

A = Studio A  
 B = Studio B  
 P = Pool  
 S = Spin Studio  
**C = Studio C** (Located at 1275 Old Dixie Hwy)

G = Gymnastics Room

# adult fitness schedule

## january 2017

Online reservation system recommended for  
 Cycle classes and classes located at Studio C.  
 See welcome desk for details.

\*Please register at welcome desk sign-in sheet  
 \*Seasonal Classes (Oct.-May)

**monday**

Time	Room	Class	Instructor
6:00am	S	Cycle 45	Pamela
7:40am	A	Strong, Stretched & Centered	Jenny
<b>7:45am</b>	<b>C</b>	<b>Tai Chi/Qi Gong</b>	<b>Marsea</b>
8:30am	A	Step, Sculpt & Strength	Jenny
8:30am	S	Cycle 45	Tammy
<b>9:00am</b>	<b>C</b>	<b>Beyond the Barre</b>	<b>Rachel</b>
9:00am	P	Aqua Drill Camp	Chris
9:30am	A	Zumba	Jose/Edwin
9:45am	S	Cycle 60 + Abs	Shelly
<b>10:00am</b>	<b>C</b>	<b>Rolling - 30min</b>	<b>Rachel</b>
<b>10:30am</b>	<b>C</b>	<b>Pilates Flow - 45min</b>	<b>Rachel</b>
10:30am	A	Rip It Up Legs - 60min	Jill
<b>11:30am</b>	<b>C</b>	<b>Tai Chi/ Qi Gong</b>	<b>Peggy</b>
11:45am	A	*Cardio Fit II	Pam M.
1:00pm	A	Yoga Basics + Beyond	Stacey
4:30pm	A	RIP	Christi
5:30pm	A	Turbo Kick	Tisha
5:30pm	S	Cycle 45 + Abs	Ron
6:30pm	A	Zumba	Jose/Edwin

**tuesday**

Time	Room	Class	Instructor
6:00am	A	RIP	Shelly
7:30am	A	Step & Strength (30/30) *	Jenny
<b>8:30am</b>	<b>C</b>	<b>Beyond the Barre - Plus</b>	<b>Shannon</b>
8:30am	S	Cycle 45 + Abs	Christi
8:30am	G	Gentle Stretch & Core Strength	Peggy
8:30am	A	Zumba	Jose/Edwin
9:00am	P	Move, Shake, Splash	Karen C.
9:30am	A	Tabata	Jason
<b>9:30am</b>	<b>C</b>	<b>Ashtanga Yoga - 85min</b>	<b>Erin</b>
9:45am	S	Cycle 45 + Abs *	Bonnie
10:30am	A	RIP	Jenny
11:45am	A	*Silver Sneakers Circuit	Pam M.
1:00pm	A	*Silver Sneakers Classic	Connie
5:30pm	S	Cycle 75 + Abs	Jill
5:30pm	A	Grooving	Christi
6:30pm	A	Beyond the Barre	Pat

**wednesday**

Time	Room	Class	Instructor
6:00am	S	Cycle 45	Jim
7:40am	A	Strong, Stretched & Centered	Ashly
<b>7:45am</b>	<b>C</b>	<b>Tai Chi/Qi Gong</b>	<b>Marsea</b>
8:30am	S	Cycle 45	Lori
8:30am	A	Step, Sculpt & Strength	Leah
<b>9:00am</b>	<b>C</b>	<b>Beyond the Barre</b>	<b>Rachel</b>
9:00am	P	Move, Shake, Splash	Karen S.
9:30am	A	Step It Up	Jill
9:45am	S	Cycle 45	Christi
<b>10:00am</b>	<b>C</b>	<b>Ashtanga Yoga- 75min</b>	<b>Tara</b>
10:45am	A	Rip It Up Arms & Abs - 45min	Jill
12:00pm	A	Silver Sneakers Stability	Mary L.
1:00pm	A	Vinyasa Yoga - 60min *	Geleene
5:00pm	A	Body Rock	Tisha
5:30pm	S	Cycle 45	Angela
6:00pm	A	Yoga Deep Stretch - 75min	Shannon

