

## FITNESS CENTER - STUDIO A - MAY SCHEDULE

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

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 (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 - MAY SCHEDULE**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>8:30AM</b>	<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	
<b>9:30AM</b>	<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
<b>10:30AM</b>	<i>Zumba</i> (Sabrina)	<i>Flexibility for the Athlete</i> (Terri W.)	<i>Zumba</i> (Sandra)	<i>ELDOA For Golfers</i> (Samantha)	<i>Core &amp; Stretch</i> (Marni)		
<b>11:30AM</b>							
<b>12:30PM</b>	<i>Golf and Tennis Conditioning</i> (Mary)	<i>Zumba*</i> (Sandra) *3:00pm					
<b>4:30PM</b>	<i>SUS</i> (Mary)		<i>Circuit Training</i> (Oriella)		<i>SUS</i> (Sandra)		
<b>5:30PM</b>				<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 - MAY SCHEDULE**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
			<i>Spin*</i> (Christy) *7:15am	<i>Spin*</i> (Vicki) *6:00am			
<b>8:30AM</b>	<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)
<b>9:30AM</b>							
<b>5:30PM</b>	<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 - MAY SCHEDULE**

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

*\*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!