

Ancala Country Club

Group Fitness Schedule

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 31 7:00AM S.W.E.A.T – Kevin 9:00 AM Yoga - Debbie	1 10:00 AM Gentle Flow Yoga - Sarah 11:15 AM Yin/Restorative Yoga Sarah Happy New Year!	2 8:00 AM Total Body – Bonnie 9:00 AM Choreo Get Fit-Stay Fit! Linda 10:00 AM Yoga – Debbie 10:00AM Water Fitness-Bonnie 11:30AM Pilates-Bonnie 2:00 PM S.W.E.A.T Kevin	3 8:00 AM Total Body Workout 9:00 AM Barr-Bonnie 10:00 AM – Low Impact-Bonnie 4:00 PM Gentle Flow Yoga- Sarah 5:15 PM Yoga – Yin/ Restorative Yoga Sarah	4 7:45 AM S.W.E.A.T Kevin 9:00 AM Yoga – Sarah 10:00AM Water Fitness-Bonnie 10:15 AM Yin Yoga- Sarah 4:00PM S.W.E.A.T-Kevin	5 7:45 AM Yoga-Debbie 8:00 AM Cardio Tennis 9:00 AM Choreo Get Fit-Stay Fit Linda
7 7:00AM S.W.E.A.T – Kevin 8:00 AM Total Body- Bonnie 9:00 AM Yoga- Debbie 10:00AM Water Fitness-Bonnie 11:30 AM Pilates- Bonnie 4:00 PM Yoga Debbie	8 10:30 AM Total Body Workout 11:30AM Barr-Bonnie 12:30 PM Low Impact-Bonnie 4:00 PM Gentle Flow Yoga-Sarah 5:15 PM Yin/Restorative Yoga- Sarah	9 8:00 AM Total Body – Bonnie 9:00 AM Choreo Get Fit-Stay Fit! Linda 10:00AM Yoga – Debbie 10:00AM Water Fitness-Bonnie 11:30AM Pilates-Bonnie 2:00 PM S.W.E.A.T Kevin	10 8:00 AM Total Body Workout 9:00 AM Barr-Bonnie 10:00 AM – Low Impact-Bonnie 4:00 PM Gentle Flow Yoga- Sarah 5:15 PM Yoga – Yin/ Restorative Yoga Sarah	11 7:45 AM S.W.E.A.T Kevin 9:00 AM Yoga – Sarah 10:00 AM Water Fitness-Bonnie 10:15 AM Yin Yoga- Sarah 4:00PM S.W.E.A.T-Kevin	12 7:45 AM Yoga-Debbie 8:00 AM Cardio Tennis 9:00 AM Choreo Get fi t-Stay Fit Linda
14 7:00AM S.W.E.A.T-Kevin 8:00AM Total Body- Bonnie 9:00 AM Yoga- Debbie 10:00AM Water Fitness- Bonnie 11:30 AM Pilates-Bonnie 4:00 PM Yoga Debbie	15 10:30 AM Total Body Workout 11:30 AM Barr-Bonnie 12:30 PM Low Impact-Bonnie 4:00 PM Gentle Flow Yoga - Sarah 5:15 PM Yin/Restorative Yoga Sarah	16 8:00 AM Total Body – Bonnie 9:00 AM Choreo Get Fit-Stay Fit! Linda 10:00 AM Yoga – Debbie 10:00AM Water Fitness-Bonnie 11:30AM Pilates-Bonnie 2:00 PM S.W.E.A.T Kevin	17 8:00 AM Total Body Workout 9:00 AM Barr-Bonnie 10:00 AM Low Impact-Bonnie 4:00 PM Gentle Flow Yoga-Sarah 5:15 PM Yoga – Sarah Yin/Restorative Yoga	18 7:45 AM S.W.E.A.T Kevin 9:00 AM Yoga – Sarah 10:00AM Water Fitness-Bonnie 10:15 AM Yin Yoga-Sarah 4:00PM S.W.E.A.T - Kevin	19 7:45 AM Yoga-Debbie 8:00 AM Cardio Tennis 9:00 AM Choreo Get Fit-Stay Fit Linda
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28 7:00AM S.W.E.A.T –Kevin 8:00AM Total Body - Bonnie 9:00 AM Yoga- Debbie 10:00AM Water Fitness-Bonnie 11:30 AM Pilates-Sub-Debbie 4:00 PM- Yoga-Debbie	29 10:30 AM Total Body Workout 11:30 PM Barr-Bonnie 12:30PM Low Impact-Bonnie 4:00 PM Gentle Flow-Yoga- Sarah 5:15 PM Yin/Restorative Yoga Sarah	30 8:00AM Total Body- Sub - Kevin 9:00 AM Choreo Get Fit-Stay Fit! Linda 10:00 AM Yoga – Debbie 11:00 AM Pilates - Bonnie 2:00 PM S.W.E.A.T Kevin	31 8:00 AM Total Body Workout 9:00 AM Barr-Bonnie 10:00 AM Low Impact-Bonnie 4:00 PM Gentle Flow Yoga-Sarah 5:15 PM Yoga – Sarah Yin/Restorative Yoga		

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! 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!*

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.

YOGA FUSION: Combination of Yoga, Pilates and Barre

S.W.E.A.T 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.