



GROUP EXERCISE SCHEDULE

Fitness & Aquatic Center Hours

Monday – Thursday 5:00 a.m. to 10:00 p.m.
 Friday - 5:00 a.m. to 8:30 p.m.
 Saturday and Sunday - 7:00 a.m. to 4:00 p.m.



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
A.M.			Total Body <i>Ruth</i>		Total Body <i>Ruth</i>	
6:00						
8:00	Cardio Fit <i>Jean</i>	Pilates <i>Jean</i>	Cardio Fit <i>Jean</i>	Pilates <i>Jean</i>		
9:00	Aqua Fitness <i>Rita</i>	Aqua Fitness <i>Christine</i>	Aqua Fitness <i>Christine</i>	Aqua Fitness <i>Rita</i>	Aqua Fitness <i>Rita</i>	Aqua Fitness Stephanie
9:00	Chair Yoga <i>Mark</i>	Zumba* <i>Danille</i>	Zumba* <i>Danille</i>	Zumba* <i>Danille</i>		Zumba* Gina
10:15	Senior Fitness Mark		Senior Fitness Marie		Senior Fitness Marie	10:00 AM Zumba Toning* Gina
P.M.		SilverSneakers® Classic Mark		SilverSneakers® Classic Mark		
12:00						
5:00		Fit. Orientation Ray		Indoor Cycling Mark Fit. Orientation Ray		
5:30	Total Body Ruth		Total Body Ruth			
6:00		Indoor Cycling Mark		Yoga Fitness Mark		
6:30	Zumba Toning* Carmen		Zumba Toning* Carmen		Zumba * Carmen	
7:00		Aqua Fitness Stephanie Yoga Fitness Mark STRONG by Zumba Esther		Aqua Fitness Stephanie STRONG by Zumba Carmen		
7:30	Zumba Carmen		Zumba Esther			
8:00		Zumba Gina		Zumba Gina		
8:30	Zumba Toning Gina		Zumba Toning Gina	Class Schedule is subject to change.		

Updated 7/12/17

GROUP EXERCISE CLASSES

LOW-MEDIUM INTENSITY

Aqua Zumba: Come join our **Aqua Zumba** class for a fun way to add extra resistance to your Zumba routine. This class is ideal for individuals who may suffer joint pain from high-impact exercise.

Cardio Fit: This class combines medium-intensity Hi/Lo and step aerobics with stretching, muscle toning and abdominal work. It's an excellent workout for those returning to exercise after a period of inactivity. For beginning to Intermediate levels.

Chair Yoga: Are you a senior looking to improve your muscular flexibility? Do you wake up in the morning with a stiff neck or other various aches and pains? Come visit our **Chair Yoga** class, which will take you through a variety of stretches and poses aimed at improving flexibility and avoiding injuries like muscle strains and sprains.

Pilates: This class takes the principle of resistance training and combines it with the time-tested benefits of *Pilates*. Instructor directs participants in the use of fitness bands for a fast, effective strength-training and body-shaping workout. *Pilates* exercises increase flexibility, strength and stamina, as well as reducing stiffness.

Senior Fitness: This class is designed for the young-at-heart mature adult. Fun exercise to music, on your feet or in your seat! It includes a mix of low impact aerobics, arm muscle conditioning, cool-down and static stretching.

Aqua Fitness: A great workout in the pool for swimmers, non-swimmers, those just starting to exercise or anyone wanting to cross train without stress to the joints. The low-impact cardio-vascular movements and muscular endurance/strength training exercises make this class a great workout for adults of all ages.

Silver Sneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Yoga Fitness: Based on the precepts of *Hatha Yoga*, this class includes basic and intermediate postures (*asanas*) to enhance balance, flexibility and strength. Fundamental breathing exercises (pranayama) are practiced. For beginning to advanced levels.

Zumba: This is an aerobic workout that fuses Latin rhythms and easy to follow Latin dance moves to create a low-to-medium intensity workout. **(Maximum of 45 participants, must call to reserve spot day of class)**

Zumba Toning*: Looking to take your Zumba routine to the next level? Then come join us at our new **Zumba Toning** class! You will enjoy the familiar Latin vibes of our Zumba classes with added resistance from your custom Toning Sticks (not provided). Come tone up! **(Maximum of 25 participants, must call to reserve spot day of class. Tuesday class maximum 50 must present member card to staff member on-site)**

MEDIUM-HIGH INTENSITY

Total Body: For those who like variety in their exercise program, this class incorporates strength training alternating with high intensity cardiovascular segments (Hi/Lo, step, jogging/power walking). Great for fat burning!

Indoor Cycling: Performed on a specially designed bike called a *Spinner*, this class combines cycling movements with motivational coaching, breathing, and heart rate control exercises. Participants can burn up to 500 calories in 40 minutes of non-impact cardiovascular exercise. This is an effective workout for all fitness levels.

STRONG by Zumba: STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will improve muscular endurance, tone and definition.

For additional information, please call **909.820.2611**

Fitness Orientation class is a great jump start to your fitness routine. Learn the basics and proper way to work out with our certified personal training instructor. This class is followed by a lecture course and Q & A session. Check with the front desk for our current lecture calendar.