 **Fitness Class Schedule May 30 – June 10, 2023 **

**All Aqua classes are held at the Community Center pool. Preregistration is required for all classes.**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **7:00 - 8:00am** |  |  |  | **Align & Flow**  **Yoga**  Joni |  |  |  |
| **8:00 - 8:50am** | **H.I.I.T it Hard**  Janet | **LaBlast**  Barb | **Chisel**  Janet | **Pilates**  Lori | **Boomer Fitness**  Cindy |  |  |
| :3 **8:45 - 9:35am** | **Aqua Cardio, Core & Strength**  Jeri | **Aqua Cardio, Core & Strength**  Janet/Cindy | **Deep Water**  Jeri | **Aqua Blast**  Barb | **Aqua Zumba**  Krystal | **Aqua Cardio, Core & Strength**  Wenonah  9:00 – 9:50 am | **Aqua Cardio, Core & Strength**  Carla  9:00 – 9:50 |
| **9:15-**  **10:05am** | **ZUMBA**  Luciana  **Hatha Yoga**  Gwen  (9:15 – 10:30 am) | **Pilates**  Lisa  **Boomer Fitness**  Carla  **Stretch & Restore**  Maegen  (10:30 -11:45) | **Hatha Yoga**  Kim  (9:15 – 10:30 am) | **Enerchi**  Alisa | BARRE above  **#58719**  5/5 -6/16  (9:15 – 10:15 am)  NO CLASS 5/12 | **ZUMBA**  Nolana  **9:00 – 10:05 am** |  |
| **1:00 –**  **2:00pm** |  | **Weight Room Training**  **#58880**  6/6 – 6/29 |  | **Weight Room Training**  **#58880**  6/6 – 6/29 |  |  |  |
|  |  |  |  |  |  |  |  |
| **6:00-**  **6:50pm** |  |  |  | **ZUMBA**  Nolana | **Silver**  **Sneaker/Beginner**  **Appropriate** | **Free class**  **Fee-based class**  **Takes place in**  **Dakota Room** | **Ken-Caryl Logo** |

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| **Type** | **Program** | **Description** | **Length** | **Intensity** | **Results** |
|  | ***ALIGN & FLOW YOGA*** | This class is appropriate for everyone. Focuses alignment-based direction, movement (flow) and rest. Greet the sun and start the day nourished, refreshed and ready for the day. | 60 | Low to Moderate | * Improves joint flexibility * Tones & shapes * Enhances mental wellbeing |
|  | ***AQUA BLAST*** | A dance fitness workout in the water. Using all genres of music to steps such as the Jive, Waltz, Salsa and more. A fun and fantastic workout! | 50 | Low to Moderate | * Improves heart & ling health |
| Image result for fitness icons | ***AQUA CARDIO, CORE & STRENGTH*** | Provides a refreshing workout that incorporates cardio, resistance, and core training without impact to the joints. Resistance tools may include buoyant water weights and noodles | 50 | Moderate to High | * Improves heart & lung fitness * Tones & shapes * Helps burn body fat * Increases strength & endurance |
|  | ***AQUA ZUMBA*** | Great cardio workout and dance party in the pool! The best of both worlds – fun cardio workout to great music with little impact to the joints. | 50 | Moderate | * Improves heart & lung health |
|  | ***BOOMER FITNESS*** | This class gets your heart rate elevated to improve your cardiorespiratory system, then uses equipment to improve strength, flexibility, range of movement, balance, posture and core condition. | 50 | Low | * Increase metabolism * Improve heart & lung fitness * Tones & shapes * Functional strength & balance |
| Image result for fitness icons | ***CHISEL*** | Progressive technique of strength training will continually challenge your muscles; which will change your lean muscle mass, bone density, metabolic rate as well as strength! | 50 | High | * Increases strength and endurance * Tones & shapes * Helps maintain bone health |
| Related image | ***ENERCHI*** | Enerchi is the Silver Sneakers version of Tai Chi. This class provides low-intensity movements that improves balance, reduces stress, improves brain power, helps your heart and improves core strength. | 50 | Low to Moderate | * Improves balance * Improves core strength * Boost brain power * Enhances mental wellbeing |
|  | ***DEEP WATER*** | This class takes place in the diving well of the pool. Resistance may include weights and noodles. | 50 | Moderate to High | * Improves heart & lung health |
|  | ***HATHA YOGA*** | This class explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week. | 75 | Moderate | * Improves joint flexibility * Tones & shapes * Enhances mental wellbeing |
|  | ***H.I.I.T. IT HARD*** | This class uses HITT (High Intensity Interval Training), weights and challenging core work to challenge every muscle in your body! All this work is designed to keep your body burning calories for hours after you are done! | 50 | Moderate  To  High | * Increase metabolism * Improves agility, coordination, strength & endurance * Improves heart & lung fitness |
| Image result for fitness icons | ***LABLAST*** | A dance fitness program with no partner needed. This class uses all genres of music, includes weight training and will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz and many more. | 50 | Moderate | * Increase metabolism * Develops self-expression * Improve coordination |
| Related image | ***PILATES*** | This class is designed to develop core strength, mobility and coordination. Using traditional Pilates, yoga poses, stretching, movement patterns and conditioning exercises. Pilates participants will enjoy improvement in posture, flexibility, balance and overall toning. | 50 | Low to Moderate | * Tones & shapes * Core challenges * Improves posture & flexibility |
|  | ***STRETCH & RESTORE*** | All levels welcome. This class provides movement and postures to wake up the body and then follows with stretching to rejuvenate, release tension, increase range of motion and improve flexibility. | 75 | Low to Moderate | * Improves joint flexibility * Tones & shapes * Enhances mental wellbeing |
|  | ***ZUMBA*** | The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Loads of fun!!! | 50 | Moderate | * Increase metabolism * Develops self-expression * Improve coordination |