

CLASS SCHEDULE

(JANUARY-FEBRUARY-MARCH)

Monday	Tuesday	Wednesday	Thursday	Friday
 7:30am-8:00am Step Aerobics Debbie Bennett	 6:30am-7:30am Sunrise Bootcamp Argel Cardoniga	 6:00am-7:00am Indoor Cycle Argel Cardoniga	 6:30am-7:30am Sunrise Bootcamp Bridgette Strong	 7:00am-8:00am Yoga Andrea Dill
 8:00am-9:00am Power Circuit Bridgette Strong	 8:00am-9:00am Indoor Cycle Debbie Bennett	 7:00am-8:00am Vinyasa Yoga Susan Chapman	 8:00am-9:00am Pound Bridgette Strong	 8:00am-9:00am Sculpt Debbie Bennett
 9:00am-9:45am Stretch & Mobility Debbie Bennett	 8:00am-9:00am Sculpt Gwen Dignadice	 8:00am-9:00am Toning with Tunes Bridgette Strong	 8:00am-9:00am Mat Pilates Gwen Dignadice	 9:00am-9:45am Stretch & Mobility Debbie Bennett
 9:30am-10:30am Aqua Fitness Leslie Shirakata	 9:00am-10:00am Mat Pilates Debbie Bennett	 9:00am-10:00am Cardio Strength Deidre Jaramillo	 9:00am-10:00am Power Circuit Bridgette Strong	 9:30am-10:30am Aqua Fitness Leslie Shirakata
 10:00am-11:00am Core Sculpt Deidre Jaramillo	 9:30am-10:30am Aqua Fitness Robin Padelford	 9:30am-10:30am Aqua Fitness Leslie Shirakata	 9:30am-10:30am Aqua Fitness Robin Padelford	 10:00am-11:00am BarreFusion Ruth Stanke
 11:00am-12:00pm Tai Chi Dmitry Prosvirov	 10:00am-11:00am Sit to Be Fit Deidre Jaramillo	 10:00am-11:00am Flex & Stretch Deidre Jaramillo	 10:00am-11:00am Sit to Be Fit Deidre Jaramillo	 11:00am-12:00pm I Can Dance! Deidre Jaramillo
 12:00pm-1:00pm Zumba Gold Annette Bloor	 11:00am-12:00pm Balance & Mobility Deborah Howard	 11:00am-12:30pm Tai Chi Dmitry Prosvirov	 11:00am-12:00pm Balance & Mobility Deborah Howard	 12:00pm-1:00pm Yoga Susan Chapman
 5:00pm-6:00pm Balance & Mobility Deborah Howard	 12:00pm-1:00pm Line Dancing Deidre Jaramillo	 1:00pm-2:30pm Tai Chi Dmitry Prosvirov	 12:00pm-1:00pm Line Dancing Deidre Jaramillo	 6:00pm-7:00pm Zumba Dario Sanchez
 6:00pm-7:00pm Indoor Cycle Debbie Mireles	 4:00pm-5:00pm Cardio Strength Jennifer Quinn	 5:00pm-5:30pm Step Aerobics Debbie Mireles	 4:00pm-5:00pm Core Sculpt Deidre Jaramillo	
 6:00pm-7:00pm Yoga Andrea Dill	 5:00pm-6:00pm Cardio Pilates Debbie Mireles	 5:30pm-6:30pm Sculpt Debbie Mireles	 5:00pm-6:00pm Cardio Strength Cezanne Youmazzo	
	 6:00pm-7:00pm Spin & Sculpt Debbie Mireles	 6:30pm-7:30pm Yoga Jenny Hong	 6:00pm-7:00pm Yoga Susan Chapman	
	 6:00pm-7:00pm Zumba Dario Sanchez			

Saturday	
 7:30am-8:30am Yoga Jenny Hong	 9:30am-10:30am Aqua Fitness Rebecca Rein
 8:30am-9:30am Spin & Sculpt Debbie Bennett	 10:00am-11:00am Yoga Susan Chapman
 9:00am-10:00am Zumba Joy Alfarero	 11:00am-12:30pm Tai Chi Dmitry Prosvirov

