

July
2017

NOTE: ALL 13-17 YR. OLD MEMBERS MUST HAVE JR. CERTIFICATION BEFORE USING ANY EQUIPMENT!

**2017
CLASS CALENDAR
FOR ALL MEMBERS**

MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:00-7:00 AM Master Swim <i>with Mitch</i>	5:50-6:50 AM Cycling <i>with Val</i>	5:50-6:50 AM Total Body Conditioning <i>with Meghan</i>	5:50-6:50 AM Cycle Core <i>with Val</i>	5:50-6:50 AM Total Body Conditioning <i>with Val</i>	7:45-8:45AM Cycling <i>with Val</i>
7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	7:45-8:45AM Pilates and Foam Roller <i>with Val</i>	6:00-7:00 AM Master Swim <i>with Mitch</i>	9:00-10:00 AM Barre & Pilates <i>with Trish</i>	6:00-7:00 AM Master Swim <i>with Mitch</i>	8:30-9:30 AM Water Fitness <i>with Meghan</i>
9:00-10:00 AM Cycling <i>with Lisa</i>	9:00-10:00 AM Yoga Flow <i>with Sherry</i>	7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	9:00-10:00 AM Water Fitness <i>with Meghan</i>	7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	8:45-9:30 AM Floor Barre <i>with Val</i>
9:00-10:00 AM Deep Water Aerobics <i>with Claire</i>	9:00-10:00 AM Water Fitness <i>with Meghan</i>	9:00-10:00 AM Deep Water Aerobics <i>with Claire</i>	10:15-11:15 AM Gentle Weight Training <i>with Meghan</i>	9:00-10:00 AM Cycle Circuit <i>with Val</i>	9:30-10:30 AM Total Body Conditioning <i>with Meghan</i>
10:30-11:30 AM Gentle Yoga <i>with Barbara</i>	10:15-11:15 AM Gentle Weight Training <i>with Meghan</i>	9:00-10:00 AM Cycle Circuit <i>with Katie</i>	10:30-11:30 AM Gentle Yoga <i>with Barbara</i>	10:15-11:15 AM Gentle Fitness <i>with Val</i>	11:15 AM - 12:15 PM Beginning Yoga <i>with Barbara</i> 7/15 & 7/22
5:30-6:30 PM Cycling <i>with Harold</i>	5:30-6:15 PM Total Body Conditioning <i>with Val</i>	5:30-6:30 PM Cycling <i>with Harold</i>	5:30-6:15 PM Total Body Conditioning <i>with Sherry</i>	5:30-6:30 PM Cycle Zone Training <i>with Val</i>	
	6:15-7:15 PM Vinyasa Flow Yoga <i>with Barbara</i>	5:45-6:45 PM Water Fitness <i>with Meghan</i>	6:30-7:30 PM Restorative Yoga <i>with Sherry</i>		

**4th of July HOLIDAY SCHEDULE: Saturday July 1st: Regular Schedule,
Monday July 3rd: 6am Master Swim, 7:45am Yoga, 9am Deep Water Aerobics, and 10:15 Gentle Yoga ONLY
Tuesday July 4th: NO CLASSES**

CLASS DESCRIPTIONS

Cycle Core-This class has a 40 minute cycling session focusing on cardiovascular conditioning incorporating interval training followed by a 15-20 minute Core workout.

Cycling – A 60 minute high energy workout that challenges your cardio fitness. (Please let instructor know if this is your first time attending a cycle class).

Cycle Zone Training - Taught using different levels of intensity through the monitoring of your heart rate. A Heart Rate monitor is recommended for optimal results for this class.

Cycle Circuit- Incorporates Cycle for cardio conditioning and off the bike strength exercise using dumbbells, bands, bars and medicine balls.

Deep Water Aerobics – Water workout exercise done in the deep water area using a variety of equipment such as water weights, noodles and ankle weights.

Floor BARRE - This 30 or 45 minute class incorporates core conditioning, flexibility and isometric exercises to strengthen and sculpt the entire body.

Foam Roller - This 30 minute class will focus on muscle release and stretching as well as some basic core work.

Gentle & Beginning Yoga - For students who need special attention who are new to yoga. Great for seniors and those recovering from illness.

Gentle Fitness - Gentle Fitness- This 1 hour class offers low impact movement and combines body conditioning exercises using light Dumbbells with balance and core work.

Gentle Weight Training - To demonstrate and guide participants in using the weight equipment and free weights.

Master Swim - Workouts are range from 2000 to 3000 yards during the hour, dependent on ability level and what we are working on. We have a wide range of swimmers from more casual swimmers looking for a formal coached workout to all tri-athletes. We suggest being comfortable in the water and able to swim at least four lengths of the pool, freestyle.

Pilates and Foam Roller—This class focuses on core muscles to build strength from the inside out. You will end each class with a Foam roller muscle release to allow more flexible muscle and ease movement.

Total Body Conditioning – This class offers a total body workout consisting of cardiovascular intervals, strength training, core work and flexibility. All levels welcome.

Water Fitness - Water Aerobics is a fun, moderately paced water workout that combines cardio, core, and strength training. This is an interval style class with a proper warm up and cool down. Weights, noodles and other props are used at the instructor's discretion. This class is appropriate for all levels.

Yoga: Iyengar - Attention to alignment in classical yoga poses. Class for continuing students.

Yoga: Restorative - Incorporates breath work and fully-supported poses that will allow the body to relax and the mind to calm.

Yoga: Vinyasa - This class focuses on increasing strength, flexibility and the ability to be present. Students mindfully move between poses with their breath. Emphasis on proper alignment and biomechanics allows students to safely and effectively build their yoga practice.

**PLEASE REMEMBER TO WIPE DOWN ALL MACHINES AND EQUIPMENT THAT WAS USED! THIS HELPS KEEP THE CLUB
LOOKING GREAT AND CLEAN!
PLEASE TURN OFF YOUR CELL PHONE OR TAKE THE CALL OUTSIDE.**