

# December 2022 SPECIALTY FITNESS

## BARRE+

Ages 16 and older

Don't worry, you don't need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you'll burn calories and build lean muscle without high impact movements.

**58471** Dec. 6–27

- Tue., noon–1 p.m.
- \$13 (\$10 Resident)

## PILATES

Ages 16 and older

Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**58475** Dec. 1–29

- Thu., 10:30–11:30 a.m.
- \$31 (\$25 Resident)

## HATHA YOGA

Ages 16 and older

Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.

**58456** Dec. 5–19

- Mon., 9–10 a.m.
- \$19 (\$15 Resident)

**58469** Dec. 7–28

- Wed., 9–10 a.m.
- \$25 (\$20 Resident)

## YOGA FLOW

Ages 16 and older

This yoga class incorporates some arm balances, deeper backbends, standing and seated postures, with a strong focus on the power of breath awareness. Props and modifications may be offered for proper alignment and ease in the postures. This class is geared toward the seasoned beginner.

**58462** Dec. 5–19

- Mon., 6–7 p.m.
- \$19 (\$15 Resident)

**58458** Dec. 3–17

- Sat., 8:15–9:15 a.m.
- \$19 (\$15 Resident)



## ZUMBA

Ages 16 and older

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

**58474** Dec. 3–17

- Sat., 10–11 a.m.
- \$10 (\$8 Resident)

## POP and ZUMBA

Ages 16 and older

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

**58460** Dec. 7–28

- Wed., 5:30–6:30 p.m.
- \$13 (\$10 Resident)



# DROP-IN CLASSES

*(Included with Membership)*

## LUNCH EXPRESS BOOTCAMP

Ages 16 and older

This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up and muscles firing.

- Mon., noon-12:45 p.m.
- Wed., noon-12:45 p.m.
- Fri., noon-12:45 p.m.

## CHAIR YOGA

Ages 16 and older

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

- Tue., 10:15 a.m.-11:15 a.m.
- Thu., 10:15 a.m.-11:15 a.m.

## SILVERSNEAKERS CLASSIC

Age 50 and older

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

- Mon., 11 a.m-noon
- Tue. and Thu., 9-10 a.m.

## SILVERSNEAKERS CIRCUIT

Age 50 and older

Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, and a SilverSneakers ball, and chair are used.

- Fri., 9-10 a.m.

## BARBELL BLAST

Ages 16 and older

Focusing on barbells and free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, and core.

- Tue., 6-7 p.m.

## BOOTCAMP

Ages 16 and older

Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength, and endurance.

- Thu., 6-7 p.m.

## XTREME HIP HOP FITNESS/AEROBICS

Ages 16 and older

Energetic aerobic workout and cardio fitness experience that uses a step board to perform choreographed steps as you move to hip-hop music.

- Sat., 11:15 a.m.-12:15 p.m

## REB3L GROOVE

Ages 16 and older

REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, bootcamp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.

- Mon., 5-6 p.m.

## REB3L STRENGTH

Ages 16 and older

REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.

- Mon., 6-7 p.m.
- Wed., 5-6 p.m.

## ZUMBA GOLD

Ages 50 and older

All the fun of ZUMBA in an easy to follow format lasting 45 - 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!

- Wed., 9-10 a.m.

## GLOBAL DANCE BEAT

Ages 16 and older

An UPBEAT cardio experience, combining dance and drumming with squats and lunges targeting thighs, glutes, core and more!!

- Thu., 5-5:45 p.m.

## STRETCH & RELAX THE EVENT

Ages 16 & older

Breathing and Stretching and resetting for the holidays. Learn techniques that make muscles and joints happy! Relax your body and relax your mind.

Requirements: Mat and water

- Fri., Dec. 2, 5:30-6:30 p.m.

