



# JUNE 2017

## Group Exercise Schedule

**Classes begin Thursday, June 1st**

Classes are complimentary. All classes are held in the Aerobics Studio unless noted with an \* and shaded..  
For more information, please contact Matt Mauri at 760-834-6316.

All of our group exercise classes are labeled with exercise descriptions to help you identify which activities will keep you engaged, motivated and committed to health & wellness.

**C** Cardio   **S** Strength   **ST** Stretch   **B** Balance   **E** Endurance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Circuit</b> 9am - Chris <b>S B ST</b>		<b>Circuit</b> 9am - Chris <b>S B ST</b>		
	<b>Barre</b> 10am - Chris <b>B ST</b>		<b>Stretch</b> 10am - Chris <b>ST</b>		
	<b>Aqua *</b> 10:45am - Kim <b>C S</b>		<b>Aqua *</b> 10:30am - Brenna <b>C S</b>		

*Class descriptions are found on the reverse side.*

The Health & Fitness Center is open daily from  
**6:00am - 2:00pm**

“Extended Hours” access is from  
**5:00am - 6:00am &**  
**2:00pm - 10:00pm**

## DESCRIPTION OF CLASSES

**Aqua:** Come make a splash in this low impact cardio and toning class. Using the natural resistance of the water, get a full body resistance training workout the entire time. This is a low intensity, low impact class offered at the Activity Pool.

**Barre:** This energetic and fun workout fuses fitness techniques from Dance, Pilates and Yoga. Tone, define and chisel your entire body while reducing belly fat & cellulite and tightening your glutes.

**Cardio Boxing:** Cardio Boxing combines conventional circuit moves with martial arts that will undoubtedly improve your endurance and cardiovascular fitness, while toning muscles.

**Cardio Dance:** Come join the party! This low impact complete cardio workout will focus on cardiovascular health. This can be a low and medium intensity class.

**Circuit:** This variety-based workout will combine some heart rate increasing moves, strength and core. The quick pace and change in moves will keep your mind and body too busy to notice the time.

**Foam Roller Release:** Learn how to use long foam tubes to self massage and work out tight muscles.

**Pilates:** Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, and improving coordination and balance.

**Sculpt:** This class combines a full cardio warm-up with traditional resistance training using light weights, bands and exercise balls. It can be changed to an interval format for more work! The class will end with ab work on the floor followed by stretch. This can be a medium and high intensity class.

**Spin:** Can you pedal a bike? Come join this high intensity\*\*, low impact class that gets your heart racing as you control the intensity for flat races, hills and intervals. (\*\* This class can be modified to low intensity by slowing pedaling speed and reducing tension level on the wheel as in Beginners Spin.)

**Stretch:** Stretching routines can improve your range of motion, increase circulation, and calm your mind.

**Tap Dancing:** Enjoy waltz clog, soft shoe and time steps as well as fun & easy basic jazz and tap routines in this class.

**Yoga:** Seeing improvement is a great benefit of a consistent Yoga practice. This class will teach you basic Yoga poses which are gentle enough for everyone but challenge those who attend class regularly so they reach a higher level of practice.

**Zumba:** Come join the party!! This Latin dance inspired cardio class includes moves based on Salsa, Cumbia, and Reggaeton rhythms to name a few. Work your cardiovascular system and tone your entire body with this high energy class.