

JULY 2016

LELAND ROOM SCHEDULE

Reserve your spot today! 910.342.2215

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Classes July 4th!		Sunrise Spin Juanita 6:00 - 6:45 New Class!				
Sunrise Stretch Heather 7:00 - 8:00	Golf Strength/Tone Juanita 7:15 - 8:00	Basic Flow Yoga Heather 7:00 - 8:00	Golf Strength/Tone Juanita 7:15 - 8:00	Spartacus Michele 7:00 - 7:45 New Class!	Spin Juanita 7:30 - 8:15	
Step & Strength Michele 8:30 - 9:15	Body Sculpt Alan 8:15 - 9:00	Fit Fun! Crystal 8:30 - 9:15	Core, Flex & Balance Christina 8:15 - 9:00	Total Body Conditioning Alan 8:00 - 8:45		Spin Juanita 9:00-9:45 New Class!
Total Body Conditioning Michele 9:30 - 10:15	Zumba® Lorrie 9:15 - 10:15	Zumba II® Christina H. 9:30 - 10:15	Zumba® Lorrie 9:15 - 10:15	Stretch & Relaxation Robin 9:00 - 9:45	Boot Camp Alan/Jeanne/Crystal 9:15 - 10:00	
CORE Basics Mary 10:30 - 11:30	Gentle Yoga Christina 10:30 - 11:30	Pilates Mary 10:30 - 11:30	Gentle Yoga II Heather 10:30 - 11:30	Strength & Conditioning Robin 9:45 - 10:30	Barre Haley 10:30 - 11:30 New Instructor!	
Cardio & Sculpt Mary 11:45 - 12:45 Silver Sneakers	Gentle Yoga Christina 11:45 - 12:45	Cardio & Sculpt Mary 11:45 - 12:45 Silver Sneakers	Yin Yoga Heather 11:45 - 12:45	Shadow Kick Boxing Michele 10:45 - 11:30 New Class!		
			Gentle Yoga Christina 3:30 - 4:30			
Circuit Charge Juanita 6:00 - 6:45		20-15-10 Juanita 6:00 - 6:45	Adaptive Yoga Christina 5:00 - 6:00			
TaiChi Marty 7:00 - 8:00	Power Yoga Christina 7:00 - 8:00	Express Cardio Crystal 7:00 – 7:15 Power Pump Crystal 7:15 - 8:00 New Class!	Forrest Yoga Leigh Ann 7:00-8:00	Sunset Spin Juanita 7:00 - 7:45 New Class!		

** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

** Please register for each class. Receipt due to instructor upon entering class. Please call 24 hours in advance to cancel & avoid class fee **

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

Barre - All Levels

No dance experience needed! You'll work your glutes and your legs along with balance in standing positions, & mat work for your upper body and to isolate your 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.

Boot Camp – Intermediate to Advanced Level

May be held outdoors, weather permitting. Mixes calisthenics and body weight exercises with interval training and strength training. Designed in a way that pushes the participants harder than they'd push themselves.

Cardio & Sculpt* - Beginner to Advanced Beginner

Beginner level. Total body experience using weights, bands, balls, magic circles, and more. A great way to get moving! No floor work. * **Silver Sneakers class**

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 a mats or balance equipment.

CoreFlex&Balance - Advanced Beginner to Intermediate Level

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

Express Cardio – Intermediate to Advanced Level

15 minute intense, interval, cardio work for those wanting a bit of cardio before the Power Pump class.

Fit Fun! - Intermediate to Advanced Level

High or Low impact work out combining strength and cardio. Lots of variety using all sorts of different equipment!

Golf Strength/Tone - Beginner to Advanced Beginner

Targets the muscles used during the golf swing. Lengthening the backswing, improving core rotation, strengthening wrists and forearms and the core muscles.

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.

