



**Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.**

**Aqua Yoga:** A graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who may have physical challenges but find movement in the water more beneficial.

(F, E, R) **50 minutes, B / I / A intensity**

**Boot Camp Cardio:** High energy intervals of toning with cardio.

(CV,S, E) **45 minutes, I / A intensity**

**Mindful Yoga:** Practice breathing into each Yoga pose making your Yoga practice a mindful moving meditation. (E,F,R)

**60 Minutes, B / I / A intensity**

**Gentle Yoga and Stretch:** Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R) **50 minutes B / I intensity**

**Pi-Yo:** A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E,F,R,S)

**45 minutes, I / A intensity**

**Seated Cycle Core & More:** Early arrival is advised for bike and prop set-up. Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence(CV,E,R,S)

**50-minutes, B / I / A intensity**

**Spin Class:** Spin is a high energy indoor cycling class led by a motivating instructor. (CV,E,R,S)

**50-minutes, B / I / A intensity**

**Standing Core:** Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance.

(E,F,R) **45 minutes, B / I intensity**

**Stretch and Relax:** At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R)

**45 minutes, B / I intensity**

**Total Body Conditioning:** A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S)

**45 minutes, I / A intensity**

**COMPONENTS OF FITNESS:**

- CV** Cardiovascular/Aerobic
- E** Muscular endurance
- F** Flexibility
- R** Relaxation
- S** Muscular strength

**Thanksgiving Schedule**

**6:00 a.m. to 7:00 p.m.**

**7:30 a.m. Yoga Flow and Meditation with Penny**

**9:00 a.m. Turkey Tabata with Lori**  
(Total body conditioning class with 20 second intervals of high intensity)

**10:00 a.m. Zumba with Carol**

**10:00 a.m. Water Aerobics with Penny**

**11:00 a.m. Water Work with Penny**

**11:00 a.m. Core Class with Lori**

**12:00 p.m. Stretch with Lori**

**Twilight Yoga:**

Unwind and regenerate with this gentle Yoga stretch and strengthen class for all levels. Finish with guided meditation.

(F,R) **90 minutes, B / I intensity**

**Water Aerobics:** A multi-intensity aerobics option offering minimal impact forces on the body. (CV, E, F) **50 minutes, B / I intensity**

**Water Work!:** A complete strengthening workout in the water using the Water Balls and the body at various speeds to create challenging resistance.

(E,S) **45 minutes, B / I intensity**

**Water ZUMBA:** Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout.

(CV,F) **50 minutes, B / I / A intensity**

**Yogalates:** A mind/body class integrating yoga and pilates movements with emphasis on alignment and breathing. (F,R,S)

**50 minutes, I / A intensity**

**ZUMBA Dance:** Tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F)

**50 minutes, B / I / A intensity**

**CLASS INTENSITY:**

- B** Beginner
- I** Intermediate
- A** Advanced

**November 2019**