



AUGUST CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM	TRX Argel Cardoniga (6:30-7:30)	Strength Conditioning Argel Cardoniga (6:30-7:30)	Yoga Elizabeth Done	Strength Conditioning Argel Cardoniga (6:30-7:30)		Yoga Elizabeth Done (7:30-8:30)
8 AM	Toning w/Tunes Bridgette Strong	Spin & Sculpt Debbie Bennett	Toning w/Tunes Bridgette Strong	Toning w/Tunes Bridgette Strong	Strength Conditioning Debbie Bennett	Spin & Sculpt Debbie Bennett (8:30-9:30)
9 AM	Mobility & Stretch Debbie Bennett (9:00-9:45)	Mat Pilates Debbie Bennett	Indoor Cycling Kim Chapman	Mat Pilates Trish Cohen	Mobility & Stretch Debbie Bennett (9:00-9:45)	Zumba Dario Sanchez
	Aqua Fit Leslie Shirakata (9:30-10:30)		Aqua Fit Leslie Shirakata (9:30-10:30)		Aqua Fit Leslie Shirakata (9:30-10:30)	
10 AM	Core Class Ericka Watson	Sit to be Fit Trish Cohen	Yoga Kim Chapman	Sit to be Fit Trish Cohen	BarreFusion Ericka Watson	
11 AM	Tai Chi Gene Hobson	Balance & Mobility Deborah Howard	Tai Chi Gene Hobson	Balance & Mobility Deborah Howard	Tai Chi Gene Hobson	
		Aqua Fit Kim Chapman (11am-12pm)				
12 PM		Line Dancing Deborah Howard	Tai Chi: Staff - <u>Advanced</u> Gene Hopson (12pm-12:30pm)	Line Dancing Deborah Howard		
4 PM	Tai Chi Gene Hobson		Tai Chi Gene Hobson		Tai Chi Gene Hobson	
5 PM	Balance & Mobility Deborah Howard	L.I.M.I.T Ericka Watson	Tai Chi: Staff - <u>Advanced</u> Gene Hopson (5pm-5:30pm)	Body Barre Kim Chapman		
6 PM	Indoor Cycling Debbie Mireles	Spin & Sculpt Debbie Mireles (5:30-6:30)	Strength Conditioning Debbie Mireles (5:30-6:30)	Indoor Cycling Kim Chapman		
	Zumba Dario Sanchez	Yoga Susan Chapman	TRX Argel Cardoniga (6:30-7:30)	Zumba Dario Sanchez		
7 PM				Yoga Susan Chapman		

Location
Group Ex Studio
Pool
Cycle Studio

CLASS DESCRIPTIONS

Toning w/Tunes	Lead by the music, this class is a circuit based fitness class that combines body weight, resistance style, muscle conditioning, cardio & plyometric training movements synced to customized music. Incorporates HIIT designed to challenge your muscles & cardio system to find power, strength, speed, stamina, & mobility.
Core Class	A class that focuses on training your core. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. We incorporate the use of dumbbells, stability ball, gliders and other group fitness equipment. This class is for all fitness levels.
Tai Chi	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements – connecting the mind and body.
Tai Chi: Staff	This is an advanced Tai Chi class that incorporates the patterns and movements learned in our Thai Chi classes into partners and movements using a staff. This class should only be taken if you have a fundamental understanding of Tai Chi and are familiar with the regular classes structure.
Mat Pilates	Mat based Pilates class focused on stability, posture, and proper breath control. Each class will work 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.
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.
L.I.M.I.T	Low Impact Moderate Intensity Training - A NO JUMPING class, where we do cardio and strength training intervals. We keep the impact low to minimize the force placed on the body and joints. We incorporate the use of dumbbells, bands and other group fitness equipment. All fitness levels are welcomed.
Yoga	In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. ... Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.
Zumba	Each Zumba® class is designed to bring people together to sweat it on. How It Works. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.
Mobility & Stretch	Our mobility & stretch class combines soft tissue work, static stretching and stability work to unlock range of motion that has been lost over time. This self-care class also aims to decrease soreness and injury risk while improving tissue quality and joint function.
Strength Conditioning	This is a full-body workout that focuses on the functional movements. While the class focuses on resistance training through the use of free weights, resistance bands and more to engage every muscle, some classes will also includes short intervals of cardio and core work.
Line Dancing	Line Dancing is dancing without partners in a line, everyone doing the same steps at the same time. Dances include Country Western, Contemporary Dance and Oldies but Goodies dances.
BarreFusion	BARREfusion is a low-impact, total body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and signature fuses. This fusion format offers all the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn setting. It offers modifications for all levels in the group exercise environment. BARREfusion improves overall fitness levels while bringing out your inner ballerina!
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.
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.
Balance and Mobility	This is a low impact class that combines standing balancing moves, various walking exercises and some easy simple dancing.
TRX	The TRX Suspension Training System is a total-body workout, increasing heart health, strength and flexibility. Even while working arms or legs, Suspension Training® constantly challenges your core for a true total-body workout. The use of other exercise equipment, such as dumbbells, fitness balls, bands may also be added during class. All fitness levels are welcome!