



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

Group Exercise Classes: September 2nd - October 27th 2019

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:15 AM	Sunrise Yoga	HIIT Hard	Sunrise Yoga	HIIT Hard	Sunrise Yoga	
6:00 AM		Cycling		Cycling		
7:00 AM						Running Club
7:30 AM	Slow Surf	Stretch 'n Groove	Slow Surf	Stretch 'n Groove	Slow Surf	
8:00 AM	Totally Toned		Totally Toned		Totally Toned	
8:15 AM		Zumba Gold		Zumba Gold		Zumba
8:20 AM	Big Waves		Big Waves		Big Waves	
8:45 AM	Nia				Nia	
9:00 AM	Cycling	Women on Weights	Cycling	Women on Weights	Cycling	Cycling
			Zumba Gold			
9:10 AM		Drumming for Joy				
10:00 AM	Holy Yoga		Holy Yoga		Holy Yoga	
10:10 AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	
10:30 AM		Lily Pads and Frogs		Lily Pads and Frogs	Lily Pads and Frogs	
11:11 AM		Drumming for Joy		Drumming For Joy		
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	Dance Away	Zumba	Dance Away		
6:00 PM	Cycling	Cycling	Cycling	Cycling		
		Holy Yoga	Running Club	Holy Yoga		
6:15 PM		Plyo-Fit		Plyo-Fit		
6:30 PM			POUND			
7:15 PM	Zumba	Hydro with Holly	Zumba	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

September 2nd – October 27th 2019

Aquatic Fitness: All our Aquatic classes are zero impact! *Pool will open 15 minutes prior to the beginning of each class*

-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-Lapp 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

Dance Away (45 minutes-Studio E)

A fun and effective full body workout that is easy on the knees and easy to learn. Includes warm-ups, aerobic work, strength training and stretching, all set to the best variety of music! Dance away pounds and stress as you boogie down to the beat. Beginners always welcome!

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 it's best. Please come no more than 20 minutes before class begins to reserve your bike by grabbing a ticket at the front desk!

HITT Hard (45 minutes – Studio A/B)

Want to torch calories early in the morning? This class is for you. This class uses various equipment and body weight exercises to make the most out of your morning and leave you energized for the rest of the day!

Holy Yoga Classes (4.5-60 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!

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, and martial arts to get you fit in 60 minutes. Appropriate for all fitness levels. Dance yourself alive!

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!

Pyvo-Fit (45 minutes-Studio E)

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

POUND (45 minutes – Studio A/B) NEW!

Channel your inner rockstar with this full body cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums. Using Ripstix, lightly weighted drumsticks, POUND transforms drumming into an incredible effective way of working out!

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!

Running Club (Meet in Lobby)

Do you have running goals, but don't know where to start? Amanda can help! Everyone is welcome, regardless of pace/distance or current fitness levels. Kids must be accompanied by an adult.

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.

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.