



HEALTHY LIVING: Improving the nation's health and well being.

Group Exercise Classes Jan 7th-March 3rd 2019

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:15 AM	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga	
6:00 AM			Yoga Plus			
7:30 AM	Slow Surf	Stretch 'n Groove	Slow Surf	Stretch 'n Groove	Slow Surf	
8:10 AM	Totally Toned		Totally Toned		Totally Toned	
8:15 AM	Big Waves	Zumba Gold	Big Waves	Zumba Gold	Big Waves	
8:45 AM	Nia				Nia	
9:00 AM		Women on Weights		Women on Weights		Cycling
		Spinsanity	Zumba Gold	Spinsanity		Zumba
10:00 AM	Holy Yoga		Holy Yoga		Holy Yoga	
10:10 AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Body Blast
10:30 AM		Lily Pads and Frogs		Lily Pads and Frogs	Lily Pads and Frogs	
11:00 AM						
11:11 AM		Drumming for Joy		Drumming For Joy		
12:15 PM		HIIT Hard		HIIT Hard		
4:15 PM	Rock On!		Rock On!			Sun
4:30 PM		Kick 'n Fit				12:30 PM PiYo
5:00 PM	Kettlebell		PiYo	Kettlebell		
5:15 PM	Zumba	Slow Flow Dance	Zumba	Slow Flow Dance		
6:00 PM	Cycling	Cycling	Cycling	Cycling		
		Holy Yoga	Body Blast	Holy Yoga		
6:15 PM	Piloxing	Plyo-Fit	Piloxing	Plyo-Fit		
	Holy Yoga Level 2					
7:15 PM		Hydro with Holly		Hydro with Holly		
				Holy Yoga Gentle Restore		

Red=Cardio

Green=Weight based class

Purple=Stretch and flexibility

Blue=Water

Silver=Active Older Adults

Tues and Thurs from 3p-5p studio E will be in use by our SACC program

Community Walk is Tuesday and Thursday 9:30a- 10:30a and Saturday 9a- 10a

Jan 7th-March 3rd 2019

Aquatic Fitness All our Aquatic classes are zero impact!

–Slow Surf (45 minutes-Family Pool) Ease into movements to increase your range of motion and strength and to improve balance
–Lilypads and Frogs (Which are you?) (60 minutes-Family Pool) Experience a low impact cardiovascular workout that includes muscle strengthening, toning, and core-focused exercises while enjoying the company of a variety of classmates and wonderful instructor!

–Bia Waves (45 minutes-Family Pool) Jump in feet first to this high energy class to increase heart rate and blood flow. Make lots of white water with stretching, strength, balance, and control exercises

–Hydro with Holly (45 minutes-Lap Pool) This class uses equipment and the resistance of the water to improve cardiovascular fitness, endurance, and flexibility. We welcome participants of all levels. This class is a great one for starting or re-starting your fitness journey!

Land Based Fitness

Body Blast (50 minutes—Studio A/B)

Blast through those calories in this invigorating barbell class! This class will help you strengthen, tone and building muscle endurance throughout your whole body while using weight-room exercises and a barbell.

Drumming for Joy (45-60 minutes—Studio E) This class uses exercise balls and drumsticks to get your heart pumping and bring joy to your life! The joyful movement leads your brain to receive it, your heart to believe it, and your body to achieve it while burning calories! Come and join our team!

Group Cycling (45 minutes-Studio C) Members ONLY

This great cardio journey uses stationary bikes. You will jump, climb, and sprint your way to great health while listening to motivational music. This is interval training at its best. Please come no more than 20 minutes before class begins to reserve your bike by grabbing a ticket at the front desk!

HIIT Hard (30 minutes—Studio A/B) Want to torch calories on your lunch break? This is the class for you! This class uses various equipment and body weight exercises to make the most out of your lunch break and leave you energized for the rest of your day!

Holy Yoga Classes (45-60 minutes-Studio A/B)

Holy Yoga – Christ is the focus of our intention and worship through the essential elements of yoga: breath work, meditation, and physical postures

Holy Yoga Gentle Restore— This class uses props to support the body in different physical poses. Combined with therapeutic breathing techniques and aromatherapy, it helps achieve deep physical, emotional, and mental relaxation while encouraging your spirit. Appropriate for ALL experience levels!

Holy Yoga Level 2 – This class is a heat-building approach to Vinyasa style flow, designed to strengthen and sharpen the physical body as well as the mind, heart, and soul to upbeat music. April will integrate more advanced postures, at a dynamic pace, however beginners are always welcome to modify!

Kettlebell (45 minutes-Studio A/B)

Come use this powerful tool to improve your fitness by combining strength training, mobility, flexibility, and cardio.

Kick 'n Fit (45 minutes—Studio A/B)

A mix of kickboxing and simple dance moves set to heart pounding dance music will have you blasting fat and defining your core while having fun!

Nia (60 minutes—Studio A/B) Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts to get you fit in 60 minutes. Appropriate for all fitness levels. Dance yourself alive!

Piloxing (60 minutes-Studio E)

A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek and powerful you!

PIYO (90 minutes—Studio A/B)This is a fun, challenging class fusing Pilates, Cardio, and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Pyro-Fit (45 minutes-Studio E)

Plyometric training involves high-intensity, explosive muscular movements designed to increase muscular power. If you're looking for a challenge, this is it!

Rock On! (45-50 minutes-Studio E)

Come and dance away the calories with Kathy! This class features the most latest and popular music and fun choreography for a full body workout!

Silver Sneakers (45 minutes-Studio E)

Have fun and move to music through a variety of exercises designed to increase your muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are used for support.

Slow Flow Dance (45 minutes-Studio E) (NEW!) Join Karen for a gentle, non-impact, dance-based movement class designed to increase your fitness, flexibility and function. This 45-minute workout includes warm-ups, aerobic work, stretching and strengthening to help you maximize the joy of living in (and loving) the body God gave you!

Stretch 'n Groove (45 minutes—Studio A/B)

This class taught by our very own Bob Wilson consists of guided movements, stretching, and conscious breathing to improve flexibility, balance, and posture.

Spinsanily (45 minutes-Studio C) Come burn off some serious calories with this intense journey on stationary bikes. This class has all the ingredients to sweat your way to a healthier you! Please come no more than 20 minutes before class begins to reserve your bike by grabbing a ticket at the front desk!

Sunrise Yoga (45 minutes—Studio A/B)

Develop strength, flexibility, and balance while emphasizing body alignment, spinal extension, and the subtleties of breath. All levels welcome so come start your day with us!

Sunrise Yoga Plus (15 minutes—Studio A/B) (NEW!) This class is for students who want to try poses that are a little more challenging. You must attend the 5:15 class beforehand! Take 15 minutes and see if you can handle what Sue has in store!

Totally Toned (45 minutes—Studio E)

Shape up using hand held weights, bands, and a variety of equipment to tone the body. Great for toning and endurance! Great workout for all levels!

Women on Weights (45 minutes-Fitness Center)

Using free weights, you will learn to define muscles through isolation and concentration with one-on-one assistance from a qualified instructor.

Zumba (45 minutes-Studio E)

Join the fitness party that blends upbeat world rhythms with easy-to-follow choreography for a total body workout

Zumba Gold (45 minutes-Studio E)

Low impact, easy-to-follow modified moves so everyone can join the celebration.