

Aerobic/Dance Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8 am Boomer Strength 8-8:15am Stretch Janne	5:35-6:30 am Boot Camp Tiffany	7:30-8 am Boomer Strength 8-8:15am Stretch Janne	5:35-6:30 am Boot Camp Tiffany	5:35-6:30 am Sunrise Yoga Tiffany	
8:20-8:50am Boomer Strength 8:50-9:05am Stretch Janne	8-9 am Boomer Boot Camp Janne	8:20-8:50am Boomer Strength 8:50-9:05am Stretch Janne	8-9am Hatha Yoga Flow Dusty Begins 3/12	8-9 am Boomer Circuit Janne	8:05-9 am Step inter/ Advanced Tiffany
9:15-10:10 am Power Circuit Petrina	9:15-10:10 am Dance-Fusion Sally	9:15-10:10 am Power Circuit Janne	9:15-10:10 am Barre Fit Katrina	9:15-10:10 am **Cycle, S&S Angie	9:05-9:55 am Fun+ Fit Yoga Tiffany
10:15-11 am Zumba® Toning Tiffany	10:15-11:10am Bodies in Motion Jennifer G	10:15-11 am Core-N-More Angie	10:15-11:10 am Zumba Mary	10:15-11 am Core-N-More Angie	10-10:55 am Zumba® Isabel
11:05-12 pm Yoga Angie	11:15 am-12 pm \$ Pre-Ballet ages 3-5 Jennifer	11:05-12 pm Yoga Angie	11:15am-12:10pm \$ Pre-Ballet/Jazz ages 3-5 Jennifer	11:05-12:10 pm Gentle Yoga w/meditation Angie	
12:10-12:55 pm Zumba® Tiffany	12:10-12:55 pm Yoga Sculpt Hollie	12:10-12:55 pm Zumba® Tiffany	12:15-1:10pm Yoga, Roll, Restore Angie	1-2pm Tai Chi Yang 24/Sword 32 Jill	
	4:25-4:55 pm Firm it Up! Angie	Free for Members 2:15-2:45pm \$ Kids Yoga 1 Ages 4-6 2:50-3:30pm \$ Kids Yoga 2 Ages 7-11	4:25-4:55 pm Firm it Up! Heather		SUNDAY 12:15-1:15pm Zumba Andrew
5:25-6:20 pm Tabata Kickbox Lori	5-5:55 pm **Cycling Angie	5:30-6:25 pm POUND™ Alicia	5-5:55 pm **Cycling Heather	5-5:55 pm Zumba Tiffany	
7-7:55 pm Yoga Marcus	7-7:55 pm Zumba® Holli	7-7:55 pm Yoga Marcus	7-7:55 pm Zumba® Isabel		

Community Rooms B&C

8:30-9:15 am++ ZUMBA® Gold	8:30-9:15 am Yoga++	8:30-9:15 am++ ZUMBA® Gold	8:30-9:15 am Yoga++	8:30-9:15am++ ZUMBA® Gold	** Participants must pick up a tag up to 30 minutes prior to ensure a spot in class. \$ Fee-based class. Registration required. Contact the front desk for more info. (360) 487-7001. Kids Yoga 1&2 FREE TO MEMBERS FEE FOR NON-MEMBERS ++These classes designed for 50+ and deconditioned In mind, but NOT Required, see back for descriptions
9:30-10:15 am Circuit++	9:30-10:15 am S&F Experience++	9:30-10:15 am Circuit++	9:30-10:15 am S&F Experience++	9:30-10:15 am Circuit++	
10:30-11:15 am Functional Fitness++	10:30-11:15am++ Tai Chi For Health	10:30-11:15am Functional Fitness++		10:30-11:15 am Functional Fitness++	
11:30-12:15pm Yoga++		11:30-12:15 pm Yoga++			
1:45-2:30 pm Circuit++	12:45-1:30 pm SSFP Classic++	1:45-2:30 pm Circuit++	12:45-1:30 pm SSFP Classic++		
5:30-6:30 pm Line Dance \$		5-6 pm Intro to Ballroom \$			
		6:15-7:45 pm Beg. Belly Dance \$			
		7:45-8:55 pm Int. Belly Dance \$			

Aerobic/Dance Studio Class Descriptions:

Ballet & Jazz\$: Pre-Ballet (3-5yr old), Ballet I (6-10yr old), Ballet II (ages 10+), Beg.Jazz (3-5 yr old) This is a fee based program offered Tue, Th, and Sa. Please call 487-7001 to register.

Cycle, Strength/Stretch: A combination of cycling, strength moves and stretching.

