

# Glass Court Aerobics Schedule



July 4, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<p><b>6:00-7:00</b> Rise &amp; Shine <i>Tracy</i></p> <p><b>8:15-9:00</b> Nice-N-Easy Workout - <i>Cathy B</i></p> <p><b>9:00-10:00</b> CUT (Cardio Utilization Training) - <i>Michelle</i></p> <p><b>10:10-11:10</b> *Yin Yoga <i>Sheila</i></p>	<p><b>9:00-10:30</b> Get Fit With Friends 30/30/30 - <i>Tracy</i></p>	<p><b>6:00-7:00</b> Rise &amp; Shine <i>Tracy</i></p> <p><b>8:15-9:00</b> Nice-N-Easy Workout - <i>Joan</i></p> <p><b>9:30-10:30</b> Weight Training 101 - <i>Nancy</i></p> <p><b>10:40-11:40</b> *Hatha Yoga- <i>Joan</i></p>	<p><b>9:30-10:30</b> Total Body Fitness 30/30- <i>Nancy</i></p> <p><b>10:40-11:40</b> *Hatha Yoga- <i>Sheila</i></p>	<p><b>9:30-10:30</b> Ready For The Weekend - <i>Kathy</i></p>	<p><b>8:30-9:30</b> Sculpt &amp; Core - <i>Nancy</i></p> <p><b>9:35-10:30</b> Anything Goes - <i>Nancy</i></p>
<b>PM</b>	<p><b>5:30-6:30</b> 20/20/20 - <i>Nancy</i></p> <p><b>6:35-7:35</b> Zumba <i>Trish</i></p>	<p><b>5:30-6:30</b> *Vinyasa Flow Yoga <i>Carolle</i></p> <p><b>6:35-7:35</b> Boot Camp – <i>Andrea</i></p>	<p><b>5:30-6:30</b> Total Body Cardio &amp; Core <i>Haley</i></p> <p><b>6:35-7:35</b> Body Strength - <i>Nancy</i></p>	<p><b>5:30-6:30</b> HIIT <i>Jenny</i></p> <p><b>6:35-7:35</b> *Vinyasa Flow Yoga <i>Carolle</i></p>		

Please note: All classes are free to members and their guests. No sign up is required; just attend the class of your choice. The only exception to this is the \$1.00 per class fee for all Yoga classes. A ten class Yoga punch pass is available for purchase at the front desk. \*Indicates classes which require an additional \$1.00 fee. Instructors are subject to last minute changes due to illness or emergencies.

## Aerobics, Pilates and Yoga Class Descriptions

### Schedule Effective June 18, 2018

**Monday & Wednesday, 6:00-7:00 am; Rise & Shine:** Get your 6 am wake up training. You will feel the changes to your body with 40 minutes of strength training and cardio followed by 20 minutes of abs and stretching. This class is for all fitness levels and sure to be challenged.

**Monday & Wednesday, 8:15-9:00 am; Nice-N-Easy Workout:** This 45 minute class meets in the lounge for a gentle toning-stretch class. The whole class will be conducted sitting or holding onto a chair while exercising. You will build strength as you improve your posture and flexibility as well as balance. Various equipment will be used for light toning. All fitness levels welcome in this fun but safe class.

**Monday, 9:00-10:00 am; CUT (Cardio Utilization Training):** If you're looking to lose weight, improve your cardio, build muscle, feel your energy and strength increase this is your answer. This class will burn fat in the most effective fun, safe, and doable way for all levels.

**Monday, 10:10-11:10 am; Yin Yoga:** As we age flexibility in the joints decreases and Yin Yoga helps maintain that flexibility. It is more meditative in approach with a much deeper physical focus than other Yang or Hatha styles. Yin Yoga postures are more passive and mainly on the floor. It is unique in that you relax in the posture, soften the muscle and move closer to the bone and connective tissues. Postures are held for three to ten minutes. The time spent in these postures targets connective tissue and fascia with many postures placing focus on joints.

**Monday, 5:30-6:30 pm; 20/20/20:** Get a full body workout with maximum calorie burn. We will incorporate martial arts moves into every class. No class will ever be the same. All fitness levels welcome.

**Monday, 6:35-7:35 pm; Zumba:** Maximize calorie output, fat burning and total body toning with Latin and International music. Class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Easy to follow dance steps mixed with body sculpting movements provide effective fitness system.

