

FITNESS CLASS DESCRIPTIONS January 2021

Beginner: Classes are designed to accommodate a beginning exerciser with modifications given if needed.

Aqua Splash Circuit: A beginning to moderate intensity class focused on cardio health, conditioning, toning and strengthening muscles using self-paced interval circuits. Every class will conclude with flexibility, stretching and toning moves to keep splashing your way to improved strength and overall refreshment.

Chair Yoga: This class presents an introduction to basic yoga poses with emphasis on stretching, deep breathing and movement with attention to alignment. Chairs will be used, and there will be no floor options. Please bring your own yoga mat, a beach towel and a mask for the class.

Cardio Core Blast! This beginning to intermediate, one-hour class will combine a comprehensive warm-up and cool-down. In between, you will have a BLAST doing your favorite cardiovascular and core movements. If you need modifications, be sure to let our instructor know.

Morning Yoga: We will explore traditional yoga postures modified to fit each individual body. Come experience for yourself the mental and physical benefits of this ancient practice. Yoga mats and props provided. All abilities welcome.

Senior Strength: This active daily living class helps with range of motion, muscle strength, balance, coordination and flexibility.

Intermediate to Advanced: These classes are designed for participants who have exercise experience and are physically able to complete cardiovascular and strength training work.

Aqua Burst: A high energy, moderate intensity total body water workout. The emphasis is on the 30+ minute cardio portion of the class. This upbeat, energetic class is designed for anyone who wants to improve endurance, gain strength, tone up, shape up and get an all-over body workout.

Aerobics & Stretch: This class offers basic aerobic moves and will progress with new combinations in constant motion using a variety of upbeat music. Some resistance equipment will also be incorporated for this great workout!

Cardio Kickboxing: This fun, challenging workout will focus on specific precision self-defense work so you leave feeling confident and strong. Strength and abdominal work are incorporated for a full-body, heart-pumping workout!

HIIT Tabata: This high-intensity interval training class is fast, effective and fun! It improves your cardiovascular fitness along with weight-loss benefits.

Total Body Dance: Come and enjoy choreographed dance routines set to music. It blends together Zumba and Pound Fitness for a great workout.

Yoga Intermediate: This wonderful, challenging yoga class is for those who have previous yoga experience and are looking for a higher-level yoga class.

GROUP FITNESS SCHEDULE January 2021

The following classes will be held in the **Arts & Crafts Dance Room**

Pre-registration for classes is required to attend these classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:50am		Morning Yoga Julie				
8:00-9:00am	Yoga Intermediate Melva	Cardio Kickboxing Julie	Yoga Intermediate Melva			
9:00-9:45am	Aerobics & Stretch Melva	Total Body Dance Mari	Aerobics & Stretch Melva	Total Body Dance Mari		
	10 person limit	10 person limit	10 person limit	10 person limit		

The following classes will be held in the **BALLROOM AT THE CLUBHOUSE** until further notice

Pre-registration for classes is required to attend these classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am		HIIT Tabata Marlene	Cardio Core Blast! Diane	HIIT Tabata Marlene		
9:00-9:50am		Chair Yoga Mary Y		Chair Yoga Mary Y	<i>15 person limit for Chair Yoga</i>	
9:00-10:00am			Senior Strength Diane			
9:15-10:15am			Aqua Burst Heather POOL		Aqua Burst Heather POOL	<i>Aqua classes taught at Fitness Center Pool</i>
10:00am					Senior Strength Diane	
10:30-11:30am	Senior Strength Diane					
10:30-11:30am	Aqua Burst Heather POOL	Aqua Splash Circuit Heather POOL	Aqua Burst Heather POOL	Aqua Splash Circuit Heather POOL	Aqua Burst Heather POOL	<i>Aqua classes taught at Fitness Center Pool</i>