

FITNESS CENTER - STUDIO A - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM	<i>Beginner & Intermediate Pilates</i> (Terri W.)	<i>Barre & Core</i> (Hollie)	<i>Barre Pilates Fusion</i> (Terri M.)	<i>Barre</i> (Hollie)	<i>Barre Pilates Fusion</i> (Sandra)		<i>Gentle Yoga*</i> (Mariah) *9:00am
9:30AM	<i>Vinyasa Yoga</i> (Mara)	<i>Yoga Flow</i> (Caryn)	<i>Beginner & Intermediate Pilates</i> (Terri W.)	<i>Vinyasa Yoga</i> (Mara)	<i>Power Pilates</i> (Terri W.)	<i>Tai Chi For Arthritis</i> (Tom)	<i>Gentle Yoga*</i> (Stephanie) *10:00am
10:30AM	<i>Mat Pilates</i> (Mariah)	<i>Foam Rolling</i> (Caryn)	<i>Hatha Yoga*</i> (Mara) *75 minutes	<i>Gentle Yoga</i> (Mariah)	<i>Mat Pilates</i> (Mariah)	<i>Hatha Yoga Level 2*</i> (Luisella) *11:00am 75 minutes	
11:30AM	<i>Core & More</i> (Jackie)			<i>Integral Hatha Yoga*</i> (Luisella) *75 minutes	<i>Sports Yoga</i> (Hilary)		
3:30PM				<i>Beginners Tai Chi</i> (Tom)			
4:15PM		<i>Kids Hip-Hop*</i> (Sandra) *Ages 5-10 *4:30pm		<i>Yang 40 Tai Chi Advanced</i> (Tom)			
5:30PM	<i>Barre</i> (Wendy)	<i>Mat Pilates</i> (Mariah)	<i>Integral Hatha Yoga</i> (Luisella)	<i>Barre Pilates Fusion</i> (Mariah)			
6:30PM							

Hours of Operation
 5:30am-9:00pm (Mon-Thurs)
 5:30am-7:00pm (Fri)
 7:00am-5:00pm (Sat & Sun)



Child Care Hours
 8:30am-12:30pm (Mon-Sat)
 4:00pm-7:30pm (Mon-Thu)
 941-907-2825

STUDIO A - CLASS DESCRIPTIONS

Core & More

Utilizing weights, swiss balls and other props, this class will help strengthen, tighten and tone your core muscles.

Mat Pilates

Based on the principles of Joseph Pilates, this class teaches proper pilates methodology while working on a mat.

Barre Fusion/Pilates

This class combines techniques from ballet and pilates for a thigh toning, tummy and glute tightening workout at a cardiovascular enhancing pace.

Power Pilates

This class takes regular pilates up a notch by adding power movements, light weights and other props.

Gentle Yoga

Appropriate for all levels of yogis, move slowly through poses, connect to your breathing and rejuvenate your soul.

Intergral Hatha Yoga/Hatha Yoga

Using integrated multiple levels of Hatha poses, fine tune your alignment while working on core strength, flexibility and balance, this class is designed to increase strength, stamina and muscle tone.

Beginners Tai Chi

Learn and practice the Yang style of Tai Chi, a slow moving traditional Chinese martial art that helps improve balance, flexibility and mental focus.

Tai Chi for Arthritis

Gentle Tai Chi class designed to promote wellness for participants living with arthritis by practicing gentle range of motion, fluid movements. Instructor has intensive training in this specific format.

Yang 40 Tai Chi Advanced

Excellent for beginners, this class incorporates stretching from head to toe with movements of modified short Tai Chi.

Foam Rolling

Self massage class utilizing foam rollers to sooth tight, sore areas speeding muscle recovery.

Sports Yoga

Sports Yoga will help enhance sport performance by using different modalities to stretch, strengthen and tone.

Kids Hip-Hop

Dancing to carefully selected age appropriate music with a focus on the current funky "street style". Dancers will learn high energy routines demonstrating style and rhythm while expressing their individual style .

Vinyasa Yoga

Vinyasa links movements and breathing through a continuous flow of yoga poses, culminating in balance of mind and body.

