Ancala Country Club

Group Fitness Schedule

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
8:00 AM	10:30 AM	8:00 AM	Parada of tales No.	0.00 444	7:45 AM
Total Body- Bonnie	Total Body Workout	Total Body – Bonnie 9:00 AM	Fourth of July – No Classes	8:00 AM Complete Calisthenics	Yoga- Debbie
9:00 AM	11:30AM	Choreo Get	Clusses	Kevin	
Yoga- Debbie	Barre-Bonnie	Fit-Stay Fit!			9:00 AM
10:00AM	12:30 PM Low Impact-Bonnie	Linda 10:00AM		9:00 AM	Choreo Get Fit-Stay Fit Linda
Water Fitness-Bonnie	2:30 pm	Yoga – Sub Maddi		Yoga -Kevin	Linua
	Complete Fitness-	10:00AM		10:00 AM	2:00 PM
11:30 AM	Debbie	Water Fitness-Bonnie		- Water Fitness-Bonnie	All Levels Yoga Sarah
Pilates- Bonnie 3:00 PM	4:00 PM Gentle Flow Yoga-Sarah	11:30AM			3:00 PM
Complete Calisthenics -	5:00 PM	Pilates-Bonnie			Restorative Yoga-
Kevin	Yin/Restorative Yoga-	3:00 PM			Sarah
4:00 PM Yoga -Kevin	Sarah	Complete Calisthenics Kevin			
roga -keviii		4:00 PM			
		Yoga -Kevin			
8 8:00 AM	9 10:30 AM	10 8:00 AM	11 8:00 AM	12 8:00 AM	13 7:45 AM
Total Body- Bonnie	Total Body Workout	Total Body – Bonnie	Total Body Workout	Complete Calisthenics	Yoga-Sub Debbie
, , , , ,	,	9:00 AM		Kevin	.
9:00 AM	11:30AM	Choreo Get	9:00 AM	0.00.444	9:00 AM
Yoga- Debbie	Barre-Bonnie 12:30 PM	Fit-Stay Fit! Linda	Barre-Bonnie	9:00 AM Yoga -Kevin	Choreo Get fi t-Stay Fit
10:00AM	Low Impact-Bonnie	10:00AM	10:00 AM -		Linda
Water Fitness-Bonnie	2:30 pm	Yoga – Debbie	Low Impact-Bonnie	10:00 AM	2.00.000
11:30 AM	Complete Fitness- Debbie	10:00AM Water Fitness-Bonnie	2:30 PM Complete Fitness-Debbie	Water Fitness-Bonnie	2:00 PM All Levels Yoga – Sarah
Pilates- Bonnie	4:00 PM	acc. ridicas-poillie	4:00 PM		Ecreis Toga - Sarall
	Gentle Flow Yoga-Sarah	11:30AM	Gentle Flow Yoga- Sarah		3:00 PM
3:00 PM Complete Calisthenics -	5:00 PM Yin/Restorative Yoga-	Pilates-Bonnie 3:00 PM	5:00 PM		Restorative Yoga- Sarah
Kevin	Sarah	Complete Calisthenics	Yoga – Yin/ Restorative		Saran
4:00 PM		Kevin	Yoga		
Yoga -Kevin		4:00 PM	Sarah		
		Yoga -Kevin			
15	16	17	18	19	20
	10:30 AM	8:00 AM	8:00 AM	8:00 AM	7:45 AM
8:00AM Total Body- Bonnie	Total Body Workout 11:30 AM	Total Body – Bonnie 9:00 AM	Total Body Workout	— Complete Calisthenics Kevin	Yoga-Debbie
Total Body- Bolline	Barre-Bonnie	Choreo Get	9:00 AM	Reviii	9:00 AM
9:00 AM	12:30 PM	Fit-Stay Fit!	Barre-Bonnie	9:00 AM	Choreo Get
Yoga- Debbie	Low Impact Bonnie	Linda	10:00 AM	Yoga - Kevin	Fit-Stay Fit
