

# HEALTHY LIVING Jan 2nd–March 4th 2018

## 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

-Lily pads 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.

**Bokwa (45 minutes–Studio A/B)** An energetic fitness dance class for every level combining African dance moves and boxing maneuvers to create a cardiovascular, muscular strength and flexibility workout all in one!

**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!

**Core Fit (45 minutes–Studio E) (NEW!)** This class focuses on strength and flexibility of more than just your core! You will burn calories utilizing bands, balls, weights, and bars while training your abs, hips, glutes, and back! No need to get on the floor for a great core workout!!

### **Group Cycling (45 minutes–Studio C) (New days!) 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.

### **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**– Comfortable, supported postures and therapeutic breathing techniques combined with aromatherapy to rejuvenate and relax your body.

### **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

### **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.

### **Spinsanity (50 minutes– Studio C) Members Only**

Come burn off some serious calories with this intense journey on stationary bikes. This class has all the ingredients (endurance, strength, intervals, high intensity, recovery and great music) to sweat your way to a healthier 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.

### **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 (New days and times!) (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.

# HEALTHY LIVING

Improving the nation's health and well-being.

## Jan 2nd–March 4th 2018

rev 12/13/17



CLASS SCHEDULE	MON	TUE	WED	THU	FRI	SAT	SUN
Slow Surf	7:30 am		7:30 am		7:30 am		
Lilypads and Frogs		10:30 am		10:30 am	10:30 am		
Big Waves	8:15 am		8:15 am		8:15 am		
Hydro with Holly		7:15 pm		7:15 pm			
Body Blast			6:00 pm			10:10 am	
BOKWA						9:00 am	
Body Transformer				11:00 am			
Core Fit (NEW!)			7:15 pm				
Group Cycling (new day time!)	6:00 pm	6:00 pm	6:00 pm	6:00 pm		9:00 am	
Holy Yoga	10:00 am	6:00 pm	10:00 am	6:00 pm			
Holy Yoga Gentle Restore		7:15 pm		7:15 pm			
KettleBell	5:00pm			5:00 pm			
Kick `n Fit		5:00 pm					
Nia (New time!)	8:45 am				8:45 am		
Piloxing	6:15 pm		6:15 pm				
PiYo			5:00 pm				12:30 pm
Plyo-fit		6:15 pm		6:15 pm			
Rock On!	4:15 pm		4:15 pm				
Silver Sneakers	10:10 am						
Stretch `n Groove		7:30 am		7:30 am			
Spinsanity	9:00am		9:00am				
Sunrise Yoga	5:15 am		5:15 am		5:15 am		
Totally Toned	8:10 am		8:10 am		8:10 am		
Women on Weights		9:00am		9:00 am			
All Levels Yoga	6:15 pm						
Zumba (new days and times!!)	5:15 pm	7:15 pm	5:15 pm	5:15 pm			
Zumba (new days and times!!)		11:00 am		11:00 am		8:15 am 11:00 am	
Zumba Gold		8:15am	9:00am				

**Studio E will be in use on Tuesdays and Thursdays from 3p-5p by our SACC program.**

We try our best to keep our classes at the scheduled times, but sometimes due to instructor availability, classes will be cancelled. Call ahead to check! 260-925-9622