



Fitness – Wellness Classes

(Effective: April 1st, 2009)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:30 a.m.			Muscle Basics <i>Lauri</i>	Yoga Basics <i>Lauri</i>	Muscle Basics <i>Lauri</i>	
9:00 -10:00 a.m.	Yoga Flow <i>Stacey</i>		Healthy Start <i>Andrea</i>		Restorative Yoga <i>Stacey</i>	
10:00 -11:00 a.m.						Core Basics <i>Tricia</i>
11:00 -12:00 p.m.					Healthy Start <i>Tricia</i>	
12:00 -1:00 p.m.	Healthy Start <i>Tricia</i>					
4:30 - 5:30 p.m.						
5:30 - 6:30 p.m.		Yoga for Golfers <i>Stacey</i>				

ACTIVITY FEES:

\$15.00 per class, 10 classes for \$100.00, 25 classes for \$200.00

CLASS DESCRIPTIONS:

Aqua Fit: Shallow-water aerobics emphasizing cardiovascular conditioning and strengthening using water resistance.

Core Basics: This class includes exercises to strengthen and balance the central corset of the body; (including the abs, obliques, erector spinae, back and chest) Resistance balls and small sponge balls will be used.

Healthy Start: A class incorporating cardio with strength training, core work and stretching. It is appropriate for all ages and levels of fitness as modifications will be offered to increase/decrease the challenge. This format consists of a warm-up, easy to follow low impact aerobics, light weights, resistance bands, Pilates based core work and stretching.

Muscle Basics: A class designed to tone and strengthen all major muscle groups of the body.

Restorative Yoga: Restore what you have lost over time! Focuses on breath while using traditional yoga asanas to help prevent and heal injuries, ailments, and body imbalances.

Yoga Basics: Experience the benefits of Yoga in this basic class. Yoga poses are selected to strengthen, lengthen and balance the body. (Designed for all fitness levels.)

Yoga Flow: A flowing, heat-building class that combines breath work, strength, balance, and flexibility in the postures practiced. (Prior Yoga Experience is Recommended.)

Yoga For Golfers: A yoga practice designed to address the needs of golfers; strength-based poses for the core body; (including the abs, obliques, erector spinae, upper back and chest) and flexibility - based poses to open the hips and lower back.

Please call (831) 647-2400 with any questions.