

SEPTEMBER 2017

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	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Spartacus Mike S. 7:00 - 7:45	Spin Juanita 7:30 - 8:15	
Zumba® 2 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
		"Solefull" Strutters Outdoor Walking Class Sara 8:30-9:30				
Cardio, Weights & Abs Michele 9:30 - 10:15	Zumba® Lorrie 9:15 - 10:15	Zumba® 2 Victor 9:30 - 10:15	Zumba® Lorrie 9:15 - 10:15	Spartacus Michele 9:00 - 9:45	Forrest Yoga Mike C. 9:35-10:30	
CORE Basics Mary 10:30 - 11:30	Gentle 1 Yoga Christina Joy 10:30 - 11:30	Pilates Mary 10:30 - 11:30	Gentle Yoga 2 Heather 10:30 - 11:30	Cardio & Strength Mike S. 9:55 - 10:40		
*Cardio/Sculpt Mary 11:40 - 12:30	Gentle 2 Yoga Christina Joy 11:45 - 12:45	*Cardio/Sculpt Mary 11:40 - 12:30	Gentle 1 Yoga Heather 11:45 - 12:45	Zumba® 2 Victor 10:45 - 11:30		
*Beginner Cardio/Sculpt Mary 12:40 - 1:30		*Beginner Cardio/Sculpt Mary 12:40 - 1:30		CHAIR Strength Balance & Flexibility Juanita 11:45 - 12:30		
CHAIR Strength Balance & Flexibility Juanita 3:00 - 3:45	NEW CLASS!	CHAIR Strength Balance & Flexibility Juanita 3:45 - 4:30	Gentle 1 Yoga Christina J. 3:30 - 4:30			
Circuit Charge Juanita 6:00 - 6:45		20-15-10 Juanita 6:00 - 6:45	Adaptive Yoga Christina J. 5:00 - 6:00			
TaiChi Marty 7:00 - 8:00		Gentle Yoga/Meditation Juanita 7:00-8:00	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

High intensity 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, balls. Class includes toning and muscle endurance movements with an emphasis on the core, arms, glutes, and thighs. Includes core & strength work on mat.

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.

Dance2Fit - Advanced Beginner to Intermediate Level

Dance2Fit combines dance and fitness elements such as squats, quick feet, standing abs exercises, etc. to result in a cardio-blasting and strength-building workout all set to upbeat and high energy music. You will burn calories while toning your body at the same time.

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.

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.

Sunrise Stretch- Beginner to Advanced Beginner

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

Basic Flow Yoga – Beginner to Intermediate Level

A class that flows from one pose to the next. 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.

Zumba®- Beginner to Advanced Beginner

Easy-to-follow dance choreography that focuses on balance, range of motion and coordination. No mat work.

Zumba® Two – Advanced Beginner to Intermediate

A fusion of Latin & international dance themes creating a dynamic, exciting, work out based on the principle that a workout should be fun! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No mat work.



SEPTEMBER 2017

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	FRIDAY CLASSES CANCELLED UNTIL FURTHER NOTICE	BOOT CAMP Jeanne 8:30 – 9:15
	Aqua Tabata Michele 9:30 – 10:15	Boot Camp Michele 9:30 – 10:15	Aqua Tabata Michele 9:30 – 10:15		
		Gentle Aqua Rachel 12:00 – 12:45			
Lap Swim Free Swim Swim Instruction 10:30-close	Lap Swim Free Swim Swim Instruction 10:30-close	Lap Swim Free Swim Swim Instruction 10:30 - 11:45 1:00 - close	Lap Swim Free Swim Swim Instruction 10:30-close	Lap Swim Free Swim Swim Instruction 10:30-close	Lap Swim Free Swim Swim Instruction 10:30-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 to be brought to muscle fatigue and high cardio output! 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.