

MARCH 2020 SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 8:30 am- Circuit Training	3 9:00 am- Soft Sculpt 10:00 am- Water Aerobics	4 8:30 am- Circuit Training	5 9:00 am- Soft Sculpt 10:00 am- Water Aerobics 11:00 am- Yoga	6	7
8	9 8:30 am- Circuit Training	10 9:00 am- Soft Sculpt 10:00 am- Water Aerobics	11 8:30 am- Circuit Training	12 9:00 am- Soft Sculpt 10:00 am- Water Aerobics 11:00 am- Yoga	13	14
15	16 8:30 am- Circuit Training	17 9:00 am- Soft Sculpt 10:00 am- Water Aerobics	18 8:30 am- Circuit Training	19 9:00 am- Soft Sculpt 10:00 am- Water Aerobics 11:00 am- Yoga	20 11:00 am- Fitness 101	21
22	23 8:30 am- Circuit Training	24 9:00 am- Soft Sculpt 10:00 am- Water Aerobics	25 8:30 am- Circuit Training	26 9:00 am- Soft Sculpt 10:00 am- Water Aerobics 11:00 am- Yoga	27	28
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WATER CLASSES

Water Aerobics

Water aerobics is the performance of aerobic exercise that is done mostly vertically and without swimming typically in waist deep or deeper water. It is a type of resistance training.

CARDIO/FLEXIBILITY/BODY STRENGTH CLASSES

Hatha Yoga

Hatha yoga is the most widely practiced form of yoga in America. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

Soft Sculpt

A combination of traditional body sculpting methods using free weights, resistance bands and your own body! Designed to provide you with a total body workout in 45 minutes for a beginner/intermediate-level. Class is held in the TRX area of the gym.

Circuit Training

A 45 minute instructor led circuit-style workout combining strength, stability and conditioning exercises. The workout will be challenging and exciting with new exercise combinations introduced in each class. Each participant will be coached according to their individual fitness level allowing intermediate as well as the more advanced to attend. Please bring a small towel, water bottle and lots of energy! Class is held in the TRX area of the gym.

Fitness 101

This fitness orientation will include instruction on the proper use of equipment and safety, machines, weights, and TRX bands. Maximize your workout with this great orientation and never feel unsure in the gym again!

**Class schedule subject to change. All RSVPs and cancellations must be made outside of 24 hours before class start time.*