



CLASS SCHEDULE

(April - May - June)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
7 AM	Step Aerobics Debbie Bennett (7:30-8:00)	Sunrise Bootcamp Argel Cardoniga (6:30-7:30)	Yoga Elizabeth Done	Sunrise Bootcamp Argel Cardoniga (6:30-7:30)	Yoga Elizabeth Done	Yoga Elizabeth Done (7:30-8:30)				
8 AM	Toning with Tunes Bridgette Strong	Spin & Sculpt Debbie Bennett	Toning with Tunes Bridgette Strong	Pound Bridgette Strong	Strength Conditioning Debbie Bennett	Spin & Sculpt Debbie Bennett (8:30-9:30)				
9 AM	Stretch & Mobilty Debbie Bennett (9:00-9:45)	Mat Pilates Debbie Bennett	Fitness Fusion Deidre Jaramillo	Power Circuit Bridgette Strong	Stretch & Mobilty Debbie Bennett (9:00-9:45)	Zumba Joy Alfarero				
	Aqua Fit Leslie Shirakata (9:30-10:30)		Aqua Fit Leslie Shirakata (9:30-10:30)	Aqua Fit Robin Padelford (9:30-10:30)	Aqua Fit Leslie Shirakata (9:30-10:30)	Aqua Fit Rebecca Rein (9:00-10:00)				
10 AM	Core and More Deidre Jaramillo	Sit to be Fit Deidre Jaramillo	Yoga Fusion Kim Chapman	Sit to be Fit Trish Cohen	BarreFusion Ruth Stanke	Yoga Susan Chapman				
11 AM	Tai Chi Gene Hobson	Balance & Mobility Deborah Howard	Tai Chi Gene Hobson	Balance & Mobility Deborah Howard	I Can Dance! Deidre Jaramillo					
		Aqua Fit Kim Chapman (11am-12pm)								
12 PM	Zumba Gold Annette Bloor	Line Dancing Deborah Howard		Line Dancing Deborah Howard	Tai Chi Gene Hobson					
4 PM		Core and More Deidre Jaramillo		Core and More Deidre Jaramillo						
5 PM	Balance & Mobility Deborah Howard	Cardio Pilates Debbie Mireles	Step Aerobics Debbie Mireles (5:00-5:30)	20-20-20 Kim Chapman	Cancer Recovery Program					
			Strength Conditioning Debbie Mireles (5:30-6:30)	Aqua Fit Leslie Shirakata (5:00-6:00)						
6 PM	Indoor Cycling Debbie Mireles	Spin & Sculpt Debbie Mireles		Indoor Cycling Kim Chapman		<table border="1"> <tr><td>Location</td></tr> <tr><td>Group Ex Studio</td></tr> <tr><td>Pool</td></tr> <tr><td>Cycle Studio</td></tr> </table>	Location	Group Ex Studio	Pool	Cycle Studio
	Location									
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Cycle Studio										
	Evening Yoga Susan Chapman	Zumba Dario Sanchez		Zumba Joy Alfarero	Zumba Dario Sanchez					
7 PM				Evening Yoga Susan Chapman						

CLASS DESCRIPTIONS

20-20-20	20 minutes of cardio - 20 minutes of strength training - 20 minutes of stretching
Aqua Fit	This is an all over muscle conditioning class that incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. Great for all ages and fitness levels.
Balance and Mobility	This is a low impact class that combines standing balancing moves, various walking exercises and some easy simple dancing.
BarreFusion	BARREfusion is a low-impact, total body workout that brings out your inner ballerina! This fusion format offers all the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn setting with modifications for all levels.
Cardio Pilates	This class combines a cardiovascular workout with Pilates body conditioning. This class will strengthen and tone your whole body using a variety of equipment and cardiovascular disciplines.
Core and More	This full body workout utilizes resistance training with free weights using upbeat music. This is the perfect class to strengthen your core, tone, sculpt, and build muscle endurance. While it is cardio free you are sure to build up a sweat and leave with a smile.
Evening Yoga	This class promotes strength, flexibility, balance, and stress reduction. Focusing on relaxation and stability, we make a full circuit of the body's range of motion with balance postures, forward folds, back extensions, twists, and hip & shoulder openers.
Fitness Fusion	This class is designed to optimize your fitness level and fine tune your body as you perform strength training and low impact cardio intervals set to music. Add Fitness Fusion to any of the other classes available here for you and experience the positive results!
I Can Dance	Encompasses various dance styles to upbeat music ranging from the Big Band Era to current House music. Here you will learn simple yet exciting dance combinations choreographed to encourage you to add your own flair.
Indoor Cycling	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.
Line Dancing	Line Dancing is dancing without partners in a line, everyone doing the same steps at the same time. Dances include Country Western, Contemporary Dance and Oldies but Goodies dances.
Mat Pilates	Mat based Pilates class focused on stability, posture, and proper breath control. Each class will work on strength and flexibility, with an emphasis on challenging the core muscles with each movement. All movements are taught in a slow and controlled manner.
Pound	This is a full-body cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using light weight exercise drumsticks we combine cardio, strength training, and Pilates inspired techniques into a streamlined sequence of exercises.
Sit to be Fit	This low-impact exercise is perfect for older adults to build strength and stay mobile. This class includes dances to improve overall energy, core work to strengthen and tone, and yoga to stay flexible and mobile- all done in a chair.
Spin & Sculpt	Spinning and weights come together in an incredible 30-minute cycle ride combined with 30-minutes of body sculpting off the bike. Come strengthen and build muscle, increase core stability, and improve cardiovascular health.
Step Aerobics	These classes make cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. This 30 minute class involves cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.
Strength Conditioning	Full-body workout that focuses on the functional movements. While the class focuses on resistance training through the use of free weights, resistance bands and more to engage every muscle, some classes will also includes short intervals of cardio and core.
Stretch & Mobility	Stretch & Mobilty is a stretching based class geared towards unlocking range of motion that may be lost over time. Stretch & Mobilty combines stretching with joint mobility work.
Sunrise Bootcamp	"Wake Up & Take Up" your fitness to another level! This bootcamp inspired conditioning class will challenge with various types of drills and exercises using bodyweight, free weights, TRX, and exercise balls through timed intervals and circuit training sessions!
Toning with Tunes	Lead by the music, this class combines body weight, resistance training, muscle conditioning, cardio & plyometric movements synced to customized music.
Tai Chi	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Described as meditation in motion, Tai Chi promotes serenity through connecting the mind and body.
Yoga	In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Full-body relaxation and balance are the goals while making a full circuit of the body's range of motion.
Yoga Fusion	A blend of Yoga, Pilates, Strength Training and Stretching. Each session focuses on muscle awareness, strength, core connections, balance, concentration, flexibility and meditation. The experience is beginner to moderate friendly with a low impact format.
Zumba / Zumba Gold	Each Zumba® class is designed to bring people together to sweat it on. How It Works. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Gold is a modified Zumba® class that recreates the original moves you love at a lower-intensity. No dance experience needed with easy to follow choreography.