



# OCTOBER 2018

## Group Exercise Schedule

**CIRCUIT, YOGA & STRETCH CLASSES BEGIN MONDAY, OCTOBER 8TH**  
**AQUA FITNESS CLASSES BEGIN TUESDAY, OCTOBER 2ND**

*Classes are complimentary.*

**All October classes are held outdoors at the location noted in orange.**  
 For more information, please contact Chet Sheehan or Matt Mauri at 760-834-6316.

● Cardio  
 ● Strength  
 ● ST Stretch  
 ● B Balance  
 ● E Endurance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am		<b>Yoga</b> Marsha <span style="color: orange;">ST</span> <span style="color: blue;">B</span> <b>Stadium Tennis</b>			
8:00a	<b>Circuit</b> Chris <span style="color: blue;">C</span> <span style="color: red;">E</span> <b>Stadium Tennis</b>		<b>Circuit</b> Chris <b>Stadium Tennis</b>		<b>Stretch</b> Chris <span style="color: blue;">C</span> <span style="color: red;">E</span> <b>Stadium Tennis</b>
10:45a		<b>Aqua Fitness</b> Kim <span style="color: orange;">ST</span> <b>Activity Pool</b>		<b>Aqua Fitness</b> Kim <span style="color: orange;">ST</span> <b>Activity Pool</b>	

### GROUP EXERCISE CLASS DESCRIPTIONS:

**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 nice intensity, low impact class offered at the Activity Pool.

**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.

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

**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.

### OCTOBER HOURS:

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

“Extended Hours” access is from  
**5:00am - 6:00am & 2:00pm - 9:00pm**