

OCTOBER 2019

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				
Spin Sara 7:00 - 7:45	Stretch&Tone 4 VITALITY Juanita 7:15 - 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® 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	Power Yoga Kristen 8:30 - 9:30	Spin Juanita 9:00-9:45
Cardio, Weights & Abs Michele 9:30 - 10:15	Gentle 2 Yoga Kristen 9:15 - 10:15	Zumba® Victor 9:30 - 10:15	Gentle 1 Yoga Kristen 9:15 - 10:15	Spartacus Michele 9:00 - 9:45	 NEW TIME	Zumba® Victor 10:00-11:00
CORE Michele 10:30 - 11:30	Gentle 1 Yoga Kristen 10:30 - 11:30	Pilates Kristen 10:30 - 11:30	Gentle Yoga 2 Heather 10:30 - 11:30	Cardio & Strength Mike S. 9:55 - 10:40		
Cardio/Sculpt Mike 11:40 - 12:30	Gentle 2 Yoga Kristen 11:45 - 12:45	Cardio/Sculpt Mike 11:40 - 12:30	Gentle 1 Yoga Heather 11:45 - 12:45	Zumba® Victor 10:45 - 11:30		
Cardio & Strength Mike S. 12:40 - 1:30	C.S.I. Adrienne 1:00 - 1:45		Meditation & Breath Work Heather 1:00 - 2:00	CHAIR Strength Balance & Flex Juanita 11:45 - 12:30		
			Adaptive Yoga Cecelia 2:15 - 3:15			
CHAIR Strength Balance & Flex Juanita 3:00 - 3:45		CHAIR Strength Balance & Flex Juanita 3:00 - 3:45	Gentle 1 Yoga Kristen 3:30 - 4:30			
Circuit Charge Juanita 6:00 - 6:45		20-15-10 Juanita 6:00 - 6:45	Spin Juanita 6:00 - 6:45			
		Gentle Yoga/Meditation Juanita 7:00-8:00				

** 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! Mat work
20 minutes cardio, 15 minutes strength, 10 minutes core

Body Sculpt –Intermediate to Advanced Level

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

C.S.I. - Intermediate to Advanced Level

Interval training sequences for some calorie burn!
Builds cardiovascular fitness while improving muscular strength and endurance followed by core work on mat.

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.

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. No mat

Circuit Charge – Intermediate Level

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

Core – Advanced Beginner to Intermediate

Builds core muscle groups through Pilates-inspired exercises increasing flexibility & posture. Some balance work. All mat.

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.

“Soleful” 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 Adv'd Beginner

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.

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 - Flow & Restore – All levels

Combines the energy of a flow class with the gentle opening of longer-held, deeply stretching postures. We will warm up and loosen the body with a fun and invigorating Vinyasa practice before settling into a deeper, restorative sequence targeting the connective tissues. Mat work

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. Mat

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.

Yoga – Power – Intermediate to Advanced

An empowering practice harnessing strength, flexibility and balance synchronized to the breath. Mat work

Zumba® – Advanced Beginner to Intermediate

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

OCTOBER 2019

POOL SCHEDULE

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Front Desk (910) 342 - 2215

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW CLASS!	Aqua Tabata Michele 7:30 – 8:15	NEW CLASSES!	Aqua Pump Dawn 7:30 – 8:15	Aqua Tabata Dawn 7:30 – 8:15	
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 On Rotation 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	
			NEW TIME!!	Aqua Zumba Janine 11:45 – 12:45 INDOOR POOL	

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** IN AN EFFORT TO KEEP EVERYONE SAFE IN THE INDOOR POOL, THERE WILL BE NO LAP SWIMMING OR FREE SWIMMING ALLOWED DURING CLASS TIMES.

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® - **Beginner Level - Advanced Beginner** 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.