



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# 2011 Group Exercise Schedule

Effective January 3, 2011

Class Descriptions on Back

<u>Class</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM- 6:45 AM	Early Bird Circuit	—	Early Bird Circuit	—	Early Bird Circuit	
9:00 AM- 10:00 AM	Dancercise	Active Yoga	Dancercise	Restorative Yoga	<b>9:00-9:45AM</b> Mommy & Me Yoga	<b>8:30-9:45</b> 30/30/15
10:00 AM-	Senior Fit	—	Senior Fit	—	Senior Fit	
12:15 PM- 1:00 PM	Noon Circuit & Core	ZUMBA®	Noon Circuit & Core	—	Noon Circuit & Core	
4:30 PM- 5:30 PM	—	Dancercise	—	Dancercise	—	
5:30 PM- 6:30 PM	“Luck of the Draw” Hip Hop Jan 3—Feb 28	Power Yoga	Steptacular Sculpting	ZUMBA®	—	
6:35 PM- 7:35 PM	<b>ZUMBA®</b>					

### **Active Yoga**

Yoga that applies movement and static poses to increase strength and flexibility using your own body weight as resistance.

### **Dancercise**

Choreographed dance and low impact exercise routines that are easy to follow and combined with today's hottest music. All exercise should be this fun!

### **Early Bird Circuit and Noon Circuit & Core:**

These fitness classes feature different strength and conditioning exercises in a circuit and/or interval format. Increase your muscular strength, endurance and balance using Bosu's, balance discs, weights and body bars.

### **Hip Pop**

Fitness will be fun @ Hip-Pop, an energetic, easy to follow, group dance-fitness class with a fun blend of music and moves. All fitness levels welcome. **(Starts Jan. 3rd for 9 weeks)**

### **Mommy and Me Yoga**

Parenting young children is a special time. *Mommy and Me Yoga* is designed to inspire joy through movement, laughter and sharing with other moms. Simple techniques for releasing tension, building strength and increasing flexibility will be the focus. Babies of all ages are welcome and encouraged to attend. This 45 minute class is appropriate for all fitness levels. Please bring a blanket or towel if you have one.

### **Power Yoga**

A dynamic yoga class that creates a flow between static and traditional yoga postures. Heat generated during muscle movements help increase circulation and overtime, joint flexibility.

### **Restorative Yoga**

A gentle style of yoga for those wishing to increase their mobility and flexibility. Ease into poses to free up stiff joints and muscles and enhance natural balance and healing in the body.

### **Senior Fit**

This class will keep you moving through the decades with step, low impact aerobics, stretching, strength and balance work. Class formats change day to day to keep it lively and fun!

### **Steptacular Sculpting**

A blend of STEP aerobics and strength conditioning exercises that will keep your heart and muscles working in top form. All fitness levels are welcome!

### **Zumba®**

A Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. Merengue, Salsa, Cumbia, & Reggaeton are just a sample of the moves to motivate you into shape. All fitness levels welcome. Ditch the Workout, Join the Party!

### **30/30/15**

**30 Minutes:** Kickbox interval, features high and low intensity moves that focus on strengthening the core and using proper form. Modifications will be encouraged, a great stress reliever and great all around full body workout.

**30 Minutes:** Up Down All Around Interval, incorporating high/low aerobic moves, plyometrics, strength training and core work. Works the entire body, and burns mega calories.

**15 Minutes:** A divine way to spend 15 minutes. Non-stop floorwork that emphasis the core (abs, hip flexors and low back), utilizing pilates and yoga training techniques. **(Starts Jan. 8th for 8 weeks)**