



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

Group Exercise Classes April 30th-June 24th 2018

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:15 AM	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga	
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	Zumba
8:45 AM	Nia				Nia	
9:00 AM	Cycling	Women on Weights	Cycling	Women on Weights		Cycling
			Zumba Gold			
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		Zumba		Zumba		Zumba
				Body Transformer		
12:15 PM		HIIT Hard		HIIT Hard		
4:15 PM	Rock On!		Rock On!			<b>Sun</b>
5:00 PM	Kettlebell	Kick 'n Fit	PiYo	Kettlebell		<b>12:30 PM PiYo</b>
5:15 PM	Zumba		Zumba	Zumba		
6:00 PM	Cycling	Cycling	Cycling	Cycling		
		Holy Yoga	Body Blast	Holy Yoga		
6:15 PM	Piloxing	Plyo-Fit	Piloxing	Plyo-Fit		
	All Levels Yoga					
7:15 PM		Hydro with Holly		Hydro with Holly		
		Holy Yoga Gentle Restore		Holy Yoga Gentle Restore		
		Zumba				

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

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**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!

**-Big 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.

**Body Transformer (45 minutes– Court 3)** This circuit class combines 30 seconds of heart pumping cardio with 30 seconds of strength training for a fun, full body workout that will change every week! Appropriate for all levels of fitness!

**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.

**HIIT Hard (30 minutes– Studio A/B)**

Don't think you have time for a workout? You're wrong! This hard hitting class with torch calories using high intensity interval training with various equipment

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

**Holy Yoga (NEW DAY!) – 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!

**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 (50 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!

**Plyo-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.

**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.

**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!

**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.

**All Levels Yoga (60 minutes-Studio A/B)**

Each class will help you develop strength, flexibility, balance and concentration while emphasizing body alignment, spinal extension, muscular balance and the subtleties of breath.

**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.