

# Ancala Country Club

## Group Fitness Schedule

### April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:00 AM Total Body- Bonnie</p> <p>9:00 AM Yoga- Debbie</p> <p>10:00AM Water Fitness-Bonnie</p> <p>11:30 AM Pilates- Bonnie</p> <p>3:00 PM Complete Calisthenics- Kevin</p> <p>4:00 PM Yoga - Kevin</p>	<p>2</p> <p>10:30 AM Total Body Workout</p> <p>11:30 AM Barre-Bonnie</p> <p>12:30 PM Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness - Debbie</p> <p>4:00 PM Gentle Flow Yoga-Sarah</p> <p>5:00 PM Yin/Restorative Yoga-Sarah</p>	<p>3</p> <p>8:00 AM Total Body – Bonnie</p> <p>9:00 AM Choreo Get Fit-Stay Fit! Linda</p> <p>10:00 AM Yoga – Debbie</p> <p>10:00 AM Water Fitness-Bonnie</p> <p>11:30 AM Pilates-Bonnie</p> <p>3:00 PM – Complete Calisthenics Kevin</p> <p>4:00 PM Yoga - Kevin</p>	<p>4</p> <p>8:00 AM Total Body Workout</p> <p>9:00 AM Barre-Bonnie</p> <p>10:00 AM – Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness-Debbie</p> <p>4:00 PM Gentle Flow Yoga- Sarah</p> <p>5:00 PM Yoga – Yin/ Restorative Yoga Sarah</p>	<p>5</p> <p>8:00 AM Complete Calisthenics Kevin</p> <p>9:00 AM Yoga-Kevin</p> <p>10:00AM Water Fitness-Bonnie</p>	<p>6</p> <p>7:45 AM Yoga-Debbie</p> <p>8:00-AM Cardio-Tennis</p> <p>9:00 AM Choreo Get Fit-Stay Fit Linda</p> <p>1:00 PM All Levels Yoga- Sarah</p> <p>2:00 PM Restorative Yoga-Sarah</p>
<p>8</p> <p>8:00 AM Total Body- Bonnie</p> <p>9:00 AM Yoga- Debbie</p> <p>10:00AM Water Fitness-Bonnie</p> <p>11:30 AM Pilates- Bonnie</p> <p>3:00 PM Complete Calisthenics - Kevin</p> <p>4:00 PM Yoga -Kevin</p>	<p>9</p> <p>10:30 AM Total Body Workout</p> <p>11:30AM Barre-Bonnie</p> <p>12:30 PM Low Impact-Bonnie</p> <p>2:30 pm Complete Fitness- Debbie</p> <p>4:00 PM Gentle Flow Yoga-Sarah</p> <p>5:00 PM Yin/Restorative Yoga-Sarah</p>	<p>10</p> <p>8:00 AM Total Body – Bonnie</p> <p>9:00 AM Choreo Get Fit-Stay Fit! Linda</p> <p>10:00AM Yoga – Debbie</p> <p>10:00AM Water Fitness-Bonnie</p> <p>11:30AM Pilates-Bonnie</p> <p>3:00 PM Complete Calisthenics Kevin</p> <p>4:00 PM Yoga -Kevin</p>	<p>11</p> <p>8:00 AM Total Body Workout</p> <p>9:00 AM Barre-Bonnie</p> <p>10:00 AM – Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness-Debbie</p> <p>4:00 PM Gentle Flow Yoga- Sarah</p> <p>5:00 PM Yoga – Yin/ Restorative Yoga Sarah</p>	<p>12</p> <p>8:00 AM Complete Calisthenics Kevin</p> <p>9:00 AM Yoga -Sarah</p> <p>10:00 AM Water Fitness-Bonnie</p>	<p>13</p> <p>7:45 AM Yoga-Debbie</p> <p>8:00 AM Cardio Tennis</p> <p>9:00 AM Choreo Get fit-Stay Fit Linda</p> <p>1:00 PM All Levels Yoga – Sarah</p> <p>2:00 PM Restorative Yoga-Sarah</p>
<p>15</p> <p>8:00AM Total Body- Bonnie</p> <p>9:00 AM Yoga- Debbie</p> <p>10:00AM Water Fitness- Bonnie</p> <p>11:30 AM Pilates-Bonnie</p> <p>3:00 PM Complete Calisthenics - Kevin</p> <p>4:00 PM Yoga-Kevin</p>	<p>16</p> <p>10:30 AM Total Body Workout</p> <p>11:30 AM Barre-Bonnie</p> <p>12:30 PM Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness - Debbie</p> <p>4:00 PM Gentle Flow Yoga - Sarah</p> <p>5:00 PM Yin/Restorative Yoga Sarah</p>	<p>17</p> <p>8:00 AM Total Body – Bonnie</p> <p>9:00 AM Choreo Get Fit-Stay Fit! Linda</p> <p>10:00 AM Yoga – Debbie</p> <p>10:00AM Water Fitness-Bonnie</p> <p>11:30AM Pilates-Bonnie</p> <p>3:00 PM Complete Calisthenics Kevin</p> <p>4:00 PM Yoga - Kevin</p>	<p>18</p> <p>8:00 AM Total Body Workout</p> <p>9:00 AM Barre-Bonnie</p> <p>10:00 AM Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness-Debbie</p> <p>4:00 PM Gentle Flow Yoga-Sarah</p> <p>5:00 PM Yoga – Sarah</p> <p>Yin/Restorative Yoga</p>	<p>19</p> <p>8:00 AM Complete Calisthenics Kevin</p> <p>9:00 AM Yoga - Kevin</p> <p>10:00AM Water Fitness-Bonnie</p>	<p>20</p> <p>7:45 AM Yoga-Debbie</p> <p>8:00 AM Cardio Tennis</p> <p>9:00 AM Choreo Get Fit-Stay Fit Linda</p> <p>1:00 PM All Levels Yoga – Sarah</p> <p>2:00 PM Restorative Yoga-Sarah</p>
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<p>29</p> <p>8:00AM Total Body - Bonnie</p> <p>9:00 AM Yoga- Debbie</p> <p>10:00AM Water Fitness-Bonnie</p> <p>11:30 AM Pilates- Bonnie</p> <p>3:00 PM Complete Calisthenics– Kevin</p> <p>4:00 PM- Yoga-Kevin</p>	<p>30</p> <p>10:30 AM Total Body Workout</p> <p>11:30 PM Barre-Bonnie</p> <p>12:30PM Low Impact-Bonnie</p> <p>2:30 PM Complete Fitness - Debbie</p> <p>4:00 PM Gentle Flow-Yoga-Sarah</p> <p>5:00 PM Yin/Restorative Yoga Sarah</p>				

## **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

**Complete Calisthenics** 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.