**thursday**

Time	Room	Class	Instructor
6:00am	A	RIP (Begins Jan 19th)	Pamela
7:30am	A	RIP	Jenny
<b>8:30am</b>	<b>C</b>	<b>Pilates Flow</b>	<b>Jennifer</b>
8:30am	A	Tabata	Jason
8:30am	S	Cycle 60	Jill
9:00am	P	Move, Shake, Splash	Melissa
9:30am	A	Grooving	Christi
<b>9:30am</b>	<b>C</b>	<b>Vinyasa Flow - 85min</b>	<b>Geleene</b>
9:45am	S	Cycle 45 *	Jim
10:30am	A	RIP	Shelly
11:45am	A	*Silver Sneakers Circuit	Pam M.
1:00pm	A	*Silver Sneakers Classic	Ashly
5:30pm	A	RIP	Lori S.
5:30pm	S	Cycle 45	Karen C.
6:30pm	A	Beyond the Barre *	Pat

**friday**

Time	Room	Class	Instructor
5:45am	S	Cycle 45 *	Jim
7:40am	A	Strong, Stretched & Centered *	Ashly/Jenny
<b>8:30am</b>	<b>C</b>	<b>Gentle Ashtanga Yoga - 75min</b>	<b>Erin</b>
8:30am	S	Cycle 45	Bonnie
8:30am	A	Step + Abs	Michele
9:00am	P	Aqua Drill Camp	Chris
9:45am	S	Cycle 60 + Abs	Shelly
9:45am	A	Sweat Shop 105	Jill
<b>10:00am</b>	<b>C</b>	<b>Beyond the Barre - Plus</b>	<b>Shannon</b>
<b>11:00am</b>	<b>C</b>	<b>Rolling - 30 min</b>	<b>Shannon</b>
11:45am	A	*Cardio Fit II	Pam M.
1:00pm	A	*Let Your Yoga Dance	Connie
5:00pm	S	Cycle 35	Ron

**saturday**

Time	Room	Class	Instructor
7:30am	A	RIP *	Jane
8:30am	S	Cycle 35 + Toning	Pat
8:30am	A	RIP	Christi
9:30am	S	Cycle 60 + Abs	Jill/Bonnie
9:30am	P	Aqua Fiesta	Karen S.
9:30am	A	Zumba	Jose/Edwin

**sunday**

Time	Room	Class	Instructor
11:00am	A	Zumba	Melissa
12:00pm	A	Vinyasa Flow	Stacey



christi's

F I T N E S S

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## Chirsti's Fitness Facility Hours

Sun: 9am-5pm • Mon-Thu: 5:30am-9pm

Fri: 5:30am -7:30pm • Sat: 7:30am-5pm

**Studio C Hours:** Studio C will only be open when classes are scheduled.

### **All Classes Listed Alphabetically**

**Ashtanga Yoga** - A flowing series of asanas placed in a specific order, each one building on the next, creating stabilization and balance of the body.

**Aqua Drill Camp** - This rigorous aqua class will raise your heart rate and challenge your stamina and endurance. Lots of movement and fun! Some deep water options will be given if you choose to take that challenge.

**Aqua Fiesta** - A fun, moving and twisting workout in the water to music and strengthening with paddles, noodles, bands, kickboards, etc. Same format as Move, Shake, Splash but a 60 minute party!

**Beyond the Barre** - Barre is taking the country by storm and we're bringing you our own unique version. Each class will focus on providing a balanced, complete body workout by incorporating principles from various disciplines including: Pilates, Dance and Yoga. All classes are low impact.

**Beyond the Barre Plus** - Same as above, but with a bit more challenge and intensity.

**Body Rock** - Come to this fat blasting workout! Burn calories, boost metabolism and get lean. Interval based training class. 60 minutes.

**Cardio Fit II** - A more challenging class that includes low-impact cardiovascular combinations followed by strength training with dumbbells, bands, and other props to strengthen and tone all major muscle groups. 60 minutes.

