

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

# adult fitness schedule

## November 2018

Certain classes will be removed during off season.  
 Online reservation system recommended for Cycle, Step, RIP and classes located at Studio C.  
 See welcome desk for details.  
 \*Please register at welcome desk sign-in sheet

**monday**

Time	Room	Class	Instructor
6:00am	S	Cycle 45	Pamela
7:40am	A	Strong, Stretched & Centered	Leah
8:30am	A	Step, Sculpt & Strength	Leah
8:30am	S	Cycle 45	Bonnie
<b>9:00am</b>	<b>C</b>	<b>Beyond the Barre 45min</b>	<b>Christi</b>
9:00am	P	Aqua Fit: Movement	Linda B.
9:30am	A	Zumba®	Jose/Edwin
9:45am	S	Cycle 60 + Abs	Shelly
<b>9:45am</b>	<b>C</b>	<b>Rolling - 45min</b>	<b>Christi</b>
<b>10:30am</b>	<b>C</b>	<b>Pilates Flow - 45min</b>	<b>Melissa</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.
<b>1:00pm</b>	<b>C</b>	<b>Yoga Basics +Beyond</b>	<b>Veronique</b>
1:00pm	A	Low Impact PLUS	Megan
4:30pm	A	RIP	Christi
5:30pm	A	Tabata	Amanda
5:30pm	P	Aqua Zumba®	Linda B.
5:45pm	S	Cycle 45 + Abs	Christi
6:30pm	A	Zumba®	Jose/Edwin

**tuesday**

Time	Room	Class	Instructor
6:00am	A	RIP	Shelly
7:30am	A	Strong by Zumba®	Melissa
<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	A	Zumba®	Jose/Edwin
9:00am	P	Aqua Fit:Tabata-45	Colleen
9:30am	A	Tabata	Daniel
<b>9:30am</b>	<b>C</b>	<b>Ashtanga Yoga - 85min</b>	<b>Erin</b>
9:45am	S	Cycle 60 + Abs	Bonnie
10:30am	A	RIP	Christi
<b>11:00am</b>	<b>C</b>	<b>Beyond the Barre</b>	<b>Gigi</b>
11:45am	A	*Silver Sneakers Circuit	Pam M.
1:00pm	A	*Silver Sneakers Classic	Leah
5:30pm	S	Cycle 75 + Abs	Jill
5:30pm	A	Body Rock	Daniel
6:30pm	A	Barre & Strength - 45 min	Pat
7:15pm	A	Zumba®	Lena

**wednesday**

Time	Room	Class	Instructor
6:00am	S	Cycle 45	Jim
7:40am	A	Strong, Stretched & Centered	Leah
<b>7:45am</b>	<b>C</b>	<b>Tai Chi/ Qi Gong</b>	<b>Marsea</b>
8:30am	S	Cycle 45	Lori L.
8:30am	A	Step, Sculpt & Strength	Michele
<b>9:00am</b>	<b>C</b>	<b>Beyond the Barre</b>	<b>Bonnie</b>
9:00am	P	Aqua Fit: Vitality	Colleen
9:30am	A	Step It Up	Jill
9:45am	S	Cycle 45	Christi
<b>10:00am</b>	<b>C</b>	<b>Vinyasa Flow- 60min</b>	<b>Geleene</b>
10:45am	A	Rip It Up Arms & Abs - 45min	Jill
<b>11:00am</b>	<b>C</b>	<b>BarreShape® 45mins</b>	<b>Courtney</b>
<b>12:00pm</b>	<b>C</b>	<b>Prime Time</b>	<b>Pam M.</b>
12:15pm	A	*Low Impact PLUS - 45min	Megan
1:00pm	A	Yogalates	Esther
<b>1:00pm</b>	<b>C</b>	<b>Better Your Own Balance</b>	<b>Linda B.</b>
4:30pm	A	RIP	Jane
5:30pm	A	Grooving	Christi
5:30pm	S	Cycle 45	Rebecca
<b>5:45pm</b>	<b>C</b>	<b>Barre 45</b>	<b>Ashly</b>
<b>6:40pm</b>	<b>C</b>	<b>Ashtanga Yoga</b>	<b>Rebecca</b>

**thursday**

Time	Room	Class	Instructor
6:00am	A	RIP	DeAnna
<b>8:30am</b>	<b>C</b>	<b>Pilates Flow</b>	<b>Melissa</b>
8:30am	A	Tabata	Daniel
8:30am	S	Cycle 60	Jill
9:00am	P	Aqua Zumba®	Jose/Edwin
9:30am	A	Grooving	Christi
9:45am	S	Cycle 45	Courtney
<b>9:45am</b>	<b>C</b>	<b>Vinyasa Flow - 60 min</b>	<b>Veronique</b>
10:30am	A	RIP	Shelly
<b>11:00am</b>	<b>C</b>	<b>Yogalates</b>	<b>Gigi</b>
11:45am	A	*Silver Sneakers Circuit	Pam M.
1:00pm	A	*Silver Sneakers Classic	Pamela B.
5:30pm	A	RIP	Lori S.
5:30pm	C	Cycle 45	Angela →

