

# NOVEMBER GROUP EXERCISE SCHEDULE: DRY LAND

Senior  Yoga  Strength  Cardio

Class times and location subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00A-10:00A GX Studio		Power Flex Jan	Ballet Barre Kimberly	Core Pole Jan		
9:00A-10:00A Upstairs/Courts	Essentrics Toning Kimberly in Courts	Bootcamp Heather		Bootcamp Heather		
9:30A-10:30A GX Studio/ Upstairs						ZUMBA Keeley
10:30A-11:30A GX Studio				Gentle Essentrics Kimberly	Drumming Cardio Nova	
12:00P-1:00P GX Studio	Chair Beginner Yoga Sage		Chair Beginner Yoga Sage		Chair Beginner Yoga Sage	
5:30P-6:30P GX Studio	STRONG Nation Keeley	Kickboxing Keeley			ZUMBA Melody	
5:30P- 6:30P Upstairs	Weight Lifting 101 Virginia		Power Blocks Virginia			
6:00P-7:00P GX Studio			Drumming Cardio Heather			
6:30P- 7:30P GX Studio		ZUMBA Betty		ZUMBA Toning Betty		

# NOVEMBER GROUP EXERCISE SCHEDULE: POOLS

Lap Pool   
  Therapy Pool

Class times and location subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00A-9:00A Therapy Pool	Water Aerobics Heather	Aqua Solutions Kelly	Water Aerobics Heather	Aqua Solutions Kelly	Water Aerobics Heather	
9:00A- 10:00A Lap Pool						
10:30A-11:30A Therapy Pool					Aqua Zumba Melody	
10:45A- 11:45A Lap Pool						Aqua Zumba Melody at 10:45a
4:00P- 5:00P Lap Pool			Aqua Zumba Melody			
5:00P-6:30P Therapy Pool	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons		
6:00P- 7:00P Lap Pool		Splash Fit Heather		Splash Fit Heather	Splash Fit Heather	

PLEASE SIGN IN FOR CLASSES AT WELCOME DESK.

# CLASS DESCRIPTIONS:

- **Essentrics:** This is a full body workout that will help improve balance, strengthen muscles, improve joint range of motion, increase mobility, improve posture and flexibility. This class includes standing work, floor work (modifications provided if you are unable to get on the floor), sometimes barre work. Please bring a yoga mat.
- **Ballet Barre:** This class uses 1-to-3-pound weight. We have some weights available for use or you may bring your own and a yoga mat. You can also bring a 6-to 8-inch diameter squishy ball. This is a toning class that is perfect for those who want a little bit more resistance to improve bone density. This class includes strength training, balance, cardio, standing, barre and sometimes floor work.
- **Gentle Essentrics:** This class is designed to be gentle and slower in nature, focusing on releasing tension, rebalancing your body and overall restorative. This is the perfect class to end your week after the 2 toning classes. Perfect for those with chronic pain or coming back from an injury.
- **Yoga:** Beginner classes focus on correct form and breathing through the poses. 26 pose is a form of hatha yoga and focuses on balance and increased energy flow. Deep Stretch Yin is a slower moving flow where poses are held to relieve deep tissue tension and increase flexibility.
- **Core Pole:** Resistance equipment using tubing at various levels and strengths resulting in muscle strength and endurance, agility, movement, and balance. Total body workout that can be done by Junior thru Senior population. This is a total CORE workout!
- **Power Flex:** Focus is on power, strength, flexibility weights, bars, balls and using weights various equipment. Helps maintain and improve bone density, muscle mass, better movement as we live our daily lives.
- **Zumba® :** Join the Party! Latin & World music with dance rhythms to create a party atmosphere while exercising to lose weight and improve overall fitness & flexibility. Zumba classes are aimed at different age groups and levels of fitness. It's Exercise in disguise!
- **Zumba®Toning:** Zumba plus a focus on muscle conditioning using lightweight toning sticks. The class combines cardio and strength training to tone and sculpt the body. Perfect for people looking to target specific muscle groups and improve overall fitness.
- **Zumba®Fitness:** An interval-style, calorie-burning fitness party! Zumba®Fitness is a total body workout, combining all elements of fitness – cardio, strength training, balance and flexibility, with boosted energy and a serious dose of awesome in each class.
- **Kickboxing:** This kickboxing class is a great cardio, interval-style workout. With choreography to popular music, this full body workout will feature patterns that are easy to follow.
- **Bootcamp:** Combines high-intensity cardio, strength training, and bodyweight exercises to challenge your body and mind.
- **Weightlifting 101:** focus on proper form and body mechanics for big compound movements like bench, squat and deadlift. **Power Blocks:** timed blocks of smaller muscle group lifting with core. **MetCon:** metabolic conditioning- fast paced class with small muscle groups, lots of cardio and core.
- **Circuits:** Learn the machines upstairs performed in a circuit with an emphasis on proper form and injury prevention.

# CLASS DESCRIPTIONS:

- **Drumming Cardio:** A fun, drum to the beat full body cardio workout. Low impact exercise that is perfect for all ages. Start as a beginner or come as a pro and feel your body move to the beat.
- **Aqua Aerobics and Aqua Solutions:** A fun, shallow-water exercise class that uses different intensity options. Suitable for all skill levels and is safe for non-swimmers.
- **Splash Fit:** Uses the water's resistance and buoyancy to improve cardiovascular fitness, strength, and flexibility. The buoyancy of the water is easy on your joints, and because you're always working opposing muscle groups, you get double the benefit for the same effort.
- **Hydra Motion:** Let's get the body in motion with aquatic exercises that are easy on the joints. Full body workout, running, walking, and so much more. Do it at your own pace. Ideal for everyone!
- **Aqua Zumba:** Combines traditional Zumba dance with the resistance and buoyancy of the water. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.