Barre Fit: An invigorating workout shaping and toning the body using the ballet barre, hand weights, bands, and ball.

Bodies in Motion: Cardio dance class set to fun and upbeat music. Line dances, floor aerobics and kick box dancing moves.

Boomer Boot Camp: Increase your endurance by performing a variety of drills, geared toward ages 50+.

****Boomer Circuit:** Increase your endurance using weights, bands, balls, geared toward ages 50+.

Boomer Strength/Stretch: A resistance and stretching program geared toward ages 50+.

Core-N-More: A full body workout using various pieces of equipment focusing on the core in every movement.

****Cycling:** A low-impact, high-energy, endurance-building challenge. Calorie-burning at its best.

Dance-Fusion: Complete Body/Mind fitness experience. Integrates Dance, Martial Arts, Mindfulness and Yoga.

Firm it Up: A full body workout using weights, bands, and balls, to increase strength & tone muscles.

Fun+ Fit Yoga: A blend of low impact cardio, Hatha Yoga and core strengthening movements . Music, laughter and sweat are a sure thing in this class.

Gentle Yoga: Learn to breathe consciously, create greater body awareness and reduce stress. Allow your body to melt away tension as you experience deeper relaxation and tranquility. Open to all levels and is a great introduction to yoga.

Hatha Yoga Flow: All level yoga class using favorite Hatha yoga poses. A judgement-free, low stress & fun class.

POUND™: A full-body cardio jam session, combining light resistance with constant simulated drumming.

Power Circuit: Intervals of Cardio, Plyometrics and Muscle Work for a full body workout

STEP: Designed for cardio and strength. An intermediate/advanced level class

Tabata Kickbox: Perform intervals of your favorite kickboxing moves to produce a higher rate of calorie burn.

Tai Chi/Sword 32: This form consists of 1/2 Yang 24, 1/2 Sword 32, improving balance, agility, coordination and health.

Yoga: Achieve physical and spiritual tranquility through a variety of traditional yoga strength and stretching exercises.

Yoga, Roll & Restore: Traditional Yoga, Squeeze, knead, and coax your muscles into delightful relaxation. Improve posture, performance, sleep, mobility and energy. This class involves rolling and gentle stretching. Yoga tune up balls provided.

Yoga Sculpt: Energize your body, refresh your mind and work on balance, strength, and tone.

Zumba®: Dance and tone your body to heart-thumping Latin inspired music and movements.

Zumba Toning: Toning and strengthening for your legs and glutes. All of the Zumba® fitness-party fun you love.

\$Kids Yoga 1 Ages 4-6. 2:15-2:45pm. Playful Yoga designed for fun. Learn listening, social and coordination skills./**Kids Yoga**

2 Ages 7-11 2:50-3:30pm. Designed for fun. Increase confidence, coordination, flexibility and strength. **FREE TO MEMBERS**

Community Rooms B & C Class Descriptions:

Belly Dance \$: This class gives the understanding of basic belly dance technique, posturing, language, movement execution and get fit by building the necessary strength. Class includes a night out to a Greek or Arabic restaurant where we showcase what we have learned. Instructor, Robin Conomos. Kids ages 10+ welcome with parent! No prerequisite required.

Line Dance \$: Exercise your body & mind dancing to lively, upbeat music. This is a fun way to dance socially without a dance partner. Styles covered in this class include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more. Instructor Andy Chumbley. Kids ages 10+ welcome with parent! Leather soled shoes recommended. No prerequisite.

SILVER&FIT® EXPERIENCE: Silver&Fit® Experience is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.


Circuit: Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography.

Intro to Ballroom, Latin & Swing Dance \$: Learn the fundamentals of Swing, Waltz and Rumba. Leather soled shoes preferred. Ages 15+. Instructor Julieann Platt.

SSFP Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance, A chair is available if needed for seated or standing support.

Yoga: A modified yoga class done from a chair and standing positions. Breathing, stretching, core strength, balance and muscular endurance are the focus of the class. Ending with a relaxation period.

Tai Chi For Health: This form consists of 8 Tai Chi based moves to improve balance, breathing and relaxation. These gentle exercises are safe for a wide range of conditions and ability levels.

 **Zumba Gold** is either standing or seated. It incorporates fun music and Latin and international rhythms. It gives more excitement and spice to your workout! Be sure to bring a small towel and water. Endorsed by Silver&Fit®

Functional Fitness: This class is designed to keep our bodies strong and ready to function in everyday activities. A chair is Available and hand weights, resistance tubes and a ball is used. Work at your own pace.