

## OCTOBER 2024 FITNESS CLASS SCHEDULE & DESCRIPTIONS

(Schedule subject to change, class times include a transition time between classes for set up & clean up)

### MONDAY

8:15-9:15AM	CORE/BALANCE.....	Kanoa
*9:00-10:00AM	AQUA FITNESS.....	Diane
*9:30-10:30AM	ZUMBA GOLD.....	Blanca
11:00-12:00PM	YOGA.....	Heather
6:45-7:45PM	RESTORATIVE YOGA FLOW.....	Tammy L

### TUESDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
9:45-10:45AM	BLISS YOGA.....	Avrora
*11:30-12:15PM	SILVER & FIT.....	Lauren
6:15-7:15PM	ZUMBA.....	Kristin

### WEDNESDAY

8:00-9:15AM	TBC.....	Matt
*9:00-10:00AM	AQUA FITNESS.....	Diane
10:00-11:00AM	YOGA.....	Cecilia
*11:15-12:15PM	SENIOR FITNESS.....	Kathy

### THURSDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
*8:30-9:30AM	AQUA FITNESS.....	Lauren
*9:45-10:45AM	CHAIR CORE BALANCE/YOGA...	Lauren
11:00-12:00PM	YOGA.....	Cecilia
5:45-6:45PM	RESTORATIVE YOGA FLOW.....	Raquel

### FRIDAY

8:15-9:15AM	TABATA SWEAT.....	Kanoa
9:45-10:45AM	YOGA.....	Avrora
*11:00-12:00PM	SILVER & FIT.....	Blanca

### SATURDAY

9:00-10:00AM	DANCE FITNESS.....	Blanca
10:30-11:30AM	YOGA.....	Tammy L

### SUNDAY

10:00-11:00AM	YOGA.....	Raquel
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\*Senior Focused Class: Great for beginners, participants 65+ years of age and up as well as those who may prefer ability to use a chair for assistance in balancing.

### CLASS DESCRIPTIONS

**AQUA FITNESS** - A cardio & strength training workout in the meter or yard pool. (You may opt to bring your own weights, belt & noodle.)

**CARDIO PUMP**-A cardio and strength class focusing on strength and conditioning muscle groups of the whole body.

**CORE/BALANCE** – A non-impact to help improve your core strength, stability, flexibility and overall body balance. **CHAIR**- lower impact for those with limited mobility. A mild class that focuses on balance/core.

**SENIOR FITNESS** – A low impact class designed for 60 years + focusing on building strength, balance and total body conditioning.

**SILVER AND FIT®** - A cardio and strength fitness class that is designed around using a chair for balance and support.

**TABATA SWEAT** – Cardio intervals to help improve strength and conditioning combined with stability and core work help to make this class a great total body workout.

**TBC** - Total Body Conditioning promotes muscular strength & endurance plus cardio with continuous simultaneous use of the legs and arms with hand weights to enhance overall conditioning.

**YOGA** - Traditional poses used to increase your flexibility & strength with an emphasis on breath. Aim to strengthen common weak muscle groups while focusing on lengthening tight/overactive muscle groups to reduce pain and improve athletic performance.

**SENIOR/CHAIR YOGA**- slower flow focusing on posture and stability work w/chairs for assistance. **RESTORATIVE YOGA FLOW**-aimed to help your mind and body wind down for the night. **BLISS YOGA**- Get ready to sweat, stretch, and strengthen your way to bliss. You'll flow through dynamic poses that tone muscles, improve flexibility, and boost your mood. Namaste! We will see you on your mats 😊

**ZUMBA/DANCE FITNESS** - Fast and slow rhythms are combined to tone and sculpt your body while burning fat with a Latin flavor.

**ZUMBA GOLD**-a low-impact Zumba for those w/limited mobility and balance (have option to use chair for added assistance) **MIX**- This class combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party 😊