



January Aerobics Schedule

Classes Are Included With Your Daily Admission



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am		Susan Yoga <i>The Peaks</i>	Kasia Yoga <i>The Peaks</i>	Jackie Yoga <i>The Peaks</i>	Sue G. Yoga <i>The Peaks</i>		Recreation Center Closed
8:30am - 9:30am		Jo C Cardio Cut Core <i>Amphitheater/Peaks</i>		Laura Body Sculpt <i>Amphitheater/Peaks</i>	Marilyn/Jo C Body Sculpt <i>Amphitheater/Peaks</i>		
9:30am - 11:00am	Sue Silver Sneakers 9:30-10:30am <i>Patio/Peaks</i>	Kasia Yoga 10:00-11:00am <i>The Peaks</i>	Sue Silver Sneakers 9:30-10:30am <i>Patio/Peaks</i>	Kasia Yoga 10:00-11:00am <i>The Peaks</i>		Karen Power Barre 9:45am - 11:00am <i>Aerobics Studio</i>	
	Melissa Core on the Floor 10:45-11:45am <i>Amphitheater/Peaks</i>		Marty Intermediate Tai Chi 10:45-11:45am <i>The Peaks</i>		Meredith Intermediate Tai Chi 10:45-11:45am <i>The Peaks</i>		
11:00am - 12:00pm						Karen Dance Your Pants Off <i>Aerobics Studio</i>	
12:00pm - 1:00pm		Laura HIIT <i>Amphitheater/Peaks</i>		Laura HIIT <i>Amphitheater/Peaks</i>			
1:00pm - 2:00pm						Judy Pilates <i>The Peaks</i>	
2:00pm - 3:00pm						Judy Beginner Yoga <i>The Peaks</i>	
3:00pm - 4:00pm						Judy Yoga 3:00 - 4:30pm <i>The Peaks</i>	
4:00pm - 4:30pm		Marilyn Extreme Buns & Legs <i>The Peaks</i>		Marilyn Extreme Buns & Legs <i>The Peaks</i>			
4:30pm - 5:00pm		Marilyn Extreme Abs <i>The Peaks</i>		Marilyn Extreme Abs <i>The Peaks</i>			
5:00pm - 6:30pm	Corrie Barre 5:30-6:30pm <i>Aerobics Studio</i>	Karen Power Barre 5:30-6:30pm <i>Aerobics Studio</i>		Karen Dance Your Pants Off 5:30-6:30pm <i>Aerobics Studio</i>	Judy Relaxation Yoga 5:00-6:30pm <i>The Peaks</i>		

FITNESS CLASS GUIDELINES

- * All students must check-in at the front desk and receive a fitness card, so classes stay at or below the allowed capacity.
- * Masks are required inside the Recreation Center.
- * All students and the instructor shall maintain 6 feet of social distance.
- * Limited equipment will be available for classes. Students are asked to disinfect equipment before and after class.
- * Please provide your own yoga mat as NO YOGA MATS will be provided.
- * Please provide your own water bottle as water fountains are not available.
- * Please come dressed to workout, including warm clothes for outdoor classes, to limit the use of the locker rooms.

Fitness Class Descriptions

Beginner Yoga	A great class for students, who are new to yoga, coming back to yoga or who wish to review basic poses in an inclusive and caring environment.
Body Sculpt	A pure strength training class using limited fitness equipment. A warm-up segment is followed by a calorie burning full-body workout using resistance.
Cardio Cut Core	A fun class that delivers a full body workout with 20 minutes of Tabata (HIIT) cardio, 20 minutes of sculpting, and 20 minutes of Pilates.
Cardio Sculpt	A strength and conditioning class using limited equipment
Core on the Floor	Utilizing a variety of exercises on the mat on the floor. The class works to increase strength and flexibility.
Dance Your Pants Off!	A high-energy, cardio dance workout to your favorite songs. Spans many styles and genres. Learn repetitive patterns that stimulate your BRAIN and strengthen and sculpt abs, arms, legs, and butt in this 1000+ calorie meltdown. Come prepared to sweat & dance like never before!
Extreme Abs	Thirty straight minutes of abdominal training exercises designed to chisel and strengthen the full range of your core muscles.
Extreme Buns & Legs	Thirty minutes of buns and leg training exercises designed to develop sleek, strong legs and sculpted gluts.
HIIT	High Intensity Interval Training! Get ready to sweat and burn calories as you increase your athletic performance, gain muscle and increase your overall cardiovascular endurance.
Pilates	A combination of classical mat and standing Pilates.
Power Barre	A total body workout to strengthen, lengthen, and stretch all major muscle groups, resulting in a long & lean physique without added bulk. Due to the location change as a result of limited capacities in the aerobics studio, the class will use chairs as a bar. The class combines the amazing results of dance with the principles of strength and safety in Pilates. Includes push-ups and intense leg, seat and abdominal work.
Silver Sneakers	Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. The class is modified depending on fitness levels. All are welcome; the class is NOT exclusive to those with Silver Sneakers memberships.
Tai Chi	Develop inner peace and internal energy through slow and controlled meditative movements. Incorporates Chi Gong. Tai Chi is a valuable tool to improve relaxation, body-mind connection, balance, breathe control, circulation, and fall prevention. The Beginner class introduces the forms and teaches the basics of Dr. Lam's Tai Chi. The Intermediate class allows students to practice the particular forms.
Yoga	Learn basic poses and relaxation techniques in this class. The general yoga classes follow a Hatha or Vinyasa style.