



GROUP FITNESS SCHEDULE

For ages 14+. Access to group fitness classes included with daily admission. Fitness passes available, inquire at the front desk.

Schedule effective: January 6th

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00-7:00am Boot Camp <i>Levi</i>		6:00-7:00am Boot Camp <i>Levi</i>			
		7:45-8:45am Yoga – All Levels <i>Frankie</i>				
9:00-10:00am Zumba® Gold <i>Melanie</i>	9:00-10:00am Zumba® Toning <i>Michelle</i>	9:00-10:00am Zumba® Gold <i>Michelle</i>	9:00-10:00am Zumba® Toning <i>Michelle</i>	9:00-10:00am Zumba® Gold <i>Aimie</i>		
					9:30-10:30am U-Jam Fitness® <i>Helena</i>	
	10:15am-11:15am Tai Chi – Moving for Better Balance <i>Allyson</i>		10:15am-11:15am Tai Chi – Beginning & Intermediate <i>Allyson</i>	10:00-11:00am Yoga All Levels <i>Ty</i>		
10:45-11:45am Yoga All Levels <i>Ty</i>		10:45-11:45am Yoga All Levels <i>Ty</i>				
12:00-1:00pm Yoga All Levels <i>Ty</i>		12:00-1:00pm Chair Yoga <i>Ty</i>				11:15am-12:30pm Yoga All Levels <i>Terri</i>
5:30-6:30pm Boot Camp <i>Kathryn</i>		5:30-6:30pm BOOTCAMP <i>Kathryn</i>				
7:30-8:30pm Tahiti Fit <i>Lavina</i>		7:30-9pm Butoh <i>Carl</i>				



Yoga – All Levels: Relax your mind and body while improving strength, stamina and flexibility. Relieve the stresses of daily life with these revitalizing techniques. This century old practice of exercise increases your focus and sense of well-being.

Zumba® Gold: Enjoy modified moves and pacing with the same elements Zumba is known for: zesty Latin music, like salsa, merengue, cumbia and reggaetón, exhilarating easy-to-follow moves and an invigorating atmosphere. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms. It's a dance-fitness class that feels friendly and fun!

Boot Camp: Use simple, effective, fundamental exercises designed to push you farther than you would push yourself! A traditional mix of callisthenic and body weight workouts that build core strength, increase flexibility, and relieve stress. Couch potatoes and athletes alike can benefit from this intensely exciting way to get fit.

Tai Chi – Moving for Better Balance: Move your energy through 8 simple forms of traditional Tai Chi to improve your balance, reduce the risk of falling and improve your confidence while performing daily activities. This low-intensity, mindful movement class offers warm up, joint opening, stretching and moving in and out of these beautiful forms. Standing or chair-assisted, you'll enjoy and benefit!

Tai Chi - Beginning & Intermediate: Move in and out of traditional Tai Chi forms to feel and circulate your Ki energy. These beautiful and simple movements, coupled with breathing, makes your body stronger and more flexible while calming and focusing your mind. Feel healthy, happy, peaceful!

U-Jam Fitness®: An athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat, all while having FUN! All levels welcome. No dance experience needed!

Tahiti Fit: A complete cardio dance work out based on beautiful Tahitian dance "Ori Tahiti" moves combining all the fitness components of cardio workout, muscular preparation, balance and flexibility, with grace, femininity, energy and absolute wellbeing after each session.

Zumba® Toning: For those who want to party but puts extra emphasis on toning and sculpting to define those muscles! Zumba Toning adds resistance by using Zumba® Toning Sticks (or light weights), to help you focus on specific muscle groups, so you (and your muscles) stay engaged.

Zumba®: Zumba take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba®. It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Yoga in Chairs: A fun, gentle class of stretching and movement to maintain and joint mobility. Influenced by traditional Yoga, this class addresses coordination, balance, and flexibility. Participants also learn basic breathing and meditation techniques to handle stress and promote relaxation.

Butoh: Butoh is a modern dance movement that began in Japan in the late 1950's and is now a global dance phenomenon. Butoh movement rests somewhere between Tai Qi and mime, it can be very peaceful or expressive. Many dancers experience meditative states with Butoh. All abilities welcome.