10:00AM	2:30 PM Complete Fitness –	10:00 AM Yoga – Debbie	Low Impact-Bonnie	10:00AM	Linda
Water Fitness- Bonnie	Debbie	rogu Bessie	2:30 PM	Water Fitness-Bonnie	2:00 PM
	4:00 PM	10:00AM	Complete Fitness-Debbie		All Levels Yoga – Sarah
11:30 AM Pilates-Bonnie	Gentle Flow Yoga -	Water Fitness-Bonnie 11:30AM	4:00 PM Gentle Flow Yoga-Sarah		3:00 PM
Tilates-Bolline	Sarah 5:00 PM	Pilates-Bonnie	5:00 PM		Restorative Yoga-
3:00 PM	Yin/Restorative Yoga	3:00 PM	Yoga – Sarah		Sarah
Complete Calisthenics- Kevin	Sarah	Complete Calisthenics Kevin	Yin/Restorative Yoga		
4:00 PM		4:00 PM			
Yoga-Kevin		Yoga - Kevin			
22	23	24	25	26	27
8:00 AM	10:30 AM	8:00 AM	8:00 AM	8:00 AM	7:45 AM
Total Body- Bonnie	Total Body Workout	Total Body – Bonnie	Total Body Workout	Complete Calisthenics	Yoga-Debbie
0.00 484	11:30 AM	9:00 AM	0.00 484	Kevin	0.00 484
9:00 AM Yoga- Debbie	Barre-Bonnie 12:30PM	Choreo Get Fit-Stay Fit!	9:00 AM Barre-Bonnie	9:00 AM	9:00 AM Choreo Get
- 8	Low Impact-Bonnie	Linda	10:00 AM	Yoga-Kevin	Fit-Stay Fit
10:00AM	2:30 PM	10:00 AM	Low Impact Bonnie	40.00444	Linda
Water Fitness-Bonnie	Complete Fitness- Debbie	Yoga – Debbie 10:00AM	2:30 PM Complete Fitness- Debbie	10:00AM Water Fitness-Bonnie	2:00 PM
11:30 AM	Desc.	Water Fitness-Bonnie	4:00 PM	Tatal Haras Bolline	All Levels Yoga –
Pilates-Bonnie	4:00 PM	11:30AM	Gentle Flow Yoga-Sarah		Sarah
3:00 PM Complete Calisthenics	Gentle Flow-Yoga- Sarah	Pilates-Bonnie 3:00 PM	5:00 PM		3:00 PM
Kevin	5:00 PM	Complete Calisthenics	Yoga – Sarah		Restorative Yoga-
4:00 PM	Yin/Restorative Yoga	Kevin	Yin/Restorative Yoga		Sarah
Yoga -Kevin	Sarah	4:00 PM			
		Yoga - Kevin			
29	30 10:30 AM	31			
8:00AM	10:30 AM Total Body Workout	8:00 AM Total Body – Bonnie			
Total Body - Bonnie	,	9:00 AM			
0.00.000	11:30 PM	Choreo Get			
9:00 AM Yoga- Debbie	Barre-Bonnie 12:30PM	Fit-Stay Fit! Linda			
. Jour Dennie	Low Impact-Bonnie	10:00 AM			
10:00AM	2:30 PM	Yoga – Debbie			
Water Fitness-Bonnie 11:30 AM	Complete Fitness - Debbie	10:00AM Water Fitness-Bonnie			
Pilates- Bonnie	4:00 PM	11:30AM			
3:00 PM	Gentle Flow-Yoga-	Pilates-Bonnie			
Complete Calisthenics-	Sarah	3:00 PM			
Kevin	5:00 PM Yin/Restorative Yoga	Complete Calisthenics Kevin			
4:00 PM- Yoga-Kevin	Sarah	4:00 PM			
		Yoga - Kevin			

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!*

<u>BEGINNING PILATES:</u> 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

<u>Complete Calisthenics</u> 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.