

HEALTHY LIVING July 10th – Sept 3rd 2017

B.O.A.T. Aquatic Fitness (45–60 minutes Pool)

Cruise B.O.A.T.—A water fitness class designed to target range of motion, muscular strength, and coordination/balance.

Row B.O.A.T.—Experience a low impact cardiovascular workout that includes muscle strengthening, toning, and core-focused exercises.

Speed B.O.A.T.—Jump in feet first to this high energy, calorie blasting, cardiovascular, toning water party! All levels welcome!

Body Blast (50 minutes—Studio AB)

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 AB) 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!

Group Cycling (45 minutes—Studio AB) 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.

H.I.I.T. Hard (45 minutes—Studio AB) This is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full body strength training with high intensity cardio bursts that will tone, improve your endurance and clear your mind before the day begins.

Holy Yoga Classes (45–60 minutes Studio AB)(Thursdays in Chapel May 25th–July 27th)

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 Plus – Enjoy the benefits of Holy Yoga only now offered with modifications!

Holy Yoga Gentle Restore— Comfortable, supported postures and therapeutic breathing techniques combined with aromatherapy to rejuvenate and relax your body.

Insanity 50 minutes (Tues Studio AB, Sat Studio E)

A revolutionary cardio-based total body conditioning class with motivating music and a high energy instructor. This class is for ALL levels of fitness— who's ready for an *insane* experience?!

Kidderbug NEW! (kids only) (Studio E)

This Zumba-inspired class breaks down the steps and adds games to teach kids leadership, respect, confidence, self-esteem, and coordination!

Kettlebell (45 minutes—Studio AB)

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

Nia (60 minutes—Studio AB) 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.

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! Not recommended for beginners.

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 AB) Members Only

Come burn off those holiday 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 AB)

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

Sunrise Pose-n-Stretch (60 minutes—Studio AB)

Develop strength, flexibility, and balance while emphasizing body alignment, spinal extension, and the subtleties of breath. 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 AB)

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.

HEALTHY LIVING

Improving the nation's health and well-being.



July 10th– Sept 3rd 2017

rev 6/30/17

CLASS SCHEDULE	MON	TUE	WED	THU	FRI	SAT	SUN
Cruise B.O.A.T. (new time)	7:30 am		7:30 am		7:30 am		
Row B.O.A.T.		10:30 am		10:30 am	10:30 am		
Speed B.O.A.T. (new time)	8:15 am	7:15 pm	8:15 am	7:15 pm	8:15 am		
Body Blast			6:00 pm			10:10 am	
BOKWA						9:00 am	
Group Cycling				6:00 pm			
H.I.I.T. Hard		5:30 am		5:30 am			
Holy Yoga	10:00 am	6:00pm	10:00 am	6:00pm (chapel)			
Holy Yoga Gentle Restore		7:15 pm		7:15 pm			
Holy Yoga Plus						8:00 am	
Insanity		4:30 pm				8:15 am	
KettleBell	5:00pm		5:00pm				
Kidderbug		4:30 pm		4:30 pm	9:15 am		
Nia	8:00 am						
Piloxing	6:15 pm		6:15 pm				
Piyo							12:30 pm
Plyo-fit		6:15 pm		6:15 pm			
Rock On!	4:15 pm		4:15 pm				
Silver Sneakers	10:10 am	10:10 am	10:10 am	10:10 am	10:10 am		
Stretch `n Groove		7:30 am		7:30 am			
Spinsanity	9:00am 7:15 pm		9:00am 7:15 pm				
Sunrise Pose-n-Stretch	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	5:15 pm	5:15 pm	5:15 pm	5:15 pm			
Zumba		11:00 am		11:00 am		11:00 am	
Zumba Gold	9:00 am		9:00 am				

Members: FREE Non-Members: \$30 for one class per week per session

\$60 for two classes per week per session

PRICE FOR CLASSES

\$90 for three classes per week per session