



HEALTHY LIVING

FITNESS CLASSES

Effective 10/25/2021

Monday	Class	Instructor	Location
10:00-10:50 AM	Deep Water	Sandy	Pool
Tuesday	Class	Instructor	Location
9:00-9:45 AM	Chair Yoga	Jamie	Group Ex Room
10:00-10:50 AM	Water Aerobics	Crystal	Pool
5:15-6:15 PM	Yoga	Nadine	Gymnasium
Wednesday	Class	Instructor	Location
10:00-10:50 AM	Deep Water	Sandy	Pool
10:30-11:20 AM	Body Shop	Dan	Group Ex Room
Thursday	Class	Instructor	Location
9:00-9:45 AM	Vertical Pilates	Jamie	Group Ex Room
10:00-10:50 AM	Water Aerobics	Crystal	Pool
5:15- 6:15 PM	Barre Basics	Jamie	Group Ex Room
Friday	Class	Instructor	Location
10:00-10:50 AM	Deep Water	Sandy	Pool

Cost of all classes is included with membership. Community member can take any class by purchasing a \$10.00 day-pass

FITNESS CLASS DESCRIPTIONS

Barre Basics Fusing the best of Pilates, Yoga, light weights and body weight exercises to sculpt and strengthen your whole body. **Please bring your own yoga mat.**

Body Shop Work out at your own intensity! This class features a one-minute-on/one-minute-off approach to fitness using body weight exercises, dumbbells, and similar equipment. Appropriate for all fitness levels. **Please bring your own exercise mat.**

Chair Yoga Incorporating basic yoga poses while utilizing a chair to aid in comfort-ability. By doing this practice mindfully (listening to our bodies) and regularly, it helps to gain flexibility, ease of motion and better balance, stability and mindful strength. Please note that we do not get on the floor during this class. **Please bring your own yoga mat. Chairs will be provided.**

Deep Water Aerobics An interval exercise class in the deep end of the pool. Designed to increase heart rate by using water resistance with zero impact on knees, hips, or back. Great for any fitness level; all participants encouraged to use floatation devices.

Vertical Pilates An innovative approach to Pilates matwork, all done in a standing position. This technique works your entire body as it enhances precise control of each muscle through balance and coordination and are a combination of traditional Pilates, rhythmic movement, and balance patterns with the usual focus on core strength. **Please bring your own yoga mat. Chairs will be provided.**

Water Aerobics A music driven, low impact, energizing workout that is appropriate for all ages and fitness levels. Tone the entire body as you improve posture, balance, and joint mobility, and have fun doing it! Class is held in the shallow end of the pool- no swimming required.

Yoga Decrease stress through well-rounded yoga practice. Improve breath awareness, lengthen and strengthen muscle while clearing your mind and balancing your energy. Appropriate for all levels of fitness. **Please bring your own yoga mat and optional equipment (Yoga blocks, strap). Masks Required.**