

## SEPTEMBER 2023 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
9:45-10:45AM	STRENGTH FLOW.....	Justin
11:00-12:00PM	YOGA.....	Justin

### TUESDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
*9:45-10:45AM	ZUMBA GOLD.....	Brenda
*11:15-12:15PM	SILVER & FIT.....	Lauren
5:45-6:45PM	ZUMBA.....	Kristin

### WEDNESDAY

8:15-9:15AM	TBC.....	Rosalie
10:00-11:00AM	YOGA.....	Cecilia
*11:30-12:30PM	ZUMBA GOLD TONING/SILV & FIT	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	POST WORK 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 F

### SUNDAY

10:00-11:00AM	YOGA.....	Raquel
---------------	-----------	--------

\*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.

**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. **POST WORK 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 🎉