— **Thursday continued**

6:30pm	A	Barre & Strength - 45 min	Pat
7:15pm	A	Zumba®	Lena

**friday**

Time	Room	Class	Instructor
5:45am	S	Cycle 45	Jim
7:40am	A	Strong, Stretched & Centered	DeAnna
<b>8:45am</b>	<b>C</b>	<b>Gentle Yoga - 60min</b>	<b>Gigi</b>
8:30am	S	Cycle 45	Bonnie
8:30am	A	Step + Abs	Michele
9:00am	P	Aqua Fit: Splash Party!	Linda B.
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 - 45 min</b>	<b>Shannon</b>
11:45am	A	*Cardio Fit II	Pam M.
<b>12:30pm</b>	<b>C</b>	<b>Low Impact PLUS</b>	<b>Megan</b>
1:00pm	A	*Silver Sneakers Yoga	Linda B.
4:30pm	A	Strong by Zumba®	Melissa
5:30pm	A	Zumba®	Lena

**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	A	Zumba®	Jose/Edwin
10:40am	A	Yoga Deep Stretch 60 min	Veronique

**sunday**

Time	Room	Class	Instructor
9:15am	S	Cycle 45	Courtney
11:00am	S	Cycle 45 + Abs	Jim
11:00am	A	Zumba®	Melissa



## class descriptions

**Aqua Fit: Movement** - Effectively improve mobility, strength, endurance, and neuromotor function for any age or fitness level. Use the properties of water to enhance your body's range of motion, core stability, and balance. 45 minutes

**Aqua Fit: Splash Party!**- Have fun moving your body and working the water to the music with additional strength and cardiovascular segments. 45 minutes.

**Aqua Fit: Tabata**-A total body aquatic workout, using the Tabata interval format: 20 seconds of work followed by 10 seconds of recovery. Work the water to burn fat and build strong, lean muscle mass with less joint impact. Exercises and intensity can be modified and adapted for participants of all levels. **Classes are 45 minutes long.**

**Aqua Fit: Vitality**-Challenge yourself with energetic movement sequences that build cardiovascular endurance and strength with this complete and exhilarating water workout. 45 minutes.

**Aqua Zumba®** - The Zumba "pool party." Combines some of the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music Zumba fitness is famous for.

**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.

**Better Your Own Balance** - B.Y.O.B. is a 45 minute group exercise class designed specifically to keep older adults safe on their feet. Better Your Own Balance will incorporate exercises and drills that strengthen the feet, ankles and legs: improve proprioception, train core strength, and improve reactionary skills.

**BarreShape®**-Principles of BarreShape include strengthening and lengthening all the major muscle groups including the core muscles, promoting proper body alignment, lean muscle tone, balance, and increased flexibility. Ballet, Yoga, and Pilates are intertwined in each class. 45 mins

Christi's Fitness Facility Hours | Sun: 9am-5pm • Mon-Thu: 5:30am-9pm • Fri: 5:30am -7:30pm • Sat: 7:30am-5pm

**Beyond the Barre** - 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.

**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, 60, and 75 minutes long.**

**Gentle Yoga** - Guidance is given to bring awareness of the yoga postures physically, emotionally, mentally, and spiritually. All levels welcome.

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

**Low Impact PLUS**- a combination of low impact aerobics & body sculpting using light weights, bands and barre. A fun and easy to follow workout..

**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.

**Prime Time**- A challenging format to increase muscular strength and endurance. Includes a variety of new class routines which will incorporate low impact cardiovascular followed by resistance training, balance drills and stretching.

**Barre45**- A 45 minute full body workout incorporating ballet, yoga, and Pilates.

**RIP** - A barbell workout that incorporates functional orthopedic 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.

**SilverSneakers Circuit®** - Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. 60 minutes.

**SilverSneakers Classic®**-Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. 60 minutes.

**SilverSneaker Yoga®** - Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. 60 minutes.

**Strong by Zumba®**-combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move, every squat, lunge, and burpee is driven by the music, helping you make it to that last rep, and maybe even five more. 45 minutes

**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.45minutes.

**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!

**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.

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

**Yogalates** - a full body workout that combines the core strength training of Pilates with the stretching & flexibility of Yoga. Perfect for everyone. This class creates lean muscles and a healthy spine.

**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. 60 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! 60 minutes.