



# JUNE

## Aerobic Class Schedule

*Dates, classes, and times are subject to change.*

<b>MONDAY</b>	7:00 a.m. 8:00 a.m. 9:00 a.m. 3:00 p.m. 4:00 p.m. <b>5:00 p.m.</b> 6:00 p.m.	Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Linda Margheim Tai Chi with Ray Korda (Begins July 1 <sup>st</sup> -Aug. 5 <sup>th</sup> ) Pilates Mixer w/Joy Tkach <b>(NEW CLASS)</b> <b>The After-Work-Out with Janice Middlemore (NEW DAY)</b> Zumba Toning™ with Shiri Briseno
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<b>Aqua Aerobics with Suzy Furlong</b> <b>Aqua Aerobics with Suzy Furlong</b>
<b>TUESDAY</b>	<b>8:00 a.m.</b> 9:00 a.m. <b>4:00 p.m.</b> <b>5:00 p.m.</b>	<b>Not Your Grandma's Workout with Joy Tkach (NEW CLASS)</b> Beat To Beat <b>Yoga For Golf &amp; Sport with Kathy DeFreitas</b> <b>Cardio Power Workout with Janice Middlemore (NEW DAY)</b>
<b>POOL CLASSES</b>	10:15 a.m. 11:15 a.m.	<b>Arthritis Aquatics with Deb Korda</b> <b>Liquid Strength with Joy Tkach</b>
<b>WEDNESDAY</b>	7:00 a.m. 8:00 a.m. 9:00 a.m. <b>4:00 p.m.</b> <b>5:00 p.m.</b>	Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Linda Margheim <b>Pilates Mixer w/Joy Tkach (NEW CLASS)</b> <b>The After-Work-Out with Janice Middlemore (NEW DAY)</b>
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<b>Aqua Aerobics with Toni Ristich</b> <b>Aqua Aerobics with Toni Ristich</b>
<b>THURSDAY</b>	<b>8:00 a.m.</b> 9:00 a.m. <b>3:30 p.m.</b> 4:30 p.m.	<b>Not Your Grandma's Workout with Joy Tkach (NEW CLASS)</b> Beat To Beat <b>YOGA OVER 50 with Kathy DeFreitas</b> Zumba Toning™ with Shiri Briseno (1 ½ Hour Class)
<b>POOL CLASSES</b>	10:15 a.m. 11:15 a.m.	<b>Arthritis Aquatics with Deb Korda</b> <b>Liquid Strength with Joy Tkach</b>
<b>FRIDAY</b>	<b>8:00 a.m.</b> 9:00 a.m.	<b>POWER FIT CROSS-TRAINING w/ Janice Middlemore/Marie Morrell</b> Zumba with Shiri Briseno
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<b>Aqua Aerobics with Suzy Furlong</b> <b>Aqua Aerobics with Suzy Furlong</b>
<b>SATURDAY</b>	8:00 a.m. 9:00a.m.	Zumba with Shiri Briseno Cardio Mix with Fran Romero
<b>POOL CLASS</b>	<b>8:00 a.m.</b>	<b>AQUA ZUMBA w/Fran Romero <u>NEW TIME FOR SUMMER ☺</u></b>

## 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

**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.

**CARDIO POWER WORKOUT:** *Come to a fabulous cardio workout that offers different cardio formats! You will never get bored, and your body will never fall into a workout rut. This is your chance to try a variety of different styles 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!*

**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.

**NOT YOUR GRANDMA'S WORKOUT:** This is a great class for all levels of fitness and will incorporate the use of a chair with varying equipment such as balance discs, bands, free weights, weighted balls, and much more. Progressions and modifications will be provided so all participants can get a great workout regardless of their fitness ability. We will focus on strength and balance in and around the chair, incorporating seated resistance work, standing balance, and strength.

**PILATES MIXER:** This workout is a classic blend of Mat Pilates, Yoga, and TheraBands. It is a total body workout with emphasis on strength, core, and balance. We will focus on resistance work by isolating muscles using body weight and TheraBands, as well as using a mat for floor work; moving from standing postures to the floor and back again. This is a great class for anyone who plays sports or is just looking to get strong and flexible.

**POWER FIT CROSS-TRAINING: (NEW CLASS)** *Power Fit Cross Training is a high energy bootcamp style class that will incorporate principles of power, strength, plyometrics, speed, and endurance to improve your overall level of fitness. Instructors will progress/modify as needed.*

**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.