

# Class Descriptions

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**ABS-A-GLUTELY** – Formerly named Buns & Tums; the focus of this class is on the abdominals and the gluteals. This class will firm and tone in all the right places. For all fitness levels. Be prepared to work.

**AQUA FUN** – Working out in water has never been so much fun. Join this instructor with contagious enthusiasm for both a cardio and strength workout set to dance music and designed for all ages and abilities. Join the party!

**AQUA SPLASH** – A full body workout in water with moderate intensity cardio activity to music. Increase muscular strength and endurance through low impact water exercises. For the more active person this is a fun workout in water.

**BALLROOM DANCE: MERINGUE** – One of the easiest and most popular Latin dances, meringue is simple and fun with lots of turns and exciting moves. If you have never partner danced before, this is a perfect way to start; meringue is a great dance for beginners. Because of the similarities between the two, we will introduce the four-count Hustle as well.

**H2O FIT** – A water fitness class to help you splash your way into good health. This class will strengthen your heart through water cardiovascular exercise, muscle conditioning and increased flexibility...all while improving your balance. Impact-free with great water resistance benefits! Swimming proficiency is not required.

**LATIN FUN** – A cardio and strength workout with a Latin beat and high energy instructor to give you a beneficial hour of exercise in a fun group environment. Designed to accommodate all ages and abilities, this class will be popular with all who enjoy dance in a group environment.

**LATIN CARDIO** – A cardio workout with a Latin dance theme for all ages and ability. This is a proven way to burn calories while having fun in a motivating group environment. For those that enjoy Zumba, this is a good daytime alternative.

**ON THE BALL** – Unlike traditional exercise equipment, stability balls require the use of core strength, challenging your stabilizing muscles (Abs, Glutes and Lower Back) to a whole new level. This class will challenge your neuromuscular system, enhancing your strength, balance and posture. Discover how this class will help develop everyday functional movements. All fitness levels welcome.

**PILATES** – This “mat-based” class is a series of exercises performed mainly on the floor using gravity and your own body weight to provide resistance. It is designed to strengthen and lengthen your body using the deep core-supporting muscles to improve posture, balance and coordination. All fitness levels welcome. Sticky mats provided.

**ZEN BODY FUSION** – This is a toning, conditioning, and flexibility class. Blending yoga moves with Pilates and Qi Quong; this 3 part class will sculpt the body, improve flexibility, and relax and restore the mind.

**ZUMBA** – Zumba is the latest fitness phenomenon that combines salsa, merengue, cumbia, and reggaeton dance moves to create a fun, yet effective workout.

# September 2008 **GROUP FITNESS SCHEDULE**



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Pilates <i>Mary Pat</i>		Pilates <i>Dawn</i>		Pilates <i>Mary Pat</i>	
8:00 AM	Zen Body Fusion <i>Mary Pat</i>	Pilates <i>Mary Pat</i>	Zen Body Fusion <i>Mary Pat</i>	Pilates <i>Mary Pat</i>	Zen Body Fusion <i>Mary Pat</i>	
9:15 AM	On The Ball <i>Rob</i>		On The Ball <i>Rob</i>		On The Ball <i>Larry</i>	Pilates <i>Mary Pat</i>
9:30 AM	H <sub>2</sub> O Fit <i>Larry</i>	Latin Fun <i>Dunia</i>	H <sub>2</sub> O Fit <i>Larry</i>	Latin Fun <i>Dunia</i>		
10:15 AM	Latin Cardio <i>Dunia</i>		Latin Cardio <i>Dunia</i>			
10:30 AM		H <sub>2</sub> O Fit <i>Larry</i>		H <sub>2</sub> O Fit <i>Larry</i>	Aqua Fun <i>Dunia</i>	H <sub>2</sub> O Fit <i>Mary Pat</i>
11:30 AM	Aqua Fun <i>Dunia</i>		Aqua Fun <i>Dunia</i>			
4:30 PM						
5:30 PM	Abs-A-Glutely <i>Larry</i> Aqua Splash <i>Rob</i>	Zumba <i>Yoki</i>	Abs-A-Glutely <i>Larry</i> Aqua Splash <i>Rob</i>	Zumba <i>Yoki</i>		
6:30 PM	Latin Cardio <i>Dunia</i>		Meringue \$ fee class <i>Lorraine Kay</i>		Meringue \$ fee class <i>Lorraine Kay</i>	