**Tuesday, 9:00-10:30 am; Get Fit with Friends 30/30/30:** This class will start with 30 minutes of balance, back and core work. Using bosu's and yoga balls we will focus on increasing your core strength and also lengthen and strengthen your spine. Next we will do 30 minutes of floor aerobics followed by 30 minutes of full body weight training and stretching. Come get a full body workout and get fit with your friends.

**Tuesday, 5:30-6:30 pm; Vinyasa Flow Yoga:** A flowing series of postures linked by breath. This type of yoga develops mind/body awareness, increases strength and flexibility. The instructor will challenge of modify postures to meet the need of each student. Each class begins with breathing exercises and progresses to Sun Salutation, standing, balancing, seated and reclining poses. Each class ends with techniques to increase relaxation and decrease stress. The focus on Tuesday will be strength and flexibility.

**Tuesday, 6:35-7:35 pm; Boot Camp:** This class is for individuals who want to push their fitness to the next level, increase endurance or just change your workout. It is a great way to lose body fat, strengthen your core and burn calories. It will give your body and fitness the attention you deserve.

**Wednesday, 9:30-10:30 am; Weight Training 101:** Let's work either upper body or legs, using the principles of repetition and resistance, by using weights, bands, body bars, medicine balls and body weight to facilitate strength gains and muscle definition to get the maximum calorie burn. Abdominal work and stretch included.

**Wednesday, 10:40-11:40 am; Hatha Yoga:** All levels are welcome to this class that will focus on breath awareness and gentle stretching of the muscles. Class will also include poses to increase circulation to the joints and muscles. Instructor uses props and adjustments to help each student deepen their practice. Each class will include relaxation/meditation techniques and is an excellent complement to aerobics.

**Wednesday, 5:30-6:30 pm; Total Body Cardio & Core:** An action-packed hour that combines cardio and weight training, followed by Core work. This class will improve your cardio endurance, muscle tone and overall core. If you are a beginner or advanced participant you will see results.

**Wednesday 6:35-7:35; Body Strength:** Challenge your muscles using hand-held weights, bands, medicine balls and body bars in this total-body muscle conditioning class. Class combines stationary weight work including squats, lunges and abdominal work with high concentration on core.

**Thursday, 9:30-10:30 am; Total Body Fitness 30/30:** We will start with a cardio workout of kickboxing, rhythmic aerobics and choreographed step, next we'll concentrate on strength training, utilizing bands and hand weights and body bars. This will build strength, tone muscles and sculpt the body you are striving for. The Total Body Fitness workout is designed to work every part of your body and help achieve your fitness goals.

**Thursday, 10:40-11:40 am; Hatha Yoga:** All levels are welcome to this class that will focus on breath awareness and gentle stretching of the muscles. Class will also include poses to increase circulation to the joints and muscles. Instructor uses props and adjustments to help each student deepen their practice. Each class will include relaxation/meditation techniques and is an excellent complement to aerobics.

**Thursday, 5:30-6:30 pm; HIIT:** High-intensity interval training (HIIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense cardio bursts with less intense recovery periods.

**Thursday, 6:35-7:35 pm; Vinyasa Flow Yoga:** A flowing series of postures linked by breath. This type of yoga develops mind/body awareness, increases strength and flexibility. The instructor will challenge of modify postures to meet the need of each student. Each class begins with breathing exercises and progresses to Sun Salutation, standing, balancing, seated and reclining poses. Each class ends with techniques to increase relaxation and decrease stress. The focus on Tuesday will be strength and flexibility.

**Friday, 9:30-10:30 am; Ready For the Weekend:** Sick of step? This class combines floor aerobics, sports conditioning and kick boxing moves to build muscle while getting a great cardio workout. A variety of equipment like jump ropes, decks, BOSU, medicine balls are used to make this class challenging every week. Beginner? We'll show you ways to modify and get a great workout at any level. Class finishes with attention to toning abdominal and back muscles. See you there!

**Saturday, 8:30-9:30 am; Sculpt & Core:** Do you want to reshape your body and strengthen your core? Using free weights, bands, Body-Bars, and medicine balls we will be working the whole body from head to toe! Focusing on form, sets and repetition, you will get the maximum after-burn (calories burned up to 24 hours after a weight training session). Cardio alone is not the answer!**Saturday, 9:35-10:30 am; Anything Goes:** Class is for those individuals who want to push their fitness to the next level, increase endurance or just change up your workout! It is a great way to lose body fat, strengthen your core and burn ultimate calories. Empower yourself by giving your body and your fitness the attention that you deserve!! All fitness levels welcome.