

# Group Exercise Schedule - September 2013

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) ML Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) ML Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) ML Group Cycle (60) DM	
7:00 AM				Boot Camp (60) SL			Group Cycle (55) RY
7:30 AM							Masters Swim (90) JS
8:00 AM							Step/Sculpt (75) RY
8:30 AM	Zumba (60) LR	Step/Sculpt (60) LP	Pilates Mat (60) AW	Zumba (60) KH	Pilates Mat (60) AW	Glitz Dance (60) SD	
9:30 AM		Pilates Mat (75) AA  Aqua Combo (60) CP	Cardio Strength Training (60) GB  Masters Swim (60) MK	Power Sculpt (75) SE  Aqua Combo (60) CP	Group Cycle (90) RY  Masters Swim (60) MK	Boot Camp (60) CP  Aqua Combo (60) SaE	Yoga Tune-Up (75) EF  Aqua Combo (60) SaE
10:00 AM	Eclectic Yoga (90) EF						
10:30 AM						Core Conditioning (30) CP	
10:45 AM			Senior Yoga Tune- Up (60) LW				
11:00 AM				Vinyâsa Yoga (75) LW			
11:30 AM						Vinyâsa Yoga (90) HE	Zumba (60) LY/VJ
12:00 PM		Zumba (60) VZ	Group Cycle (60) RY		Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DD		Qigong (75) BB	Sr. Conditioning (60) DD		
4:30 PM		Group Cycle (60) DD		Group Cycle (60) SB		Zumba (50) LP/LR	
5:15 PM			Boot Camp (60) SL				
5:30 PM		U-Jam (50) RF		Fitness Fusion (60) DD	Zumba (60) VZ		
5:45 PM						Yin Yoga (90) LW	
6:30 PM		Beginning Yoga (90) EF	Pre-Masters Swim (60) JS Zumba (60) VZ		Pre-Masters Swim (60) JS		
6:45 PM				Vinyâsa Yoga (75) HE			

AA-Allyson Atwell  
 AW-Ann Weismann  
 BB-Barbara Branaman  
 CP-Charmaine Pokriots  
 DC-Debra Cohen  
 DD-Debbie Daniel  
 DM-Dolores Montenegro  
 EF-Elena Fisher  
 GB-Gini Bellawala

HE-Heather Estrada  
 JS-John Schaefer  
 KH-Kathleen Hill  
 LP-Laura Peterson  
 LR-Laurel Rudd  
 LY-Lupe Yepiz  
 LW-Linda Wagner  
 MK-Mike Kasper  
 ML-Mark Lougenour

RF-Robert Flores  
 RY-Rachel Young  
 SaE-Sandra Escamilla  
 SB-Stacy Burnell  
 SD-Sara Dean  
 SL-Shannon Larsen  
 VJ-Valy Zumpano

## GROUP EXERCISE CLASS DESCRIPTIONS

**Advanced Power Sculpt** is similar to the Power Sculpt class, but it includes more intensity and more repetitions. This is an ADVANCED and challenging class. (60 min)

**Boot Camp** is a class that will improve your physique, cardiovascular fitness, tone muscles, improve agility and power, burn calories, and enhance strength. (60 min)

**Cardio Sculpt** is a combination of cardiovascular and strength training using the Step, Body Bars exercise tubing, and dumbbells. (60 min)

**Cardio Strength Training** is a class that is challenging by using both cardio and strength intervals. Various cardio and strength training techniques will be used to build stamina. (60 min)

**Core Conditioning** is the act of strengthening the muscles of the abdominals and torso. (30 min)

**Fitness Fusion** class is 50 percent cardio drills and 50 percent strength training using various pieces of equipment, dumbbells, body bars, jump rope, etc. (60 min)

**Glitz Dance** is an energizing and unique fitness class featuring a diverse range of dance styles—from stage and screen to disco and swing, both current and classic hits. This class will build dance technique, cardio fitness and muscle endurance. (60 min)

**Group Cycle** is a powerful cardiovascular workout that simulates a realistic cycling workout on the road. This class will significantly increase the strength of your lower body. You work at your own fitness level. (45 – 60 min)

**Pilates Mat** is a unified exercise technique composed of several controlled, precise movements aimed at stretching and strengthening the “core” muscles, back, buttocks and abdomen. Pilates can help improve your posture. (60 – 75 min)

**Power Sculpt** is a powerful total body workout, with emphasis on increasing your strength by using weights, Body Bars and many repetitions. This class will help you SCULPT your body. (75 min)

