

JANUARY 2018

LELAND ROOM SCHEDULE

Please register for each class. Receipt due to instructor upon entering class. Call 24 hours in advance to cancel & avoid class fee.
Front Desk (910) 342 - 2215

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Sunrise Spin Juanita 6:00 - 6:45				
Sunrise Stretch Heather 7:00 - 8:00	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Basic Flow Yoga Heather 7:00 - 8:00 "Solefull" Strutters Outdoor Walking Class Sara 7:15 - 8:15	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Spartacus Mike S. 7:00 - 7:45	Spin Juanita 7:30 - 8:15	
Zumba® Victor 8:30 - 9:15	Body Sculpt Alan 8:15 - 9:00	Cardio Weights & Abs Michele 8:30 - 9:15	Core, Flex & Balance Kristen 8:15 - 9:00	Total Body Conditioning Alan 8:00 - 8:45	Beginner Yoga 4 Men Mike C. 8:30-9:25	Spin Juanita 9:00-9:45
Cardio, Weights & Abs Michele 9:30 - 10:15	NEW CLASS!	Zumba® Victor 9:30 - 10:15	NEW CLASS!			
CORE Basics Mary 10:30 - 11:30	Gentle 2 Yoga Kristen 9:15 - 10:15	Pilates Mary 10:30 - 11:30	Gentle 1 Yoga Kristen 9:15 - 10:15	Spartacus Michele 9:00 - 9:45	Forrest Yoga Mike C. 9:35-10:30	
*Cardio/Sculpt Mary 11:40 - 12:30	Gentle 1 Yoga Christina Joy 10:30 - 11:30	*Cardio/Sculpt Mary 11:40 - 12:30	Gentle Yoga 2 Heather 10:30 - 11:30	Cardio & Strength Mike S. 9:55 - 10:40		
*Beginner Cardio/Sculpt Mary 12:40 - 1:30	Gentle 2 Yoga Christina Joy 11:45 - 12:45	*Beginner Cardio/Sculpt Mary 12:40 - 1:30	Gentle 1 Yoga Heather 11:45 - 12:45	Zumba® Victor 10:45 - 11:30		
	Zumba® Julie 1:00 - 1:45	CHAIR Strength Balance & Flexibility Juanita 3:45 - 4:30	Meditation & Breath Work Heather 1:00 - 2:00	CHAIR Strength Balance & Flexibility Juanita 11:45 - 12:30		
CHAIR Strength Balance & Flexibility Juanita 3:00 - 3:45	NEW CLASS!	20-15-10 Juanita 6:00 - 6:45	Gentle 1 Yoga Christina J. 3:30 - 4:30			
Circuit Charge Juanita 6:00 - 6:45		Gentle Yoga/Meditation Juanita 7:00-8:00	Adaptive Yoga Christina J. 5:00 - 6:00			
TaiChi Marty 7:00 - 8:00	Cancelled Until Further Notice		Forrest Yoga Leigh Ann 7:00-8:00	Sunset Spin Juanita 7:00 - 7:45		

*Silver Sneakers Option ** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

20-15-10 – Intermediate Level

Cardio, strength & core conditioning work out set to motivational music. Burn calories, tone and have fun!

20 minutes cardio, 15 minutes strength, 10 minutes core

Body Sculpt – Advanced Beginner to Intermediate Level

Tabata segments are divided up into 20 seconds of hard work followed by 10 seconds of active rest. Classes will focus on aerobics, core, and strength. Some mat work.

Beginner Cardio/Sculpt* - Beginner/Advanced Beginner

Intro. To Cardio & Sculpt. Chairs Available. No mat work

* **Silver Sneakers option available**

Cardio/Sculpt* - Advanced Beginner to Intermediate

Total body experience using weights, bands, balls, magic circles, and more. A great way to get moving! No mat work.

* **Silver Sneakers option available**

Cardio & Strength – Beginner/Advanced Beginner

If you're just starting to exercise, a great way to get moving! A

non-impact class geared towards the active older adult and designed to strengthen, tone, and balance the entire body utilizing bodyweight movements, light weights, & bands.

Emphasis on core, arms, glutes, & thighs. Includes mat work.

Cardio, Weights & Abs- Intermediate to Advanced Level

Low or high impact cardio combined with dumbbell and mat work.

CHAIR Strength, Balance & Flexibility- Beginner

Chair class. Perfect for balance issues, recent injury/ surgery, or for the senior population. Stay active and independent.

Decreases risk of injury, improves balance & coordination, maintains muscular strength, enhances flexibility.

Circuit Charge – Intermediate Level

Intense low or high impact cardio and strength training. Work out consists of timed circuit or stations.

CORE Basics – Beginner to Intermediate Level

Abdominal and Back Strength – a class which may use just your bodyweight, balance balls or medicine balls either on mats or balance equipment.

CoreFlex&Balance - Advanced Beginner to Intermediate

Targeting the core, improves balance & flexibility through dynamic stretches and poses. Mat work.

Pilates - Advanced Beginner to Intermediate Level

Core conditioning class to improve posture and balance by strengthening the abdominal and low-back area. Strengthens upper and lower body with body weight or small equipment.

“Soulfull” Strutters – Beginner to Intermediate

Are you stuck on the couch? Let's get you up & moving!

Instructor-led outdoor walking with light calisthenics to improve endurance with the goal of increasing pace & distance.

Appropriate walking shoes. No open toe shoes/sandals. Meet in lobby.

