## **Ancala Country Club**

Group Fitness Schedule

## **April 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
9:00 AM Yoga- Debbie	11:00 AM Total Body Workout		8:00 AM	7:45	7:45 AM Yoga-Debbie
Toga- Debble	Total Body Workout	9:00 AM	Total Body Workout	S.W.E.A.T	Toga-Debble
10:00 AM	12:00 PM	Choreo Get		Kevin	8:00 AM
Water Fitness	Low Impact Cardio	Fit-Stay Fit!	9:00 AM Low Impact	9:00 AM	Adult Cardio Tennis
11:30 AM	1:00 PM – Barre	10:00 AM	Cardio	Yoga – Sarah	9:00 AM
Mat Pilates	2:00 PM - Barre	Yoga - Debbie	10:00 AM Parra	10,00 AM	Choreo Get Fit-Stay Fit
4:00 PM	4:00 PM	10:00 AM	10:00 AM – Barre	10:00 AM Agua Zumba	Linda
Yoga at the park	Gentle Flow Yoga-Sarah	Water Fitness	4:00 PM – Yoga Fusion		
Debbie	5:15 PM	11:30 AM	Sarah	10:15 Power Yoga-Sarah	
	Yin/Restorative Yoga-	Mat – Pilates	5:15 PM	rower roga-saran	
	Sarah	4.00 004 5 14 5 4 7	Yoga – Sarah		
		4:00 PM S.W.E.A.T Kevin	Yin/Restorative Yoga		
9	10	11	12	13	14
9:00 AM	11:00 AM	9:00 AM Choreo Get	8:00 AM	7:45	7:45 AM
Yoga- Debbie	Total Body Workout	Fit-Stay Fit!	Total Body Workout	S.W.E.A.T Kevin	Yoga-Debbie
10:00 AM	12:00 PM	•	9:00 AM		8:00 AM
Water Fitness	Low Impact Cardio	10:00 AM Yoga - Debbie	Low Impact Cardio	9:00 AM Yoga – Sarah	Adult Cardio Tennis
11:30 AM	1:00 PM – Barre	i oga - Dennie	Carulo	I Uga - Jaiaii	9:00 AM
Mat Pilates	2:00 PM - Barre	10:00 AM	10:00 AM – Barre	10:00 AM	Choreo Get
4:00 PM	4:00 PM	Water Fitness	4:00 PM – Yoga Fusion	Aqua Zumba	Fit-Stay Fit Linda
Yoga at the park	Gentle Flow Yoga-Sarah	11:30 AM	Sarah	10:15	Linua
Debbie	F.4F B84	Mat – Pilates	F.4F BB4	Power Yoga-Sarah	
	5:15 PM Yin/Restorative Yoga-	4:00 PM S.W.E.A.T	5:15 PM Yoga – Sarah		
	Sarah	Kevin	Yin/Restorative Yoga		
16	17	18	19	20	21
9:00 AM Yoga- Debbie	11:00 AM Total Body Workout	9:00 AM Choreo Get	8:00 AM Total Body Workout	7:45 S.W.E.A.T	7:45 AM Yoga-Debbie
Toga- Debbie	Total Body Workout	Fit-Stay Fit	Total Body Workout	Kevin	Toga-Debble
10:00 AM	12:00 PM	Linda	9:00 AM		8:00 AM
Water Fitness	Low Impact Cardio	10:00 AM	Low Impact Cardio	9:00 AM	Adult Cardio Tennis
11:30 AM	1:00 PM – Barre	Yoga - Debbie	Curuio	Yoga – Sarah	9:00 AM
Mat Pilates	2:00 PM - Barre	40.00 444	10:00 AM – Barre	10.00 114	Choreo Get
4:00 PM	4:00 PM	10:00 AM Water Fitness	4:00 PM – Yoga Fusion	10:00 AM Aqua Zumba	Fit-Stay Fit Sub - Debbie
Yoga at the park	Gentle Flow Yoga -		Sarah	•	
Debbie	Sarah	11:30 AM Mat - Pilates	5:15 PM	10:15 Power Yoga-Sarah	
	5:15 PM	iviat - Filates	Yoga – Sarah	rower roga-saran	
	Yin/Restorative Yoga	4:00 PM S.W.E.A.T	Yin/Restorative Yoga		
23	Sarah 24	Kevin 25	26	27	28
9:00 AM	11:00 AM	9:00 AM	8:00 AM	7:45	7:45 AM
Yoga- Debbie	Total Body Workout	Choreo Get	Total Body Workout-Sub-	S.W.E.A.T	Yoga-Debbie
10:00 AM	12:00 PM	<del>Fit-Stay Fit!</del> <del>Linda</del>	Sub-Debbie	Kevin	
Water Fitness	Low Impact Cardio		9:00 AM		8:00 AM
11:30 AM	1:00 PM - Barre	10:00 AM Yoga – Debbie	Low Impact Cardio	9:00 AM Yoga – Sarah	Adult Cardio Tennis
Mat Pilates	2:00 PM - Barre	. Opa Depoie	10:00 AM - Barre	1050 - Jaiaii	
4.00 004	4.00 054	10:00 AM		10:00 AM	9:00 AM Choreo Get
4:00 PM Yoga at the park	4:00 PM Gentle Flow-Yoga-	Water Fitness	4:00 PM – Yoga Fusion	A <del>qua Zumba</del>	Choreo Get Fit-Stay Fit!
Debbie	Sarah	11:30 AM	Sarah	10:15	Linda
	5:15 PM	Mat - Pilates	5:15 PM	Power Yoga-Sarah	
	Yin/Restorative Yoga	4:00 PM S.W.E.A.T	Yoga – Sarah		
20	Sarah	Kevin	Yin/Restorative Yoga		
30 9:00 AM					
Yoga- Debbie					
-10:00 AM					
- Water Fitness					
14.20.454					
11:30 AM Mat Pilates					
Sub- Debbie					
4.00 DN4					
4:00 PM Yoga at the park					
Debbie					
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	All Classes 60 Minutes				I

All Classes 60 Minutes

## **Class Descriptions:**

<u>WATER FITNESS:</u> 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!* 

<u>AQUA ZUMBA</u>: 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!* 

<u>Choreo Get Fit-Stay Fit!</u> See what all the excitement is about! We incorporate cardio routines using fun and exciting music. This helps the heart rate increase. Which helps to speed up metabolism and burn calories. The class also uses weights, bands, and balls to build muscle which burns calories and improves general muscle strength. The class is full of energy and a great way to work out without feeling like you are working out!! Hope to see you soon!

**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!* 

<u>BARRE:</u> 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.

**YOGA FUSION:** Combination of Yoga, Pilates and Barre

**HIKE YOGA:** Feel the air on your skin and the sun on your face as you join us outside in beautiful Arizona sunshine for yoga in the park.

<u>S.W.E.A.T</u> Sweat classes utilize full body exercises to increase the heart rate, promoting cardiovascular health as well as muscle strength and tone. This class contains mobility/flexibility, strength and cardio to complete the SWEAT experience.