

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

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**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. **Note: 1<sup>st</sup> time participants must show up 15 min. early for orientation.**

**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. 2<sup>nd</sup> 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

# NOVEMBER 2019

## POOL SCHEDULE

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Front Desk (910) 342 - 2215**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Aqua Tabata</b> Michele 7:30 – 8:15		<b>Aqua Pump</b> Dawn 7:30 – 8:15	<b>Aqua Tabata</b> Dawn 7:30 – 8:15	
<b>Aqua Pump</b> Michele 8:30 – 9:15	<b>Aqua Fit</b> Sara 8:30 – 9:15	<b>Aqua Pump</b> Jeanne 8:30 – 9:15	<b>Aqua Tabata</b> Sara 8:30 – 9:15	<b>Boot Camp</b> Adrienne 8:30 – 9:15	<b>BOOT CAMP</b> On Rotation 8:30 – 9:15
<b>Boot Camp</b> Adrienne 9:30 – 10:15	<b>Aqua Tabata</b> Michele 9:30 – 10:15	<b>Boot Camp</b> Michele 9:30 – 10:15	<b>Aqua Tabata</b> Michele 9:30 – 10:15	<b>Aqua Pump</b> Adrienne 9:30 – 10:15	
<b>Gentle Aqua</b> Dawn 12:00 – 12:45 <b>Indoor pool</b>	<b>NEW CLASS!!</b>	<b>Gentle Aqua</b> Dawn 12:00 – 12:45 <b>Indoor Pool</b>	<b>NEW CLASS!!</b>	<b>Aqua Zumba</b> Janine 11:45 – 12:45 <b>Indoor Pool</b>	

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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. Ideal for post-rehab, physically challenged.

**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.