

2019 Fitness Class Schedule (1/2/19)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|---|---|---|
| Morning | TRX 6:00-6:30am | | TRX 6:00-6:30am | | TRX 6:00-6:30am |
| | Boot Camp 6:45-7:15am | | Boot Camp 6:45-7:15am | | Boot Camp 6:45-7:15am |
| | Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am | Muscle Fusion 6:30-7:30am Strength & Balance 9:00-9:30am | Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am | Muscle Fusion 6:30-7:30am Strength & Balance 9:00-9:30am | Get Up and Go (please inquire) 9:00-10:00am/ 10:00-11:00am |
| Mid-Day | Tai Chi 11:00-11:45am | Yoga 10:00-11:30am | Yoga 11:00-12:15pm | Yoga 10:00-11:30am | Zumba 12:15-1:15pm |
| | Zumba 12:15-1:15pm | Meditation 11:30-12:00pm | Zumba 12:15-1:15pm | Meditation 11:30-12:00pm | Boot Camp 12:00-1:00pm |
| | Boot Camp 12:00-1:00pm | Muscle Fusion 12:15-1:15pm | Boot Camp 12:00-1:00pm | Muscle Fusion 12:15-1:15pm | |
| Evening | TRX 4:15-4:45pm | Tai Chi 4:00-4:45pm | TRX 4:15-4:45pm | Tai Chi 4:00-4:45pm | Saturday |
| | No Limit Hunting 5:00-6:00pm | Boot Camp 4:15-5:00pm | Beginning Yoga 5:30-6:30pm | Open Kung Fu 5:00-5:30pm | |
| | | Open Kung Fu 5:00-5:30pm | Warrior Strong 5:00-6:00pm | Beginning Yoga 5:00-6:30pm | |
| | | Beginning Yoga 5:00-6:30pm | | Boot Camp 4:15-5:00pm | |
| | | *Advanced Kung Fu* 5:30-6:30pm | | *Advanced Kung Fu* 5:30-6:30pm | |

Class times subject to change

Location Varies

Aerobics Rm

Conference Rm

Mezzanine

Fitness Floor

Gym

PowWow Sweat Classes on Demand

BeachBody Workouts on Demand

FITNESS CLASS DESCRIPTIONS

GET UP AND GO: A conditioning class focused on fall prevention. This class is for our clients 60 or older including, flexibility, strength, endurance, and balance training.

TRX: Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Easily set up the portable TRX® Suspension Trainer™ and you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

MUSCLE FUSION: Double your calorie burn, shed your fat and define your fabulous muscles. This 60 min. barbell inspired strength class features higher reps and mid-range weights plus throws in sports conditioning cardio intervals. This class is specially formatted to work each muscle group for endurance and strength. Participants in Muscle Fusion class burn up to 50% more calories than similar barbell type classes.

Zumba is a fitness program that consists of easy to follow Latin inspired dance moves. It's a great way to burn calories, have fun, and get fit all at the same time.

POWWOW SWEAT: Powwow Sweat is an aerobic exercise developed infusing traditional Powwow dance moves. Beginning with a warm-up and up to 8 dance routines, including jingle dress, crow hop, men's fancy, women's fancy, men and women's traditional, men's chicken dance, double beat, grass dance and end with a cool down.

BOOT CAMP: A work at your own pace, or let the instructor push you to new levels of cardiovascular and fitness strength. We will be working to lose body fat, increase cardiovascular and fitness strength and help you get into a regular fitness routine.

BEGINNING YOGA: For newcomers, students of all ages, and those who prefer a gentle and mild yoga practice. Yoga will help increase your strength and flexibility as well as enhance balance and clarity of mind.

YOGA: This class is for participants who have 6 or more months of Yoga experience. Students must be able to balance in 'sarvangasna' (shoulder stand) and must be working on 'sirasasana' (head stand). Please talk to instructor for more information.

MEDITATION: Meditation helps you release stress. It allows you to tap into your inner source of well-being and peaceful nature.

STRENGTH AND BALANCE: Want a fall free winter? Try this strength and balance class! Gain strength with resistance bands. Gain stability through balance discs and core work. All exercises based on your level. It's easy and fun!

TAI-CHI: Known in the Orient as "Meditation in Motion" this ancient art is healthy and surprisingly invigorating.

BEGINNING KUNG FU: Learn the essential basics and first principles of Kung Fu. Ages 11 and up.

OPEN KUNG FU: Beginning Kung Fu is a prerequisite for this class. Build upon the basics and prepare to test and advance yourself on the ancient Path.

ADVANCED KUNG FU: Rank holding students only. Take it all to a higher level in a traditional family-like setting.

NO LIMIT HUNTING: We will train our bodies for the types of terrain we will be hiking on, as well as strength, power, and endurance. The class will run for 6 weeks starting January 7th and the once more on May 6th for another six week course.