**Cycle** - Try these trendy classes and get on the road to fitness! Group indoor cycling is motivating, exhilarating and calorie burning. **Classes are 35, 45, 50, 60, and 75 minutes long.**

**Gentle Stretch & Core Strength** - Improve core strength, range of motion improve coordination & control of movement, alignment and breathing.

**Grooving** - Come join us for this fun, energetic, cardio dance class! All levels are welcome! 50 minutes.

**Let Your Yoga Dance** - Improve joint range of movement, strength and balance - and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity. This is a chair and standing format, no floor work.

**Move, Shake, Splash** - A fun, moving and twisting workout in the water to music and strengthening with paddles, noodles, bands kickboards, etc. 45 minutes.

**Pilates Flow**- You'll sculpt and tone all those problem areas (butt, abs, thighs & arms) by creating long lean muscles, improving posture, all to upbeat high energy music.

**RIP** - A barbell workout that incorporates functional othopedic strength training. Every movement plane is attacked using weights & body weight. Featuring safe & motivating exercises to great music.

**Rip It Up Legs and Rip It Up Arms & Abs** - Come for a challenging strength class for your legs, arms and abs! 60 minutes.

**Rolling** - Wouldn't it be nice to have an intense deep-tissue massage to help ease your muscles? Come roll with us to help release your fascia, loosening your body.

**Step it Up** - One full hour of advanced step choreography at a high intensity.

**Strength & Stretch** - Come join this express workout to tone up your arms and legs and finish with a nice relaxing stretch. 45 minutes.

# class descriptions

**SilverSneakers Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a circuit workout. 60 minutes.

**SilverSneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills as well as balance and fall prevention. 60 minutes.

**SilverSneakers Stability** - Stability focuses on specific exercises that build strength around the ankle, knee, and hip joints. You'll also do agility drills and exercises to improve balance.

**Step, Sculpt & Strength** - This highly motivating and not difficult to follow class has you alternating between stepping and strength exercises. You will keep moving the full 60 minutes.

**Strong, Stretched & Centered** - You've heard all about it. Strengthen the core and feel stronger, more agile, and create better balance and sports performance. 45 minutes.

**Sweat Shop 105** - A combination of strength, cardio and power moves. This fat burning class will keep you moving at a moderate to high intensity pace. 105 minutes.

**Tabata** - A full body workout consisting of Cardio, Strength and Core exercises in the Tabata Interval format: 20 seconds of work followed by 10 seconds of recovery (repeated 8 times for a total of 4 minutes per exercise). Backed by scientific research, the Tabata protocol is proven to physiologically transform your body! (6am class is a shorter 30 minute format).

**Tai Chi/Qi Gong** - Learn simple exercises to increase energy, work on balance and improve health and harmony of the mind and body. Good for all fitness levels. 60 minutes.

## Kids Kingdom Hours

Mornings: Monday-Saturday 8:15am-12:15pm

Evenings: Monday-Thursday 3:30pm-7:30pm

(Close at 6:30pm on Fridays)

**Turbo Kick** - A combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy & motivating music. It's the ultimate cardio challenge that's a unique blend of intense intervals, strength/endurance training and a relaxing cool-down. Requires no previous kickboxing experience or equipment. 60 minutes

**Vinyasa Flow**- This vinyasa class is designed to increase flexibility, improve balance and build strength while flowing from one pose to the next. We will focus on connecting breath with movement and learn to move with alignment, mindfulness and intention. You will leave feeling balanced, open and inspired.

**Vinyasa Yoga** - An alignment oriented, slow flow yoga class where movements are synchronized to the breath.

**Yoga Deep Stretch** - This format of yin yoga is a slower pace style that holds asanas for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. All levels welcome. 75 minutes. *You may want to layer your clothing.*

**Yoga Basics & Beyond** - Have you always wanted to try yoga but didn't know where to begin? Well this is the class for you! Learn the yoga basics & beyond. 60 minutes.

**Zumba** - Zumba is an aerobic dance class derived from Latin music and steps such as salsa, merengue, cumbia, mambo, reggaeton and much more! No partner necessary. 60 minutes.