





# CLASS PASS MENU

## EFFECTIVE 1-5-2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30A-8:25A <b>Med. Yoga</b> Andy (LS)	5:30A-6:25A <b>Cycle</b> Debbie (CA)	6:30A-7:25A <b>Rest. Yoga</b> Andy (LS)	5:30A-6:25A <b>Cycle</b> Debbie (CA)	7:30A-8:25A <b>Med. Yoga</b> Andy (LS)	7:30A-8:25A <b>Med. Yoga</b> Andy (LS)
8:00A-8:40A <b>Gentle Joints</b> Kathy J (TP)	8:00A-8:40A <b>FUNctional Flow</b> Deidra (TP)	7:30A-7:55A <b>Tai Chi Adv.</b> Andy (LS)	8:05A-8:55A <b>Hatha Blend</b> Cindy (LS)	8:00A-8:40A <b>Gentle Joints</b> Kathy (TP)	8:30A-9:25A <b>Cycle</b> Bobbie (CA)
9:00A-9:40A <b>Aqua Tone</b> Aziza (TP)	8:05A-8:55A <b>Yoga Fusion</b> Katie (LS)	8:00A-8:25A <b>Chi Gong</b> Andy (LS)	9:45A-10:25A <b>T.B.T.</b> Deidra (LS)	9:00A-9:40A <b>Aqua Tone</b> Aziza (TP)	8:30A-9:25A <b>Aqua Bootcamp</b> Rotation (LP)
10:00A-10:55A <b>Pilates Plus</b> June (LS)	9:00A-9:55A <b>Rest. Yoga</b> Andy (UCL)	★ 8:30A-9:15A <b>Gentle Tone</b> Kathy J (TP)	11:15A-11:40A <b>F.L.E.E.</b> Louise (UCL)	9:00A-9:55A <b>Rest. Yoga</b> Andy (UCL)	8:30A-9:25A <b>Med. Yoga II</b> Andy (UCL)
11:00A-11:40A <b>F.L.E.E.</b> Rotation (UCL)	9:00A-9:40A <b>Zumba</b> Lilia (LS)	10:00A-10:55A <b>Pilates Plus</b> June (LS)	12:00P-12:40P <b>Rest. Stretch</b> Louise (LS)	10:00A-10:55A <b>Pilates</b> Katie (UCL)	9:30A-10:25A <b>Bike &amp; Tone</b> Kathy (CA)
12:00P-12:40P <b>Let's Dance</b> Louise (LS)	10:30A-10:55A <b>Core in a Crunch</b> Lilia (LS)	10:00A-10:55A <b>Bike &amp; Tone</b> Deidra (CA)	4:45P-5:40P <b>Body Blast</b> Deidra (LS)	10:00A-10:55A <b>Cycle</b> Deidra (CA)	10:30A-11:25A <b>Zumba</b> Lilia (LS)
5:00P-5:55P <b>Anything Goes</b> Aziza (LS)	11:00A-11:40A <b>Dance Fit</b> Katie (LS)	🕒 6:00P-6:55P <b>Anything Goes</b> Marianne (LS)	5:00P-5:40P <b>Aqua Pilates</b> Bobbie (TP)	10:00A-10:40A <b>Zumba Gold</b> Lilia (LS)	
5:00P-5:40P <b>Aqua Pilates</b> Bobbie (TP)	11:15A-11:40A <b>F.L.E.E.</b> Louise (UCL)	6:00P-6:55P <b>Aqua II</b> Patty (LP)	5:45P-6:40P <b>Vinyasa Flow</b> Rey (LS)	10:45A-11:25A <b>Zumba</b> Nicole (LS)	
6:00P-6:55P <b>Virtual Cycle</b> Colleen (CA)	12:00P-12:50P <b>Dance for Parkinson's</b> Louise (LS)	7:00P-7:55P <b>Zumba</b> Marianne (LS)	6:00P-6:55P <b>Deep Water</b> Patty (LP)		
6:00P-6:55P <b>Aqua Bootcamp</b> Aziza (LP)	1:00P-1:55P <b>Yoga Flow</b> Cindy (LS)				
7:00P-7:55P <b>Med. Yoga</b> Andy (LS)	4:45P-5:40P <b>Body Blast</b> Deidra (LS)				
8:00P-8:55P <b>Zumba</b> Lilia (LS)	5:15P-5:55P <b>Aqua Yoga</b> Rotation (TP)				
	5:45P-6:40P <b>Cycle</b> Kathy (CA)				
	6:00P-6:55P <b>Pilates Sculpt</b> Kathleen (LS)				
	6:00P-6:55P <b>Deep Water</b> Bobbie (LP)				
	7:00P-7:40P <b>Yoga Fusion</b> Kathleen (UCL)				
<b>KEY</b>					
LARGE STUDIO= LS CYCLE ALCOVE= CA UPPER CLSRMS= UCL					
LAP POOL= LP THERAPY POOL= TP					
NEW CLASS= ★ NEW TIME= 🕒					
			<p><b>\$90 for 12 classes OR \$50 for 6 classes</b></p> <p>Expires one year from purchase date.</p> <p>All appropriate paperwork <b>MUST BE COMPLETED</b> and <b>APPROVED BEFORE</b> Class Pass can be activated.</p> <p>Pre-registration at Front Desk <b>REQUIRED.</b></p>		
			<b>CLASS REMINDERS</b>		
			<p><b>QUALITY CONTROL</b> "CHECKS" ASSURE THAT OUR CLASSES FOLLOW OSHA GUIDELINES OF &lt;85 DB OF SOUND.</p>	<p><b>NOTE</b> CONSULT WITH INSTRUCTOR FOR CLASS APPROPRIATE FOOTWEAR.</p>	<p>FOR YOUR SAFETY, PLEASE DO NOT ENTER ANY CLASS WHILE IT IS IN SESSION.</p>
			<p><b>INDOOR CYCLING</b> SIGN UP AT THE FITNESS DESK. PLEASE BRING WATER BOTTLE AND TOWEL.</p>		
			 		

## **Class Pass Menu descriptions:**

**Aqua II** - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

**Aqua Bootcamp** - Aqua Bootcamp class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training and the popular **TABATA** technique. This class targets cardiovascular and muscle conditioning while in an aquatic environment.