FITNESS CENTER - STUDIO B - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM	<i>Tabata</i> (Julie)	<i>Total Body Blast</i> (Lisa)	<i>Golf and Tennis Conditioning</i> (Christy)	<i>SUS</i> (Lisa)	<i>Circuit Training</i> (Oriella)	<i>Zumba*</i> (Jen B.) *9:00am	
9:30AM	<i>SUS</i> (Lisa)	<i>Tabata</i> (Julie)	<i>Total Body Blast</i> (Jen B.)	<i>Tabata</i> (Julie)	<i>Cardio Dance</i> (Marni)	<i>Total Body Blast*</i> (Jen B.) *10:00am	<i>SUS*</i> (Jen B.) *9:00am
10:30AM	<i>Zumba</i> (Sabrina)	<i>Flexibility for the Athlete</i> (Terri W.)	<i>Zumba</i> (Sandra)	<i>ELDOA For Golfers</i> (Samantha)	<i>Core & Stretch</i> (Marni)		
11:30AM							
12:30PM	<i>Golf and Tennis Conditioning</i> (Mary)	<i>Zumba*</i> (Sandra) *3:00pm					
4:30PM	<i>SUS</i> (Mary)		<i>Circuit Training</i> (Oriella)		<i>SUS</i> (Sandra)		
5:30PM				<i>Circuit Training</i> (Cole)			

STUDIO B - CLASS DESCRIPTIONS

Core & Stretch

A class that focuses on core strength, balance and upper body.

Flexibility for the Athlete

An intense stretching class that uses Active Isolated Stretching techniques (A.I.S.) and self-myofascial release to increase range of motion and overall health of the fascia and muscle tissue.

Golf and Tennis Conditioning

Focusing on the fundamentals of golf and tennis, this class promotes core strength, balance, flexibility and power giving participants a competitive edge in their sports.

S.U.S. – Straight up Strength

A strength class that will push your muscular endurance by implementing high repetition of challenging strength exercises.

Tabata

A cardio and strength workout that implements short bursts of high intensity with periods of rest, designed to maximize both cardio and strength abilities.

Total Body Blast

A combination of cardio and strength training that will challenge both your cardiovascular and muscular endurance.

Zumba/Cardio Dance

Latin dance cardio class designed with fun routines that keep participants burning calories while having fun.

Circuit Training

A challenging workout class using different modalities to challenge your strength and endurance.

ELDOA For Golfers

ELDOA is the name for specific postural exercises that targets golfers to help improve and maintain rotational flexibility.

FITNESS CENTER - STUDIO C - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<i>Spin*</i> (Christy) *7:15am	<i>Spin*</i> (Vicki) *6:00am			
8:30AM	<i>Spin</i> (Anita)	<i>Spin</i> (Anita)	<i>Spin</i> (Susie)	<i>Spin</i> (Oriella)	<i>Spin</i> (Michael)	<i>Spin</i> (Oriella)	<i>Spin</i> (Susie)
9:30AM							
5:30PM	<i>Spin</i> (Michael)		<i>Spin</i> (Oriella)				

STUDIO C & D - CLASS DESCRIPTIONS

Spin

An exhilarating Indoor cycle ride guided by motivating instructors, combined with strength training exercises.

FITNESS CENTER - AQUA CLASSES - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM	<i>Deep Water Aerobics (Beth)</i>	<i>Aqua Sculpt & Stretch (Marni) *90 minutes starting at 9:30am</i>	<i>Deep Water Aerobics (Beth)</i>	<i>Aqua Sculpt & Stretch (Iva) *90 minutes starting at 9:30am</i>	<i>Aqua Zumba Tone (Sandi B.) * 75 minutes</i>	<i>Aqua Cardio (Mariah)</i>	
11:00AM	<i>Cardio Pool Party (Beth)</i>		<i>Cardio Pool Party (Beth)</i>				
3:00PM							

**If weather is inclement, we advise you call the front desk (907-2825), 30 minutes prior to class to confirm if classes are cancelled or not. If there is thunder and/or lightening, safety laws require that everyone vacate the pool for a 30 minute "clear" period. If an Aquatic Fitness Instructor or member of the staff asks you to leave the pool area, please remember it's for your own safety.*

AQUA CLASS DESCRIPTIONS

Aqua Sculpt & Stretch

A perfect combination of "pilates-style" exercises, incorporating toning, conditioning and stretching all in one class.
Perfect for improving posture and flexibility.

Aqua Zumba Tone

This fun, all level water class will have pool enthusiasts yelling for more. It's a workout party in the pool. Improve your strength and cardio in the water environment, using skills ranging from dance to boxing.

Cardio Pool Party

This fun, all level water class will have pool enthusiasts yelling for more. It's a workout party in the pool. Improve your strength and cardio in the water environment, using skills ranging from dance to boxing.

Deep Water Aerobics

A non-impact challenge, building strength and stamina. This class involves treading and suspension in 6 feet of water; flotation devices are optional.

Aqua Tai Chi

Learn the fundamentals of Tai Chi with the benefit of supporting the body and reducing the restrictions of weight. Great for balance, flexibility, core strength, circulation and energy!