Power Pump - Intermediate to Advanced Level

Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, dead-lifts. The focus is towards muscle endurance using free weights at high repetitions

Spartacus – All Levels

Challenging weight training designed to build lean muscle and torch fat. Featured in Men's Health Magazine

Spin

A high energy workout using the Keiser M3 indoor cycle.

Step & Strength – Advanced Beginner to Intermediate Level

Increases cardio endurance and strengthens leg/knee muscles. Simple choreography. Step height adjustable.

Strength & Conditioning - Beginner to Advanced Beginner

Learn the basics through proper form to maintain cardiovascular health, strength, and flexibility

Sunrise Stretch- Beginner to Advanced Beginner

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

Tai Chi – All Levels

Tai Chi is a gentle and slow moving exercise which involves meditation and body work to help improve balance, muscle strength, and joint movement.

Total Body Conditioning – Intermediate to Advanced Level

This class is designed to increase strength and tone the entire body using a variety of equipment: weights, balls, and/or bands. Great for all fitness levels!

Yoga - Adaptive – All Levels

For those with any level of physical disability, including impaired mobility, balance issues, arthritis, paralysis, MS, or any disability resulting from injury, aging, or illness. Traditional yoga poses will be "adapted" for the individual's level of fitness and ability, all in a safe, supported, and enjoyable class.

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. Become proficient at safely tailoring each pose to work best for you. Forrest Yoga's intent is to create a sense of freedom, a connection to your Spirit and the courage to walk as your Spirit dictates.

Yoga – Gentle - Beginner to Experienced Beginner Level

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

Yoga - Gentle II – Experienced Beginner to Intermediate

Review basic poses & work on more challenging poses. The class begins with centering and is guided through yoga postures that invigorate the body with increased strength, flexibility and range of motion. Special attention is paid to finding proper alignment.

Yoga – Power – Intermediate to Advanced Level

Energetic form of yoga where students fluidly move from one pose to the next while incorporating strength, flexibility, balance, cardio in one session. "A blend of sweat and serenity!"

Yoga - Yin - All Levels

Suitable for almost all levels of students, Yin is a perfect complement to the dynamic and muscular Yang styles that emphasize the lengthening and contracting of our muscles. *Yin Yoga* targets the connective tissues of the hips, pelvis, and lower spine.

Zumba® - Beginner to Advanced Beginner

Easy-to-follow dance choreography that focuses on balance, range of motion and coordination.

Zumba®II - Advanced Beginner to Intermediate Level

Low and high intensity moves for interval-style, calorie-burning dance.

JULY 2016

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Pump Jeanne 8:30 – 9:15	Aqua Fit Joan 8:30 – 9:15	Aqua Pump Michele 8:30 – 9:15	Aqua Tabata Joan 8:30 – 9:15	Aqua Kickboxing Crystal 8:30 – 9:15 New Class!	BOOT CAMP Alan/Jeanne/Crystal 8:15 – 9:00
	Aqua Tabata Michele 9:30 – 10:15		Aqua Tabata Michele 9:30 – 10:15	Adaptive Aqua Crystal 9:30 – 10:15 New Class!	
		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 - 11:45am 1:00pm - 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

**** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ****

**** Please register for each class. Receipt due to instructor upon entering class. Please call 24 hours in advance to cancel & avoid class fee ****

AQUA CLASS DESCRIPTIONS

Adaptive Aqua – For those with any level of physical disability, including impaired mobility, arthritis, MS, Parkinson's or any disability resulting from injury, aging, or illness. Traditional aqua work out will be "adapted" for the individual's level of fitness and ability, all in a safe, supported, and enjoyable class. Aqua Belt recommended but not required.

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

Aqua 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.

Aqua Kick Boxing - Shadow boxing is performed by moving around by oneself while throwing punches & kicks (low &/or high) at the air. Movements are all low impact (no bouncing). Kickboxing targets all the muscle groups associated with the upper and lower body, including the core area.

Aqua 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.

Aqua 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.

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