

FEBRUARY 2015

Aerobic Class Schedule

Dates, classes, and times are subject to change.

MONDAY	6:00 a.m. 7:00 a.m. 8:00 a.m. 9:00 a.m. 3:00 p.m. 4:00 p.m.	INTERVAL EXPRESS w/Janice Middlemore (40 min) Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite Tai Chi with Ray Korda (<i>Resumes February 2, 2015</i>) Core and More with Janice Middlemore
POOL CLASSES	8:30 a.m. 9:30 a.m.	Aqua Fit with Suzy Furlong Liquid Strength with Suzy Furlong
TUESDAY	6:00 a.m. 8:00 a.m. 9:00 a.m. 3:30 p.m. 4:30 p.m. 5:30 p.m.	R.I.P.P.E.D w/Shiri Briseno (NEW CLASS) B.O.A.S.T. with Stacey Graustein Beat To Beat Yoga Over 50 with Kathy DeFreitas PILATES with Mary Houghton Zumba™ with Laura Pierce
POOL CLASSES	10:15 a.m.	Arthritis Aquatics with Deb Korda
WEDNESDAY	6:00 a.m. 7:00 a.m. 8:00 a.m. 9:00 a.m. 4:00 p.m.	INTERVAL EXPRESS w/Janice Middlemore (40 min) Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite Core and More with Janice Middlemore
POOL CLASSES	8:00 a.m. 9:00 a.m.	Aqua Fit with Toni Ristich Y.E.S. with Toni Ristich
THURSDAY	6:00 a.m. 8:00 a.m. 9:00 a.m. 3:30 p.m. 4:30 p.m. 5:30 p.m.	R.I.P.P.E.D w/Shiri Briseno (NEW CLASS) B.O.A.S.T. with Stacey Graustein Beat To Beat YOGA OVER 50 with Kathy DeFreitas PILATES with Mary Houghton Zumba™ with Laura
POOL CLASSES	10:15 a.m.	Arthritis Aquatics with Deb Korda
FRIDAY	7:00 a.m. 8:00 a.m. 9:00 a.m.	Sunrise Stretch with Janice Middlemore Power Pump with Janice Middlemore Zumba Toning™ with Shiri Briseno
POOL CLASSES	8:30 a.m. 9:30 a.m.	Aqua Fit with Suzy Furlong Liquid Strength with Suzy Furlong
SATURDAY	8:00 a.m. 9:00 a.m.	Zumba Toning™ with Shiri Briseno Cardio Mix with Fran Romero/Olivia McCarty

CLASS DESCRIPTIONS

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. You do not need to know how to swim to participate.

AQUA FIT: Aqua Fit 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.

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!

B.O.A.S.T = Balance + Overload + Abdominal + Strength + Training. 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.

B.O.A.S.T ON THE BALL: In this class we will combine the best of B.O.A.S.T. training with the challenge of a Stability Ball class. All work will be done seated on the ball or chair, the choice is yours! This is a great class for all levels of fitness and will incorporate varying equipment such as 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. This all inclusive total body workout will focus on core strength, muscular endurance, flexibility, and balance in and around the chair and stability ball.

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.

CORE AND MORE: Finish up your afternoon with this great combination of strengthening and stretching exercises. Core and More will provide you with a variety of moves to strengthen your abdominal and back muscles, while challenging you to improve balance and coordination. Weights, resistance bands, stability balls, and other tools will be used to provide effective and efficient combinations of movements, for building core endurance and improving posture. We will end class with deep stretching and relaxation, sending you home feeling refreshed and making your day complete.

INTERVAL EXPRESS: Start your morning with a high intensity cardio class that only lasts 40 minutes. This *express* class uses Tabatas, interval training and other HIIT techniques to increase strength and endurance. Members can easily fit this class into their busy morning schedule and feel great for the rest of the day! **NEW CLASS – GET IN, GET A GREAT WORKOUT, GET OUT** in 40 minute!

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.

PILATES: Pilates exercise is an excellent method to strengthen core muscles, as well as align the body. In this class we will be performing exercises that will challenge and balance your whole body. You will learn Pilates breathing and body awareness. Modifications and progressions can easily be made for participants regardless of their level of fitness or experience. The exercises you will learn are a great tool to help you stay fit at home or while on vacation.

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.

R.I.P.P.E.D TRAINING: is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency, and challenge in each and every class. It is plateau proof because each component of the workout provides a uniquely different emphasis or system response so your body never gets accustomed to it. This workout masterfully combines the components of Resistance, Intervals, Power, Plyometrics, & Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective for any age and fitness level. This class gets you in, out, and on with your day having burned 750-1,000 calories.

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.

Y.E.S. AQUATICS: is all about improving your overall strength, balance, and the way your body functions, looks, and feels. This class will focus on aqua based yoga postures and multi-dimensional Pilates exercises; balancing strength with flexibility, leading to an improvement in posture and body awareness. We will not be utilizing speed to increase your heart rate but we will be working hard. We will emphasize control and focus, training the brain and body to work as one allowing participants to feel challenged yet successful. You do not need to know how to swim to participate.

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 TONING: 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.