH with Joy Tkach
FRIDAY	8:00 a.m. 9:00 a.m.	Power Pump with Marie Morrell Zumba with Shiri Briseno
POOL CLASSES	8:30 a.m. 9:30 a.m.	Aqua Aerobics with Suzy Furlong Aqua Aerobics with Suzy Furlong
SATURDAY	8:00 a.m. 9:00a.m.	Zumba with Shiri Briseno Cardio Mix with Fran Romero
POOL CLASS	10:15 a.m.	AQUA ZUMBA w/Fran Romero

CLASS DESCRIPTIONS

AFTER-WORK-OUT: Energize your mind and body after a long workday with a class offering variety, challenge, and fun! The constantly changing mix of cardiovascular and resistance training techniques will keep your workout from becoming a mental or physical rut. Class formats will include boot-camps, Pump Iron with cardio intervals, strength/cardio circuits, skill drills, and a variety of other challenges that will change your body, give you a fun workout, and keep you coming back for more.

ARTHRITIS AQUATICS: This class was developed for those who need gentle, low impact exercise. The focus is on moving every joint in the body, increasing range of motion, flexibility and strength. Balance improving exercises are also included.

AQUA AEROBICS: Aqua Aerobics is a fun way to increase heart rate and tone muscles without impact to joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoys, noodles, paddles, elastic bands, and ½ logs are used to improve muscle and core strength.

AQUA ZUMBA: Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief

‘BACK’ TO BASICS (CORE-BALANCE-STRENGTH-FLEXIBILITY): This class will incorporate ½ hour of balance and strength techniques for back and core using the latest equipment to strengthen and stabilize muscles. The second ½ hour is stretching and working on lengthening stiff sore muscles, opening and lubricating joints.

BEAT TO BEAT: A dance fusion based class where you can experience the joy of moving to music while improving your fitness and burning 300 - 500 calories. Beat To Beat is designed for all fitness levels whether or not you are a new or an experienced dancer!

CARDIO MIX: The Cardio Mix Class offers a variety of high-low, step, dance, and interval training. To complete this class we add full body and core strength training along with flexibility and balance.

LIQUID STRENGTH: isn't your typical aqua aerobics workout. This is fitness training utilizing the resistant of water and tools such as noodles, buoys, bands, and ½ logs. We will emphasize strengthening muscles, joint range of motion, and balance. This is a moderate level class although intensity is determined by the individual. If you're looking to move to the next level after rehab or arthritis this is the appropriate class to help you get your body going.

POWER PUMP: PowerPump is a low impact workout that utilizes weight lifting techniques choreographed to music. It incorporates weight training principles that target all the major muscle groups to improve muscular strength and endurance. Modifications can be made for members with joint or muscle issues.

STABILITY BALL: Improve strength and endurance and have a ball doing it. This ball class will condition and strengthen the muscles in your entire body, and will improve balance, stability & core strength.

SUNRISE STRETCH: Start your day with a rejuvenating head-to-toe stretch. Both dynamic and static stretch techniques are incorporated during our class. This workout will gently stretch and lengthen muscles, enhance joint range of motion, improve flexibility, balance, and circulation. This is an ideal class for our members who play golf and racquet sports as well as those desiring to improve their overall range of motion for daily life.

TAI CHI: Tai Chi is an ancient Chinese system of exercise/meditation, which increases breathing capacity, circulation, and greatly improves balance. Low impact and excellent for all ages.

YOGA FOR GOLF AND SPORT: This unique new class is for Golfers and Athletes. Trying to swing a golf club with a sore back invites pain, stiffness and high scores. So many individuals have turned to yoga to improve their game because it increases muscle strength, flexibility and gently conditions the body after injury.

YOGA OVER 50: This unique class is for active adults over 50. Learn how Yoga can improve strength, flexibility & joint health, relieve lower back pain, lower blood pressure and increase over-all energy levels. No experience necessary

ZUMBA: Zumba is a Latin dance derivative of traditional aerobics with a moderate cardio workout level. This class is choreographed with various dance music, which makes it fun to work out! Zumba Toning – the same fun class only some segments will incorporate light weights.

50 + ENDURANCE CIRCUIT: This class will feature alternating cardio and strength combinations. 1-minute at each station w/30 sec. transitions. The instructor will help participants move through the stations. Each station will have a card describing the exercise to be performed. This is a quick moving class where participants can control the intensity. Progressions or modifications will be provided as needed. This workout is a high calorie burner...Come melt away that extra fat!

20-20-20 CARDIO POWER WORKOUT: *Come to a fabulous cardio workout where the format changes every 20 minutes! You will never get bored, and your body will never fall into a workout rut. This is your chance to try a new style of aerobics, including basic step routines, zumba, kickboxing, high-low cardio, tabatas, and bootcamp. Join us after a long day of work to increase your cardiovascular endurance with different routines, create some variety in your workout, meet new people, and have fun!*