

Total Body Fitness	Short and intense cardio intervals, full body strength moves, and an extra dose of abs! Great for revving up your metabolism and building muscle using your own body weight or by utilizing other fitness equipment.
Water Running	Working out in water, when to the neck, supports 90% of a person's body weight. This relieves most of the joint pressure and muscle stress encountered on land. Water also offers 12 to 14 times more resistance than air. So each movement has more effect than the same move on land. Some are of the opinion that 30 minutes of water walking/running is equal to 2 hours of land movement. Heart rates are also slower in the water, allowing people with cardiac and blood pressure problems to exercise regularly. The risk of injury is much lower in water.
Cardio Mixer	What the name says! Stations at every corner, or exercises around the perimeter of the room. This class is based on endurance and interval work. Also, could be a dance cardio class depending on instructors' availability.
Intro to Fitness	This class dives into the basics to finding your way around a fitness center and helping you become comfortable and confident in a workout setting. We will practice a variety of lifts, proper techniques and form.
Balance Core & Barre	Half a class we will do an express core workout and the other half we will relax and stretch and extend the legs and back.
Kickboxing	A beginner's level kickboxing class incorporating basic kicks and punches with proper technique. A very popular class!
Armor Abs, Speed and Agility	Repeating sets of a few core exercises targeted towards your major abdominal muscles and back muscles. Most exercises are done with body weight alone, but occasionally medicine balls and dumbbells are used. This class is a great way to ease into group exercise classes because it will be modifiable while building your core strength. Designed to be easy and repeatable.
Mindful Movement	This class offers a safe and gentle approach to yoga. We'll focus on awareness of alignment in the postures, to balance strength with flexibility, while developing breath awareness. The class ends with 10-15 min of sitting meditation.
Water Aerobics	The pool is heated and the weather is gorgeous! The fun water exercise is less stressful on your joints and helps build muscle strength and endurance using the water resistance.
Strength and Conditioning 101	Strength and Condition 101 is a great class to join if you are looking to work up a sweat with strength conditioning using body weight as well as free weights. This is an intro class for beginners.
Upper Body Blast	Introduction to weight lifting by incorporating exercises for arms and upper body muscles. With the use of dumbbells and body weight movements, this class will focus on strengthening and building of the upper body as a whole. Muscles targeted will include: chest, back, biceps, triceps, forearms, and shoulders.
Pilates	Pilates trains all of the muscles of the body to gain strength in manner they were designed to perform. Proper breathing is essential throughout exercise. The exercises are designed to promote a balance musculoskeletal system, resulting in core strength, flexibility, good posture and improved body awareness.
Yoga	Yoga focusing on strength, flexibility and form. Care will be taken to bring attention to body alignment, breath and muscle activation in each pose. Excellent for beginning and intermediate participants.. Props used during class may include a yoga mat, blocks, bolsters, stretch straps and yoga blankets



May Fitness Schedule

5/7 to 6/1

Day	Time	Length	Class	Location		
Monday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:30 pm	55 minutes	Water Aerobics	Pool		
	5:45 pm	55 minutes	Balance, Core & Barre	Group Exercise Room		
	6:45 pm	45 minutes	Intro to Fitness	Group Exercise Room		
Tuesday	4:30pm	55 minutes	Water Running	Pool		
	5:45 pm	55 minutes	Kickboxing	Group Exercise Room		
	6:45 pm	45 minutes	Cardio Mixer	Group Exercise Room		
Wednesday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:30 pm	55 minutes	Water Aerobics	Pool		
	5:45 pm	55 minutes	Yoga	Group Exercise Room		
	6:45 pm	45 minutes	Strength and Conditioning 101	Group Exercise Room		
Thursday	11:30am	80 minutes	Mindful Movement	Group Exercise Room		
	4:30 pm	55 minutes	Water Running	Pool		
	5:45 pm	45 minutes	Pilates	Group Exercise Room		
	6:30 pm	45 minutes	Full Plate Nutrition	Fitness Meeting Room		
	6:45 pm	45 minutes	Armor Abs, Speed & Agility	Group Exercise Room		

SPORTS SCHEDULE!	MON	Pick Up Basketball @ 6pm
	TUE	Pick Up Volleyball @ 6pm
	WED	Pick Up Basketball @ 6pm
	THU	Pick Up Volleyball @ 6pm

WEDNESDAY'S @ 7:30PM 8 BALL BILLIARD TOURNAMENT
THURSDAY'S @ 6:00PM HORSESHOES SHOW UP TO PLAY

SUMMER IS COMING SOON!