Spartacus – Advanced Beginner to Intermediate Level

Challenging weight training designed to build lean muscle and torch fat. Some mat work or modifications made if mat work not feasible. Featured in Men's Health Magazine. Mat work.

Spin- All Levels

A high energy workout using the Keiser M3 indoor cycle.

Sunrise Stretch- Beginner to Advanced Beginner

A mellow start to the day increasing blood flow, circulation, & flexibility with gentle stretching on a mat.

Stretch & Tone for VITALITY - Beginner to Advanced Beginner

“What a great way to start the day!” *In a peaceful environment without music*, Co-ed fitness program is designed for **golfers & all others exploring fitness**. With intent, your instructor will guide you through movements to enhance flexibility, balance, & muscle tone. Class concludes with CORE conditioning component on mat.

Advanced Tai Chi –Intermediate to Advanced

Taught at a more advance pace than Tai Chi for Health.

Meditation and body movements to help improve balance, muscle strength, and joint mobility.

Total Body Conditioning – Intermediate to Advanced Level

Increases endurance, strength and tone in a timed-station format combining cardio, weights & mat work. The circuit format allows participants to work at their own level. Mat work.

Yoga - Adaptive – All Levels

Any level of physical disability, including impaired mobility, & balance. Traditional yoga poses will be "adapted" for the individual's level of fitness and ability. Mat or chair work.

Yoga - Basic Flow – Beginner to Intermediate Level

Flow classes transition from floor to standing regularly while creating opportunities for deep stretching, strength building, and balance throughout. Instructor offers alignment direction and modifications within the flow of the varying poses. Advanced

Yoga – Beginner For Men

Yoga for Men is taught from a man's point of view and designed to introduce men to the benefits of yoga. Explore physical poses for balance and core strength, breathing exercises, and relaxation techniques. The physical practice aims to open areas of the body that men find most challenging- it's okay if you can't touch your toes! Bring your sense of humor!

Yoga – Forrest

Teaches to breathe deeply & use the power of breath, to connect to your core. Long pose sequences help develop skills to awaken the senses.

Yoga – Gentle/Meditative - All Levels

Class starts with breath & gentle yoga on MAT to promote flexibility, balance, enhance circulation and strength. 2nd 1/2 of class is Meditation. Transcend the endless chatter of the mind to calmness, clarity of the mind, increasing powers of concentration, finding a softer focus and improving sleep.

Yoga – Gentle 1 - Beginner to Experienced Beginner

A gentle journey on the mat: Reduce stress, stretch limbs/muscles, calm the mind, balance, breathe, and enhance circulation

Yoga - Gentle 2 – Experienced Beginner to Intermediate

Review basic poses & work on more challenging poses. Class begins on mat, guided thru yoga poses invigorating the body with increased strength, flexibility and range of motion. Special attention is paid to finding proper alignment while working on balance & strength.

Yoga - Meditation & Breath Work - Done in chair or yoga blanket. Find a softer focus to your day. Beginners to practiced meditators will benefit from this class. Each class will consist of guided breath work and guided meditation in a variety of styles to help us to increase mindfulness and broaden a sense of peace, calm and compassion. This class is accessible to all! Bring harmony and balance to your body and mind.

Zumba® – Advanced Beginner to Intermediate

Latin & international dance themes creating a dynamic work out! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No mat work.

JANUARY 2018

POOL SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Pump Michele 8:30 – 9:15	Aqua Fit Sara 8:30 – 9:15	Aqua Pump Jeanne 8:30 – 9:15	Aqua Tabata Sara 8:30 – 9:15	Boot Camp Adrienne 8:30 – 9:15	BOOT CAMP Jeanne 8:30 – 9:15
Boot Camp Adrienne 9:30 – 10:15	Aqua Tabata Michele 9:30 – 10:15	Boot Camp Michele 9:30 – 10:15	Aqua Tabata Michele 9:30 – 10:15	Aqua Pump Adrienne 9:30 – 10:15	CLASSES!
NEW CLASS!	Aqua Zumba® Julie 11:45 – 12:30	Gentle Aqua Rachel 12:00 – 12:45			
Lap Swim Free Swim Lessons 5:30 – 8:00 10:30-close	Lap Swim Free Swim Lessons 5:30 – 8:00 1:00-close	Lap Swim Free Swim Lessons 5:30 – 8:00 1:00-close	Lap Swim Free Swim Lessons 5:30 – 8:00 10:30-close	Lap Swim Free Swim Lessons 5:30 – 8:00 10:30-close	Lap Swim Free Swim Lessons 5:30 – 8:00 9:30-close

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AQUA CLASS DESCRIPTIONS

Boot Camp – Advanced Level - High intensity, military-style workout using interval and strength training.

Fit – Advanced Beginner to Intermediate-level - High-impact, cardio class. A fun and energetic class that goes to the "up" beat of the music to get body moving. Instructor teaches in water.

Gentle – Beginner Level - Slower paced with focus on light cardiovascular conditioning & basic toning.

Pump – Intermediate to Advanced Level - High/low impact workout using movements and resistance equipment to target endurance, core & strength. Expect high cardio output or take it at your own pace. Instructor teaches on deck.

Tabata - Intermediate to Advanced Level - High-intensity, interval training format consisting of multiple sessions of 20 seconds all-out, intense work followed by 10 seconds of passive recovery.

Aqua Zumba® - A pool party you shouldn't miss! Less impact on joints means you can really let loose. Water creates natural resistance, so every step is more challenging and helps strengthen muscles.