

**SEPTEMBER 2022**

# GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Flow Yoga	Gentle Yoga	Power Yoga		Gentle Yoga	Gentle Yoga
8:30 am						
9:00 am	Total Body	Total Body	Total Body	Total Body	Total Body	
10:00 am	Power Yoga		Flow Yoga		Flow Yoga with Restore	
10:00 am	Aqua Aerobics	Barre	Aqua Aerobics	Barre	Aqua Zumba	
11:00 am	Aqua Aerobics		Aqua Aerobics	Gentle Yoga		
4:00 pm		Sweat + Strength		Sculpt Yoga		
5:00 pm		Flow Yoga		Restore Yoga		
6:00 pm						
7:00 pm						

# CLASS DESCRIPTIONS

## **AQUA AEROBICS | Bonnie**

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 | Bonnie**

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!

## **GENTLE YOGA | Kat**

Is practiced at a slower pace with focus on alignment, breathe, controlled movements and stretching. Excellent for beginners.

## **RESTORE YOGA | Kat**

A class that focuses on creating space in your body through deep stretching and holding of poses. Props such as blocks, bolsters and straps provide the opportunity to improve flexibility. The perfect post golf, tennis work "in". Everyone invited to attend.

## **SCULPT YOGA | Kat**

The perfect combination of yoga and strength, training designed to create a full-body workout.

## **TOTAL BODY FITNESS | Bonnie**

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!

## **PILATES | Bonnie**

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!

## **BARRE | Bonnie**

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.

## **SWEAT + STRENGTH | Kat**

This is a combination of High Intensity Interval Training (HIIT) and Strength Training with the use of kettlebells, dumbbells, machines, bands, etc. This is a combination of 5-6 exercises performed with a short rest period between them for either a set number of repetitions or a prescribed amount of time. Modifications will be provided for each exercise. Excellent for ALL LEVELS!