

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

August 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
7:45am	C	Tai Chi/Qi Gong	Peggy
8:30am	A	Step, Sculpt & Strength	Jenny
8:30am	S	Cycle 45	Bonnie
9:00am	C	Beyond the Barre	Rachel
9:00am	P	Aqua Fit: Movement	Linda B.
9:30am	A	Zumba®	Jose/Edwin
9:45am	S	Cycle 60 + Abs	Shelly
10:00am	C	Rolling - 30min	Melissa
10:30am	C	Pilates Flow - 45min	Melissa
10:30am	A	Rip It Up Legs - 60min	Jill
11:30am	C	Tai Chi/ Qi Gong	Peggy
11:45am	A	*Cardio Fit II	Pam M.
12:30pm	C	Low Impact PLUS	Megan
1:00pm	A	Yoga Basics + Beyond	Veronique
4:30pm	A	RIP	Christi
5:30pm	A	Grooving	Christi
5:30pm	P	Aqua Zumba®	Linda B.
5:30pm	S	Cycle 45 + Abs	Ron
6:30pm	A	Zumba®	Jose/Edwin

thursday

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

tuesday

Time	Room	Class	Instructor
6:00am	A	RIP	Shelly
7:30am	A	Strong by Zumba®	Melissa
8:30am	C	Beyond the Barre - Plus	Shannon
8:30am	S	Cycle 45 + Abs	Christi
8:30am	A	Zumba®	Jose/Edwin
9:00am	P	Aqua Fit:Tabata-45	Linda B.
9:30am	A	Tabata	Amanda
9:30am	C	Ashtanga Yoga - 85min	Erin
9:45am	S	Cycle 60 + Abs	Bonnie
10:30am	A	RIP	Christi
11:00am	C	Beyond the Barre	Gigi
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	Tabata	Amanda
6:30pm	A	Barre & Strength - 45 min	Pat
7:15pm	A	Zumba®	Lena

— **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
8:45am	C	Gentle Yoga - 60min	GiGi
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
10:00am	C	Beyond the Barre - Plus	Shannon
11:00am	C	Rolling - 30 min	Shannon
11:45am	A	*Cardio Fit II	Pam M.
12:30pm	C	Low Impact PLUS	Megan
1:00pm	A	*Silver Sneakers Yoga Stretch	Linda B.
5:00pm	S	Cycle 35	Ron
5:30pm	A	Zumba®	Lena

wednesday

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

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 Fit: Tabata-60	Karen
9:30am	A	Zumba®	Jose/Edwin
10:40am	A	Yoga Deep Stretch 60 min	Veronique

sunday

Time	Room	Class	Instructor
11:00am	S	Cycle 45 + Abs	Jim
11:00am	A	Zumba®	Melissa
12:00pm	A	Vinyasa Flow - 60 min	Esther



class descriptions

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

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 and 60 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.

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.

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 - 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.

SilverSneaker Yoga Stretch - 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.

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. 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!

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. 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! 60 minutes.