**Qigong** practice will teach you soothing, easy-to-learn exercises for lasting health and vitality. The sharpness of the mind, the strength of the body, and the clarity of the spirit are all essential for health and vitality. Qigong exercises work on all three. Qigong training combines the graceful movements, breathing, and visualization to form energy building exercises. These practices are so effective that in China, Qigong is prescribed for ailments and illnesses as readily as medicine is administered in the West. These practices are so effective that for centuries martial artists have used these exercises to empower their fighting and athletic abilities. Qigong is a great way to cross train for any sport, and is suitable for all ages and levels of fitness and coordination. (75 min)

**Senior Conditioning** focuses on balance, agility, core strengthening, resistance, and flexibility training. Helps improve overall body and mind health. All ages welcome. (60 min)

**Step Interval** is a vigorous, high intensity, low impact workout using the Step. This class incorporates Step combinations mixed with intervals of muscle conditioning using hand weights and resistance tubing. A GREAT total body workout!! (60 min)

**Step/Sculpt** is a great lower body workout using the Step. This class gives you a good cardio workout and combines weight training also. (75 min)

**U-Jam Fitness TM** unites world beats with urban flavor and takes you around the world from hip-hop to Bollywood with an intense cardiovascular workout! Easy to learn dance steps choreographed to high energy music that makes you sweat, tone your body and leaves you craving for more! (50 min)

**Zumba** combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow for everyone. (60 min)

## AQUA EXERCISE CLASS DESCRIPTIONS

**Aqua Combo** combines cardio movements in shallow and deep water to give you a total body workout. This class is designed for all fitness levels. (60 min)

**Masters Swim** is a coached workout designed to improve swimmers' sprint speed as well as endurance capabilities. All four major strokes are utilized and refined. (60 min)

**Pre-Masters** is a coached work-out designed for beginning swimmers. All four major strokes are utilized and refined. (60 min)

## YOGA CLASS DESCRIPTIONS

**Beginning Yoga** is a class for those to new Yoga, or coming back to their practice after some abandonment. Gentle in design, this class will teach the fundamentals of yoga with emphasis on relaxation techniques. This is a perfect place to start your practice before experimenting with some of our more challenging classes. Good for beginners and all levels practiced. (90 min)

**Eclectic Yoga** is always different, so you'll never know quite what to expect. It will combine many styles of yoga, including Vinyasa, Ashtanga, Kundalini, Bikram, Yin, gentle, restorative and trance dance and meditation techniques. It will always be challenging to the body/mind and geared towards exercising in spirit! All levels of practice are welcome, although some experiences in Yoga are helpful. (90 min)

**Gentle Yoga** is taught in the styles of Yin, Restorative, Gentle, and Hatha yoga and is conducted in a much slower format than our traditional classes. Expect an easy stretch and yogic conditioning class designed to move the body gently and soothe stiff muscles/joints with an awareness to stress reduction, healing and meditation, breath work and relaxation are a vital part of this class. Great for all levels of practice, but especially for those new to yoga. (60 min)

**Senior Yoga Tune Up®** is a gentle approach to Yoga Tune Up®. All levels are welcomed. (60 min)

**Vinyasa Yoga** is sometimes called Power or Ashtanga Yoga, this energetic and flowing class builds heat and detoxifies the body through a challenging series of sun salutations and

yoga poses. The class builds strength, endurance and flexibility in the body and the mind. Students will actively combine poses (asanas) with deep breath work (pranayama), Gestures (mudras), focus (dristi) and bodily contractions (bandhas). Work at your own pace, this practice is quite athletic building stamina and physical strength. Not for beginners, experience required. (75 min)

**Yin Yoga** is a mellow class conducted mainly on the floor with props, quiet music and inspirational reading. Yoga poses are held for very long period of time, typically (3-5) minutes. Deep stretching of the connective tissue achieved while gently stimulating energy meridians and letting go of stress. Challenging in many ways, this class is NOT for beginners, some experience in yoga required. (90 min)

**Yoga Tune Up®** is a blend of yoga and corrective exercise principles combined with various stretching modalities designed to highlight joint mobility and stability. The results are immediate relief from chronic tension, increased power through a greater range of movement, increased strength and healthy, supple joints. Yoga Tune Up allows a practitioner to custom-fit poses and postures that help them practice pain free for a lifetime. (75 min)