

# Ancala Country Club

## Group Fitness Schedule

### April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:00 AM Yoga - Rebecca  9:00 AM Cardio Tennis  9:00 AM Choreo Get Fit-Stay Fit!
<b>3</b> 9:00 AM Yoga- Amy  10:30 AM Water Fitness  12:00 PM Mat Pilates	<b>4</b> 11:30 AM Total Body Workout  2:00 PM Low Impact Cardio  3:00 PM - Barre	<b>5</b> 8:00 AM Choreo Get Fit-Stay Fit!  9:00am Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat - Pilates  5:30 PM Yoga - Rebecca	<b>6</b> 8:00 AM Total Body Workout  9:00 AM Low Impact Cardio  10:00 AM - Barre  5:30 PM Yoga - Rebecca	<b>7</b> 7:30 AM Morning Flow Yoga – Sara  9:00 AM Yoga – Sara  10:30 AM Aqua Zumba	<b>8</b> 8:00 AM Yoga - Rebecca  9:00 AM Cardio Tennis  9:00 AM Choreo Get Fit-Stay Fit!
<b>10</b> 9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat - Pilates	<b>11</b> 11:30 AM Total Body Workout  2:00 PM Low Impact Cardio  3:00 PM - Barre	<b>12</b> 8:00 AM Choreo Get Fit-Stay Fit!  9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat Pilates  5:30PM Yoga - Rebecca	<b>13</b> 8:00 AM Total Body Workout  9:00 AM Low Impact Cardio  10:00 AM - Barre  5:30 PM Yoga - Rebecca	<b>14</b> 7:30 AM Morning Flow Yoga – Sara  9:00 AM Yoga - Sara  10:30 AM Aqua Zumba	<b>15</b> 8:00 AM Yoga - Rebecca  9:00-AM Cardio-Tennis  9:00 AM Choreo Get Fit-Stay Fit!
<b>17</b> 9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat Pilate	<b>18</b> 11:30 AM Total Body Workout  2:00 PM Low Impact Cardio  3:00 PM - Barre	<b>19</b> 8:00 AM Choreo Get Fit-Stay Fit!  9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat Pilates  5:30 PM Yoga - Rebecca	<b>20</b> 8:00 AM Total Body Workout  9:00 AM Low Impact Cardio  10:00 AM - Barre  5:30 PM Yoga - Rebecca	<b>21</b> 7:30 AM Morning Flow Yoga – Sara  9:00 AM Yoga – Sara  10:30 AM Aqua Zumba	<b>22</b> 8:00 AM Yoga - Rebecca  9:00 AM Cardio Tennis  9:00 AM Choreo Get Fit-Stay Fit!
<b>24</b> 9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat Pilates	<b>25</b> 11:30 AM Total Body Workout  2:00 PM Low Impact Cardio  3:00 PM - Barre	<b>26</b> 8:00 AM Choreo Get Fit-Stay Fit!  9:00 AM Yoga - Amy  10:30 AM Water Fitness  12:00 PM Mat Pilates  5:30 PM Yoga - Rebecca	<b>27</b> 8:00 AM Total Body Workout  9:00 AM Low Impact Cardio  10:00 AM - Barre  5:30 PM Yoga - Rebecca	<b>28</b> 7:30 AM Morning Flow Yoga – Sara  9:00 AM Yoga – Sara  10:30 AM Aqua Zumba	<b>29</b> 8:00 AM Yoga - Rebecca  9:00 AM Cardio Tennis  9:00-AM Choreo-Get Fit-Stay Fit!
<b>All Classes 60 Minutes</b>					

## Class Descriptions:

WATER FITNESS: This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. *All fitness levels welcome!*

AQUA ZUMBA: Aqua Zumba is a great way to work aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time while incorporating the dance rhythms & flair that make Zumba Aqua so much fun!

YOGA: All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. *Beginners welcome!*

Choreo Get Fit-Stay Fit! See what all the excitement is about! A great way to have fun, develop coordination a healthy heart. Join your friends for an hour of Latin choreography and attitude! *All fitness levels welcome!*

LOW IMPACT CARDIO: Low Impact Cardio improves coordination, toning, strengthening as well as increasing heart rate for an energetic & healthy workout. A fun way to burn calories while listening to music of the 50's, 70's, & 80's. *All fitness levels welcome!*

TOTAL BODY FITNESS: A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of the fitness ball. Weights & balance training. *This class is designed for all levels!*

BEGINNING PILATES: Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. Pilate's targets the upper and lower abdominals, oblique's, and back, as well as toning the glues and thighs. *All fitness levels welcome!*

Gentle Mindful Flow with Meditation: All levels practice with a gently flow with fundamental postures focusing on breathing, healthy alignment principles, and building strength. Last 10 minutes will be a silent mindful practice.

Yoga Level 1-2: All levels practice designed to build strength, balance and flexibility. Fundamental postures linked with intelligent sequencing to create length and space in your body and mind

Morning Flow: Wake up and energize your mind and body with a morning yoga flow that will leave you ready to start your day. This class will highlight stretching, movement and flexibility. Perfect for all bodies. No yoga experience is needed.

Energize Yoga: Fitness based approach to vinyasa-style yoga. Class may vary to include strength based, fast paced asana, balancing and inversions. A strong foundation is needed for class. Strong Level 1 and Level 2.

Barre: Barre class is a combination of ballet, strength, yoga and pilates, focusing on core, gluts balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome.