

JANUARY 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	TOTAL BODY CONDITIONING.....	Matt
6:45-7:45PM	RESTORATIVE YOGA FLOW.....	Tammy L

TUESDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
*11:30-12:15PM	SILVER & FIT.....	Lauren
5:45-6:45PM	ZUMBA.....	Kristin

WEDNESDAY

8:15-9:15AM	TBC.....	Matt
10:00-11:00AM	YOGA.....	Cecilia
*11:30-12:30PM	SENIOR FITNESS.....	Brenda

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.....	Heather
5:45-6:45PM	RESTORATIVE YOGA FLOW.....	Raquel

FRIDAY

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

SATURDAY

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

SUNDAY

10:00-11:00AM	YOGA.....	Nicole
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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. **STRENGTH FLOW**- strength, posture, stability and balance are all focuses in this combo class.

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 😊



Holiday Personal Training **Intro Package**

3 (1 hour) Sessions for \$199

Our trainers aim to give you the kickstart you or a loved one may need to reach your fitness goals into the NEW YEAR! Working with one of our Nationally Certified Personal Trainers can help you get closer towards your optimal health and wellness.

Sessions will be geared towards your fitness goals with exercises including but not limited to: traditional calisthenics, body weight exercises, functional training, injury prevention exercises, therapy/pain management exercises, interval training and strength training that aid you in achieving your health and fitness goals.

**For more information, please contact Lei at
2fitness@theoahuclub.com**

Limit one package per person. Members only