




JUNE 2015

LELAND ROOM SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am	Basic Flow Yoga Heather 7:00-8:00am		Basic Flow Yoga Heather 7:00-8:00am			
7:15-8:00AM/ *7:30-8:15AM		SPINNING Larry 7:15-8:00AM		SPINNING Juanita 7:15-8:00AM		*SPINNING Juanita/Jeanne 7:30-8:15AM
8:00 – 8:45AM					Total Body Conditioning Alan 8:00 – 8:45AM	
8:15 – 9:00AM	Body Sculpt Alan 8:15 – 9:00AM	Aerobics Eileen 8:30 – 9:15AM	Sculpt & Sweat Eileen 8:15 – 9:00AM	Barre Class Megan 8:30 – 9:15AM		
8:30 – 9:15AM	Aerobics Eileen 8:30 – 9:15AM					
9:00 – 9:45AM					Stretch & Relaxation Robin 9:00-9:45	
9:15 – 10:15AM		Zumba® Lorrie 9:15 – 10:15AM		Zumba® Lorrie 9:15 – 10:15AM		
9:30 – 10:15AM	Total Body Conditioning Michele 9:30 – 10:15AM		Total Body Conditioning Eileen 9:30 – 10:15AM			
9:45 – 10:30AM						
10:30-11:30AM	CORE Basics (45) Mary/Heather 10:30-11:30AM				Strength & Conditioning Robin 9:45-10:30	
10:45 – 11:30		Gentle Yoga Christina 10:30-11:30AM	Pilates (45) Mary/Heather 10:30-11:30AM	Level 1 Yoga Heather 10:30-11:30AM		Total Body Conditioning Michele 10:45 – 11:30
11:45-12:45PM	Senior Cardio & Sculpt Mary <i>Silver Sneakers</i> 11:45-12:45PM	Power Yoga Christina 11:45-12:45PM	Senior Cardio & Sculpt Mary <i>Silver Sneakers</i> 11:45-12:45PM			
6:00 – 6:45PM	3 – 2 – 1 Michele 6:00 – 6:45PM	NEW CLASS!! 	20-15-10 Juanita 6:00 – 6:45PM	 NEW CLASS!!		
7:00 – 8:00PM	Tai Chi Marty 7:00 – 8:00PM	Power Yoga Christina 7:00 – 8:00PM	Gentle Meditative Yoga Juanita 6:45 -7:30PM	 NEW CLASS!!		

LELAND ROOM CLASS DESCRIPTIONS

3-2-1

Take your fitness to the next level in...3-2-1! Intervals consist of 3 minutes of cardio, 2 minutes strength, and 1 minute of core exercises combined for a great workout. Not only will you not get bored, you will work your entire body, head to toe! (Limit 25 participants)

20-15-10

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

Aerobics

This class is designed to get your body moving! Low impact movements and energetic music will be combined for a great cardio workout. (Limit 25 participants)

Barre Class

Focus on strengthening your upper/lower body & CORE muscles using ballet moves. Use of equipment is possible. (Limit 15 participants)

Body Sculpt

Forget the hours of running on the treadmill and opt for this popular go-to workout consisting of 4 minute segments of intense interval training. 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. (Limit 25 participants)

Cardio & Sculpt*

This class moves a little slower than the Aerobics and TBC classes. The cardio can be done in a chair or on the floor, but we do not get down on the floor. It is a total body experience using weights, bands, balls, magic circles, and more. A great way to get moving! * **Silver Sneakers class**

CORE Basics

Abdominal and Back Strength – a class which may use just your bodyweight, balance balls or medicine balls either on a mats or balance equipment, to strengthen your abdominal and back muscles. CORE will help support your body in everything else you do. (Limit 25 participants)

Pilates

Floor work class based on the principles of Joseph Pilates. A core conditioning class that mainly aims to improve posture and balance by strengthening the abdominal and low-back area. May also focus on strengthening upper and lower body with your own body weight or small equipment. (Limit 25 participants)

Sculpt & Sweat

This class focuses on muscle building and toning with the use of different equipment (bands, balls, weights). No muscle group is left out! Be ready to sweat! Be ready to feel the burn! Be ready to get toned! (Limit 25 participants)

Strength & Conditioning

This class is designed to help older adults learn the basics through proper form or maintain their cardiovascular health, strength, and flexibility. Whether you're a veteran gym member or a newcomer, we welcome you to come and enjoy the benefits of working out in a group setting while having fun. (Limit 15 participants)

Stretch & Relaxation

Guides you through safe stretches in order to increase range of motion and relieve tension in tight areas of your body, using stretching techniques from various modalities. (Limit 25 participants)

Tai Chi

Tai Chi is a gentle and slow moving exercise which involves meditation and body work to help improve balance, muscle strength, and joint movement. (Limit 20 participants)

Total Body Conditioning

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! (Limit 25 participants)

Yoga - Gentle

A gentle journey: Reduce stress, stretch limbs/muscles, calm the mind, balance, breathe, enhance circulation. (Limit 25 participants)

Yoga - Level 1

In this class we review the basic poses but also 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. A perfect blend of meditation, breathwork (pranayama) and asana for experienced beginners. (Limit 25 participants)

Yoga – Power

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!"




Zumba®

This high energy cardio class will use basic Latin dance moves to create a fast paced, total body workout! Join in the fun! (Limit 25 participants)

****PLEASE NOTE THAT SCHEDULE IS SUBJECT TO CHANGE****

JUNE 2015

POOL SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
8:30 – 9:15 AM	Aqua Pump Michele	Aqua Fit Joan	Gentle Aqua Linda NEW CLASS!!	Aqua Fit Joan	Aqua Blast Pat	Aqua Pump Michele
9:30 – 10:15 AM		Aqua Pump Michele	Aqua Pump Michele	Aqua Pump Michele	Aqua Pump Michele	
10:30 - 11:45 AM	Lap Swim Free Swim Swim Instruction					
12:00 – 12:45 PM			Gentle Aqua Rachel NEW CLASS!! Starts June 10th			
1:00 – 1:45 PM			Aqua Pump Rachel NEW CLASS!! Starts June 10th			

Class participation is limited. You must register for each class you plan to attend. Class check-in must be completed at the reception desk; Class fees apply. Receipt is due to the instructor upon entering class. Please call 24 hours in advance to cancel your registration, if you will be unable to attend class. If we do not receive 24 hour notice, the fitness class fee will still apply.

AQUA CLASS DESCRIPTIONS

Aqua Blast

A beginner to intermediate-level, high/low impact workout. This class is designed to “work” the total body. Increasing core body strength, endurance and flexibility is the focus of this workout. Hand buoys used for a portion of class. All levels are welcome and we encourage everyone to perform physical movement at their own pace. Instructor teaches in water, while demonstrating on deck.

Aqua Fit

Beginner to intermediate-level, high-impact, aerobic class. A fun and energetic class that goes to the “up” beat of the music to get body moving. Instructor teaches in water.

Aqua Pump

An intermediate-level high/low impact workout using movements and resistance equipment to target endurance, core & strength. Instructor teaches on deck.

Gentle Aqua

Beginner/introduction-level. This slower paced class will focus on light cardiovascular conditioning with zero impact, along with basic aquatic toning exercises.