**Aqua Pilates** - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

**Aqua Tone** - A well-rounded, muscle toning workout using water resistance equipment such as noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

**Aqua Yoga** - This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility.

All poses will be adapted for the water.

**Anything Goes** - A well-rounded strength workout incorporating a variety of formats and equipment. Each week's workout will be different.

**Bike & Tone** - You will cycle for 40 minutes and tone up those muscles with light resistance equipment for an additional 15 minutes.

**Body Blast** - This class provides the variety your body needs to see results by utilizing specific muscle conditioning that will be tailored to each class.

**Chi Gong** - Join us for the art and practice of energy for self-healing, balance, a form of meditation, exercise and recreation. Forms include movement and non-movement, breath work focus and centering. The work is gentle with standing and walking postures and will both invigorate and calm the participant.

**Core in a Crunch** - This 25 minute class will challenge your core strength and stability.

**Cycle** - This class will offer a great total body workout on upright cycles.

**Dance Fit** - This fun class will incorporate various dance styles from Latin to Belly Dance to provide overall physical activity.

**Dance for Parkinson's** - This specialized dance class empowers people with Parkinson's disease to explore movement and music in ways that are stimulating and creative. This class will address specific Parkinson's concerns such as balance, flexibility, coordination and gait.

**Deep Water** - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs.

Buoyancy belts provided. No swimming skills required.

**F.L.E.E.** - Functional Living Exercises for Everyone - This class incorporates exercises to strengthen your muscles, as well as improve balance, coordination, posture and agility. Props such as light hand weights, balls and bands will be utilized for best results.

**FUNctional Flow** - This class will focus on improving balance, agility, coordination, strength, flexibility and endurance which will help you function effectively and efficiently throughout each day.

**Gentle Joints** - This warm water class is perfect for individuals looking to improve their strength and flexibility using the water's buoyancy properties.

Gentle Joints will incorporate Yoga principles adapted for the water.

**Gentle Tone** - A perfect place to start in the water. This warm water joint-friendly class is perfect for individuals looking to improve their flexibility and strength. Water resistance equipment such as noodles and hand buoys can be used for muscle toning exercises.

**Hatha Blend** - A hybrid between several different styles of yoga incorporating strength, flexibility and alignment to create a challenging, yet safe, practice.

This class includes a flow section linking one movement into the next focusing on strengthening your body, as well as, holding the poses to increase flexibility.

**Let's Dance** - Dance your way through the decades to fun sing along music as well as explore different dance genres and cultures.

Great for heart health, stamina, coordination and balance.

**Med. (Meditation) Yoga** - A beginning Hatha Yoga class that promotes inner peace and balance through breath and meditation.

**Med. (Meditation) Yoga II** - Intermediate/Advanced level.

**Pilates** - Based on the theories of Joseph H. Pilates, this unique stretching and strengthening program will improve your alignment, coordination, strength and flexibility through specific mat work exercises that focus on abdominal control and pelvic stability.

**Pilates Plus** - This class takes you to the next "core training" level by incorporating techniques to ensure proper body/spinal alignment and enhance flexibility.

**Pilates Sculpt** - This class expands upon beginner Pilates and progresses towards more advanced techniques while incorporating weights, balls and bands.

**Rest. (Restorative) Stretch** - This class is a full body stretch program that will help to increase flexibility, release tension, improve posture and range of motion. Participants must be able to transition from standing to floor independently.

**Rest. (Restorative) Yoga** - This class uses props and postures to restore and heal the over stressed, distracted body/mind as well as breath and body work to open areas such as the back, hips and shoulders while reducing stress and promoting healing. Wear loose comfortable clothing.

**Tai Chi Advanced** - This class will continue to review and perform 24 form Tai Chi. While all participants are invited to attend, those just learning will be encouraged to learn the form work at their own pace as no new beginning classes will be offered.

**T.B.T.** - Total Body Toning - This well-rounded workout will strengthen the muscles of the upper, middle and lower body using various props.

**Vinyasa Flow** - This yoga class is designed for beginners to intermediate participants. Everyone can benefit from consistent yoga participation. This yoga class can bring more energy to your life, improve concentration, increase strength and balance. In Vinyasa Flow, all movements are connected to a breath. Each series is cued by an inhalation or an exhalation of the breath forming a link between poses in a flowing sequence.

**Virtual Cycle** - These classes use a variety of scenic **Virtual DVD** rides from Epic Planet.com.

**Yoga Flow** - This class will begin and end with traditional yoga poses and will incorporate fluid yoga sequences for increased muscle tone.

**Yoga Fusion** - Focuses on a deeper connection between the body and the core. This class is a mixture of Vinyasa Yoga, Yogilates, dance conditioning techniques and meditation.

**Zumba** - Join the hottest dance workout craze in the comforts of your 'own' club. Our certified Zumba instructors will have you doing the Salsa, Cha-cha and Meringue to the driving Latin rhythms of Zumba.

**Zumba Gold** - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Come ready to sweat, and prepare to leave empowered and feeling strong. Participation can be either standing or seated.

## **Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:**

1. Single class with less than two participants will be determined by Instructor.
2. Classes with less than five participants over a three month period may be cancelled until further notice.