













# Drop In Group Fitness Classes August 15, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
	6:15am-6:45am Virtual Spin 	6:00am-7:00am Total Body Sculpt Melissa	6:00am-7:00am Spin Melissa	6:00am-7:00am Total Body Sculpt Melissa	
		6:15am-7:05am Virtual Spin 		6:15am-7:05am Virtual Spin 	
		8:30am-9:00am Virtual Spin 		8:30am-9:00am Virtual Spin 	
	9:00am-9:50am Virtual Spin 	9:00am-10:00am Core Yoga Kainoa	9:00am-9:50am Virtual Spin 		
	9:00am-10:00am Zumba Fitness Holly		9:00am-10:00am Zumba Fitness Holly Deep Water Kim		
		10:15am-11:15am Total Toning Noel		10:15am-11:15am Total Toning Noel	
	10:30am-11:30am Gentle Yoga Deb	10:30am-11:30am Deep Water Kathy	10:30am-11:30am Classical Hatha Yoga Julia	10:30am-11:30am Deep Water Kathy	10:15am-10:45am Virtual Spin 
		11:30am-12:30pm Arthritis Foundation Kathy	11:30am-12:30pm Water Fitness For Everyone Kim	11:30am-12:30pm Arthritis Foundation Kathy	10:45am-11:45am Yoga Mix Deb
	12:00-12:45pm Senior Strength Deb	12:00-1:00pm Zumba Fitness Noel	12:00-1:00pm Senior Yoga Kainoa	12:00-1:00pm Zumba Fitness Noel	12:00-1:00 Zumba Noel/Kamala
	1:30pm-2:30pm Low Impact Dance Fitness Noel	1:30-2:30pm Silver Sneaker Classic Noel	1:30pm-2:30pm Low Impact Dance Fitness Noel	1:30-2:30pm Silver Sneaker Classic Noel	
	4:30pm-5:15pm Total Toning Noel		4:30pm-5:15pm Total Toning Noel		
	5:30pm-6:00pm Virtual Spin 	5:30pm-6:20pm Virtual Spin 	5:30pm-6:00pm Virtual Spin 	5:30pm-6:20pm Virtual Spin 	
	5:30pm-6:30pm Zumba Fitness Noel Aqua Zumba Tati	5:30pm-6:30pm Zumba Fitness Kamala	5:30pm-6:30pm Zumba Fitness Noel Aqua Zumba Tati	5:30pm-6:30pm Zumba Fitness Kamala	

# Fitness Class Descriptions

**Silver Sneakers Classic**—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for resistance. Chair available for needed support.

**Total Body Sculpt**—Fast-paced class; challenges, motivates and utilizes a variety of total body strengthening in addition to core strengthening exercises and light cardio. Load-bearing exercises that produce stronger, leaner, and more flexible muscles.

**Total Toning**—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while keeping to the beat of the music

**Low Impact Dance Fitness**—Fun, low impact and easy to follow dance class. Variety of musical rhythms and styles.

**Zumba Fitness**— Perfect for everybody! Each class is designed to bring people together for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style dance fitness party. Once the Latin & World rhythms are over, you will see why Zumba Fitness classes are often called exercise in disguise. Appropriate for all fitness levels. No experience necessary.

**Cardio Spin**—fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

**Virtual Spin RPM**— Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

**Virtual Spin Sprint**— High-intensity interval training on a bike. It’s a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

**Gentle Yoga**— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits, stretching the muscles of the shoulders and hips, and better balance.

**Senior Yoga**— Incorporate meditation and breathing participating in a very gentle yoga class using a chair. Great for first timers or have injuries that require you to take it easy.

**Senior Strength**—Science tells us that the body begins to lose muscle mass after middle age unless we exercise the muscles. This class is designed to work the arms legs and core (the back and belly) muscles to keep them strong. Using elastic bands and hand weights, in both sitting and standing positions, (your instructor will help you find your personal level) we will move through the body challenging the muscles to work. Sometime will also be spent safely practicing balance and concentration as well.

**Yoga Mixed**—(For stronger yoga students) Class starts with 5 minutes of pranayama (yogic breathing practice to strengthen and relax). Then moves on to a high energy flow of movement combined with the appropriate breath, called Surya namaskar or sun salutations. This includes forward and backward bends, standing and balance poses all taught with attention to alignment of the body. We finish the hour with challenging core work and seated and restorative poses.

**Core Yoga**—An all-levels class focusing on your abdominals and neighboring muscles. We will use Core Yoga poses that build a strong and stable center.

**Classical Hatha Yoga**— Incorporate meditation and breathing while building strength, flexibility, and balance. Alignment is taught so the body is balanced. Best suited for intermediate and advanced yoga students.

**Aqua Zumba**— Invigorating workout. A challenging, water-based workout that’s cardio-conditioning, body-toning, and exhilarating. All levels welcome.

**Deep Water Aerobics**—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment.

**Water Fitness for Everyone**—Gentle exercise program. You’ll work on balance, cardiovascular endurance, strength and flexibility. Help decrease pain and stiffness while improving overall physical health.