

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

## June 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 | Jenny          |
| <b>7:45am</b>  | <b>C</b> | <b>Tai Chi/Qi Gong</b>       | <b>Peggy</b>   |
| 8:30am         | A        | Step, Sculpt & Strength      | Jenny          |
| 8:30am         | S        | Cycle 45                     | Bonnie         |
| <b>9:00am</b>  | <b>C</b> | <b>Beyond the Barre</b>      | <b>Rachel</b>  |
| 9:00am         | P        | Aqua Drill Camp              | Linda B.       |
| 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>Melissa</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>12:30pm</b> | <b>C</b> | <b>Low Impact PLUS</b>       | <b>Meagan</b>  |
| 1:00pm         | A        | Yoga Basics + Beyond         | Linda G.       |
| 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          |
| <b>8:30am</b>  | <b>C</b> | <b>Pilates Flow</b>          | <b>Melissa</b> |
| 8:30am         | A        | Tabata                       | Tisha          |
| 8:30am         | S        | Cycle 60                     | Jill           |
| 9:00am         | P        | Move, Shake, Splash          | Melissa M.     |
| 9:30am         | A        | Grooving                     | Christi        |
| 9:45am         | S        | Cycle                        | Courtney       |
| <b>9:45am</b>  | <b>C</b> | <b>Vinyasa Yoga - 60 min</b> | <b>Geleene</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.        |

**tuesday**

| Time           | Room     | Class                          | Instructor     |
|----------------|----------|--------------------------------|----------------|
| 6:00am         | A        | RIP                            | Shelly         |
| 7:30am         | A        | Strong by Zumba                | Melissa M      |
| <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        | Move, Shake, Splash            | Melissa M.     |
| 9:30am         | A        | Tabata                         | Amanda         |
| <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>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        | 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   | Jenny          |
| <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 Fusion                    | 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 - 30 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>Meagan</b>  |
| 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            |
| <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        | Leah            |
| <b>9:00am</b>  | <b>C</b> | <b>Beyond the Barre</b>        | <b>Rachel</b>   |
| 9:00am         | P        | Move, Shake, Splash            | Karen           |
| 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>Gigi</b>     |
| 10:45am        | A        | Rip It Up Arms & Abs - 45min   | Jill            |
| <b>12:00pm</b> | <b>C</b> | <b>Prime Time</b>              | <b>Linda B.</b> |
| 12:15pm        | A        | *Low Impact PLUS - 45min       | Meagan          |
| 1:00pm         | A        | Yogalates                      | Ester           |
| <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        | 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 Fiesta       | Karen       |
| 9:30am  | A    | Zumba             | Jose/Edwin  |
| 10:40am | A    | Yoga Deep Stretch | Shannon     |

**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     |
| 1:00pm  | S    | Cycle 45              | Courtney   |



## 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 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!

**Aqua Fusion** - A mixed format class that combines choreographed aquatic fitness moves and aquatic interval training for a fun total body workout.

**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..

**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.

**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.

**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** - Designed to increase flexibility, improve balance and build strength while flowing from one pose to the next. Focusing on connecting breath with movement and learn to move with alignment, mindfulness and intention. Some experience recommended.

**Vinyasa Yoga** - 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.

**Zumba Strong** - 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