



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOCKER NORFOLK
August 2017

GROUP EXERCISE • MIND/BODY, CYCLING & WATER FITNESS

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MIND/BODY 6th floor

| | | | | | | |
|--|---|--|--|--|---|--|
| Stretch (ML) 7:30-8:30a Carla | | Yoga (ML) 6:00-7:00a Annie | Pilates (ML) 6:15-7:00a Carla | Stretch (ML) 7:30-8:30a Carla | Yoga (ML) 8:45-10:00am Penny | Pilates (ML) 10:30-11:30a Ellen |
| | Chair Yoga 9:30-10:30a (L1) Violette Rm 602 | Fusion (ML) 7:30-8:30a Carla | Barre (ML) 7:15-8:15a Carla | Stretch, Move & Bend 9:30-10:15a (ML) Betty C. | Pilates/Barre (ML) 10:15-11:30a Debie | Yoga (ML) 4:30-5:45p 1st: Lauren 2nd: Christine 3rd: Hannah H. 4th: Hannah G. |
| Barre (ML) 9:15-10:15a Stephanie | Yoga (ML) 9:30-10:45a Carrie S. | Barre (ML) 9:15-10:15a Stephanie | Yoga (ML) 9:30-10:30a Annie | Pilates (ML) 10:30-11:30a Betty C. | | |
| Yoga-Classic (ML) 10:30-11:45a Dora | | Pilates (ML) 10:30-11:30a Betty C. | | | | |
| Pilates 12:15-1:00p Jenn | | Pilates 12:15-1:00p Sonja | Stretch (ML) 12:15-1:00p Ellen | | | |
| Yoga (ML) 5:45-6:45p Sheri | Pilates (ML) 4:30-5:30p Debie | | Pilates/Barre (ML) 4:30-5:30p Debie | | | |
| Restorative Yoga (ML) 7:00-8:00p Annie | Pilates (L2) 5:45-7:00p Debie | Yoga (ML) 5:45-7:00p Laureen | Yin-Inspired Yoga 5:45-7:00p (ML) Violette | Yoga (ML) 5:15-6:30p Hannah H. | | |

Cardio and Strength
classes are listed on
a separate schedule.

CYCLING 5th floor

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|---------------------------------|----------------------------------|------------------------------|-------------------------|-------------------------------|--|--|
| Ride 6:00-7:00a (ML) Suzy | | 6:00-6:45a (ML) Carrie M. | | 6:00-6:45a (ML) Suzy | | |
| | | | | 9:30-10:30a (ML) Hannah V. | 9:15-10:15a (ML) 1st: Suzy 2nd: Janice 3rd: Hannah V. 4th: Hannah V. | 10:15-11:15a (ML) 1st: Amy 2nd: Amy 3rd: Larry 4th: Suzy |
| 12:15-1:00p (ML) Janice | Ride30 4:30-5:00p Violette | 12:15-1:00p (ML) Janice | | 12:15-1:00p (ML) Violette | | |
| 5:30-6:30p (ML) Amanda | 5:30-6:30p (ML) Hannah V. | 5:45-6:30p (ML) Janeen | 5:30-6:30p (ML) Jeff | | | 5:00-6:00p (ML) 1st: Carrie 2nd: Parker 3rd: Brandon 4th: Gina |
| 6:45-7:45p (ML) Parker | | | | | | |

WATER FITNESS 1st floor

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|---|---|--|---|---|
| WATERinMOTION Platinum (ML) 8:15-9:05a Gina | Water Exercise (ML) 8:00-9:00a Violette | WATERinMOTION Original (ML) 8:05-9:05a Ashley | Water Exercise (ML) 8:00-9:00a Iris | WATERinMOTION Platinum (ML) 8:00-8:50a Gina |
| WATERinMOTION Original (ML) 10:45-11:45a Heather | WATERinMOTION Original (ML) 6:45-7:45p Barbara | Aqua Zumba (ML) 6:30-7:30p Sparkle | Aqua Zumba (ML) 6:30-7:30p Sparkle | WATERinMOTION Original (ML) 5:30-6:30p Barbara |

CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than eight participants are subject to cancellation.

Class Levels:

Multi Level (ML)-15 minutes or longer geared to accommodate the beginner to advanced exerciser.

Level 1 (L1)- 15-60 minute classes geared towards the beginner to intermediate exerciser.

Level 2 (L2)- 15 minute or longer classes geared towards the intermediate to advanced exerciser.

Age Guidelines:

Ages 8-12 may participate in Group Exercise classes with a parent or supervising guardian.

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian with the exception of classes that use weights where a parent or guardian must also be present for participants ages 13-15.

For their safety, children ages 13 and younger may not participate in a Level II Group Exercise/Cycling class.

In order to properly fit the bikes, the minimum height requirement is five feet.

Parents, please note:

Stay & Play closes at 6:00pm on Friday nights. Please allow enough time to pick up your child and/or children before closing time. Thank you for your cooperation.

Class Locations:

Pool - 1st floor
Room #201 - 2nd floor
Room #202 - 2nd floor
Room #301 - 3rd floor
Cycle Room - 5th floor
Room #601 - 6th floor
Room #602—6th floor

CLASS DESCRIPTIONS

Barre - This total body workout is a fusion of ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

Cycling - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques. Please bring a water bottle and a towel to class. * If you are new to cycling classes, please arrive 10 minutes early to class for a bike fitting and orientation.

Fusion - A fusion of Pilates and Yoga blending one move into the other; the core work of Pilates with the balance and strength of yoga.

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.

Ride - is a huge calorie burner. It's a 60 minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

Ride 30 - will get you moving and feeling better in only 30 minutes! It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness.

Restorative Yoga - A class focusing on three to five postures using a series of props and holding the poses anywhere from six to twelve minutes. Restorative Yoga is designed to calm the nervous system and create overall health in the body.

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

Stretch, Move & Bend - This class is designed especially for our active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Activity includes low-impact movement performed at a lower intensity along with muscle conditioning exercises for flexibility and balance.

Water Exercise - In addition to the cardiovascular portion of this class performed in shallow water, strength and flexibility exercises using resistance equipment may be incorporated.

WATERinMOTION® - Original is a water exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular and strength workout for the entire body.

WATERinMOTION® - Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

Yoga - Concentrate 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 improve balance, flexibility, strength and relaxation while focusing on breathing. Class may include sequences and/or postures.

Yin-inspired Yoga - Yin yoga is designed to compliment a regular yoga practice with longer held poses, (2-3 minutes). The practice targets the connective tissue, such as ligaments, bones and joints that normally are not exercised much in a more active style of yoga. Class incorporates slowflow/standing postures with Yin postures, including final relaxation. Appropriate for all levels.