



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STARTER CLASSES

July 5 - September 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Stretch 7:30 - 8:30am #601		Stretch 7:30 - 8:30am #601		Stretch 7:30 - 8:30am #601		
	Water Exercise 8:00 - 9:00am Pool	Water Exercise 8:00 - 9:00am Pool	Water Exercise 8:00 - 9:00am Pool	Water Exercise 8:00 - 9:00am Pool	Water Exercise 8:00 - 9:00am Pool	Hap Ki Do 8:00 - 9:30am #202	
	Low Impact 8:15 - 9:15am #201		Low Impact 8:15 - 9:15am #201		Low Impact 8:15 - 9:15am #201		
		Zumba 9:30 - 10:30am #201	Step Level I 9:00 - 9:30am #301		Zumba Level I 9:00 - 10:00am #301	Starter Cycling* 10:05 - 10:45am #501	1 st Saturday only
		Chair Yoga 9:30 - 10:30am #602	Stability Ball Level I 9:30 - 10:00am #301			Belly Dancing 11:00am-12:00pm #301	1 st & 3 rd Saturdays only
		Abs 10:30 - 10:45am #201	Zumba 10:00 - 11:00am #201		Y-Pilates Level I 10:15 - 11:15am #601		
				Abs 10:30 - 10:45am #201	Tai Chi Level I 1:00 - 2:00pm #601	Abs 11:15-11:30am #201	
Lunch	Zumba 12:15 - 1:15pm #201					Family Karate 2:45- 4:15pm #202	
PM			Zumba 5:30 - 6:30pm #201		Zumba 5:25 - 6:25pm Gymnasium		Zumba 4:00 - 5:00pm #201
	Water Exercise 6:00 - 7:00pm Pool		Water Exercise 6:00 - 7:00pm Pool			Classes that consistently have fewer than 8 participants are subject to cancellation.	
	Abs 6:30 - 6:45pm #201	Abs 6:30 - 6:45pm #201	Step Level I 6:00 - 6:30pm #301				
	Yoga Level I 7:00 - 8:00pm #601	Hap Ki Do 6:30 - 8:00pm #202	Strength & Tone Level I 6:30 - 7:00pm #301	Hap Ki Do 6:30 - 8:00pm #202		Children 8-12 years old may participate in Starter, Level I and Multi-level Group Exercise classes with parent/ guardian upon completion of KidQuest orientation.	
	Hip Hop 7:00 - 8:00pm #201	Abs & More 7:45 - 8:00pm #201	Zumba 7:00 - 8:00pm #201	Y-Pilates Level I 7:00 - 7:45pm #601			

*Attendance in Starter Cycling is required prior to first Cycling class for seat set-up and basic cycling techniques instruction.

**All classes are multi-level unless otherwise stated. Please do not enter class more than 5 minutes after it has begun.

Class Descriptions

Levels

Starter Classes are classes geared towards the beginner exerciser. The basics of equipment usage, positions and techniques may be introduced.

Level I Classes are 15 to 60 minute classes geared towards the beginner to intermediate exerciser.

Level II Classes are 15 minutes or longer classes geared towards the intermediate to advanced exerciser.

Multi Level Classes are 15 minutes or longer classes geared to accommodate the beginner to advanced exerciser.

Land Classes

20/20/20 - A total body workout, this class includes **20** minutes of cardiovascular conditioning, **20** minutes of strength training, and **20** minutes of core exercises.

Abs - This class focuses on exercises that strengthen and tone the mid-section or core of the body which includes the abdominals and lower back muscles.

Abs & More - This class focuses on strengthening the core which include the abdominal and lower back muscles. Additional exercises that incorporate the upper and lower body may be added.

Belly Dancing - This workout focuses on your core muscles and balance while having fun. All levels welcome.

Body Design - A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

Cardio Circuit - This class alternates muscular strength and cardiovascular activities.

Chair Yoga - This class is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

Cycling - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques. Please bring a water bottle.

- **Attendance in Starter Cycling is required prior to first Cycling class for seat set-up and basic cycling techniques instruction.**
- **The Cycling Studio has a small designated "No Fan Zone". This excludes oscillating fans!**

Family Karate - Enjoy a healthier life through Martial Arts. This class will teach you the positive benefits of Martial Arts, focus, awareness, coordination, fitness and self defense. Classes are open to all ages and abilities. Join us in learning lifelong skills while having fun. Students may begin at anytime; open enrollment year-round; all ages welcome.

Hap Ki Do - Improve your self-confidence, self-respect and respect for others, discipline, coordination and physical conditioning while practicing skills that would help you overcome a variety of difficult situations.

Hip Hop - This is a high energy cardiovascular class that incorporates hip hop dance steps set to the latest sounds in R&B and pop music.

Kickboxing - A cardiovascular workout that incorporates martial arts, shadow boxing, kick boxing, and sports drills.

Low Impact - This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

Stability Ball - This class is a total body conditioning class that enhances balance, strength and improves range of motion using a stability ball. Free weights and other equipment may be used.

Step - An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

Strength & Tone - This strength workout is designed to condition the entire body using resistance exercises to develop muscular strength. Plate-loaded bars, hand weights, balls and more may be used during the class.

Stretch - Improve your flexibility and muscle tone with a concentration on body awareness, breathing techniques and increased range of motion.

Tai Chi - An ancient Chinese discipline focused on slow fluid movements for balance, control, precision, strength, and flexibility.

Y-Boot Camp - this class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

Y-Pilates - A class designed to strengthen and lengthen the core muscles. Breathing, control, and flexibility exercises are used to improve posture, body alignment and overall strength.

Yoga - This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Yoga—Classic - A traditional yoga class which includes a variety of postures that improves balance, flexibility, strength and relaxation while focusing on breath. Class may include sequences and/or postures.

Zumba - A cardiovascular workout using Latin inspired dance moves set to international music. (Dance shoes recommended. These shoes have multi-directional support and little tread on the sole. They are lightweight and make it easy to pivot and glide across the floor.)

Water Classes

Water Exercise - This 60-minute class is performed with minimal impact on the joints, this class is designed for all fitness levels. The instructor will incorporate various cardiovascular training techniques and may use a variety of resistance equipment.