Class Intensity



Very Light **Moderate** **Very High**
Light **High**

Class Descriptions

- Aqua Fit** This is an all over muscle conditioning class that incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. Great for all ages and fitness levels.
- Balance and Mobility** This is a low impact class that combines standing balancing moves, various walking exercises and some easy simple dancing.
- BarreFusion** Low-impact, total body workout that brings out your inner ballerina! This fusion format offers all the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn setting with modifications for all levels.
- Cardio Pilates** This class combines a cardiovascular workout with Pilates body conditioning. This class will strengthen and tone your whole body using a variety of equipment and cardiovascular disciplines.
- Cardio Strength** Designed to optimize your fitness level and fine tune your body as you perform strength training and low impact cardio intervals set to music.
- Core Sculpt** This full body workout utilizes resistance training with free weights using upbeat music. This is the perfect class to strengthen your core, tone, sculpt, and build muscle endurance. You are sure to build up a sweat and leave with a smile.
- Flex and Stretch** Incorporates various muscle groups we move at a slow yet methodical pace practicing deep stretches that build strength, balance, and flexibility. This class does not utilize any weights. All you need is a mat, yourself and is perfect for any fitness level.
- I Can Dance** This class encompasses various dance styles to upbeat music ranging from the Big Band Era to current House music. Here you will learn simple yet exciting dance combinations choreographed to encourage you to add your own flair.
- Indoor Cycling** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.
- Line Dancing** Come get in line and join the fun learning simple footwork to upbeat tunes in this dance based fitness class! This format is a great way to gain mobility and balance. No partner needed, but your smile is a must.
- Mat Pilates** Mat based Pilates class focused on stability, posture, and proper breath work. Each class works on strength and flexibility, with an emphasis on challenging the core muscles with each movement. All movements are taught in a slow and controlled manner.
- Pound** A full-body cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using light weight exercise drumsticks we combine cardio, strength training, and Pilates inspired techniques into a streamlined sequence of exercises.
- Power Circuit** A power circuit class is a full-body workout that combines cardio and strength training exercises to build fitness and burn calories in a High Intensity Interval Training format.
- Sit to be Fit** This low-impact exercise is perfect for older adults to build strength and stay mobile. This class includes dances to improve overall energy, core work to strengthen and tone, and yoga to stay flexible and mobile- all done in a chair.
- Sculpt** Full-body workout that focuses on the functional movements. The class focuses on resistance training through the use of free weights, resistance bands and more to engage every muscle.
- Spin & Sculpt** Spinning and weights come together in an incredible 30-minute cycle ride combined with 30-minutes of body sculpting off the bike. Come strengthen and build muscle, increase core stability, and improve cardiovascular health.
- Step Aerobics** Making cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. This 30 minute class involves cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.
- Stretch & Mobility** Stretch & Mobility is a stretching based class geared towards unlocking range of motion that may be lost over time. Stretch & Mobility combines stretching with joint mobility work.
- Sunrise Bootcamp** "Wake Up & Take Up" your fitness to another level! This bootcamp inspired conditioning class will challenge with various types of drills and exercises using bodyweight, free weights, TRX, and exercise balls through timed intervals and circuit training!
- Toning with Tunes** Lead by the music, this class combines body weight, resistance training, muscle conditioning, cardio & plyometric movements synced to customized music.
- Tai Chi** Gentle exercises and stretches based on the 24th Tai Chi Yang form and Qigong exercises to improve joint flexibility and balance. Each posture flows smoothly into the next creating a meditative experience that connects mind and body.
- Yoga / Vinyasa** A mindful practice that combines movement, breath, and relaxation to improve strength, flexibility, balance, and overall well-being. Vinyasa is a flowing, dynamic yoga that links movement with breath for a more energetic practice.
- Zumba / Zumba Gold** Each Zumba® class is a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Gold is a modified Zumba® class that recreates the original moves you love at a lower-intensity.