

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>6am-7am</p> <p>Morning Boost Yvette</p> <p>resumes Jan</p>		
<p>8:30-9:30a</p> <p>Fitness Yoga</p> <p>Carolyn</p>	<p>8:30-9:30a</p> <p>Top to toe Tone</p> <p>Sue E.</p>	<p>8:30-9:30a</p> <p>Fitness Yoga</p> <p>Carolyn</p>	<p>8:30-9:30a</p> <p>Top to toe Tone</p> <p>Sue E.</p>	<p>8:30-9:30am</p> <p>SilverSneakers®</p> <p>Yoga Stretch</p> <p>w/chair</p> <p>Carolyn</p>	
<p>9:00-10:00a</p> <p>Pool Toning</p> <p>Sue W.</p>		<p>9:00-10:00a</p> <p>Pool Toning</p> <p>Sue W.</p>		<p>9:00-10:00 a</p> <p>Pool Toning</p> <p>Rondi</p>	<p>9:00-1:00pm</p> <p>Member Family Swim</p> <p>\$2 per child</p> <p>9:00-9:45 Spin Starts Jan.</p>
	<p>10:00-11:00am</p> <p>SilverSneakers® Cardio Circuit</p> <p>Rondi</p>		<p>10:00-11:am</p> <p>SilverSneakers® CardioCircuit Sue E.</p>		<p>9-9:45</p> <p>Spin</p> <p>10-11am</p> <p>Zumba Party</p> <p>both Start in January</p>

10:30-11:30a Silver Sneakers I Muscular Strength Evergreen Knoll Clubhouse Sue E.		10:30-11:30a Silver sneakers I Muscular Strength Evergreen Knoll Clubhouse Rondi			
12:00n-1:00p Core Power Yoga Carolyn		12:00n-1:00p Core Power Yoga Carolyn			
1p-2pm Silver Splash			1pm-2pm Silver Splash		
4:30-5:15p Spin start Jan		4:30-5:30p Step Jen			
6:30-8:30p Karate Uechi Ryu Marie	6:45p-8pm Core Power Yoga Basics Carolyn <u>10/4-12/6</u>	6:30-8:30p Karate Uechi Ryu Marie	6:15-7:00p Spin With Katie starts Jan		

Class Descriptions:

BOOT CAMP- A blend of cardio and strength training exercises as used in the military.

Chair Yoga - A gentle series of stretches utilizing the assistance of a chair for sitting and standing poses. A great way for anyone to begin their day.

FITNESS YOGA - An introduction to the basic yoga poses with focus on relaxation techniques and gentle stretches. This class is a great place for people who are capable of transferring comfortably from standing position to floor, and/or beginners to yoga.

Core Power Yoga - Yoga postures flowing from one posture to the next with an emphasis on strength, muscle endurance, and stretching. A great alternative to gym weight training.

Core Power Yoga Basics: An introduction to Core Power class above. Tues evening

Karate- Uechi-Ryu Karate focusing on real life self defense. Confidence, self discipline, and detailed one-on-one instruction will be practiced. Beginner and advanced classes offered.

Morning Boost- start your day off with a boost to your body and metabolism! This class will focus on using moderate exercises to improve muscular strength. We will emphasize reshaping abs, glutes and thighs and end the session with stretching, preparing us for whatever the day may bring.

Pool Toning- Intermediate level of pool exercise, which includes toning, stretching and aerobic moves in the water using noodles, water weights, gloves, and kickboards.

Silver Sneakers® Cardio Circuit- a moderate workout designed for clients 60 years old and up. We'll use small balls, exercise stretch bands and free weights. Must be able to stand and exercise for at least 30 minutes; total class time is 1 hour.

Silver Sneakers®: Muscular Strength/Range of Movement- Very moderate exercise class designed for clients 60 years old and up. We'll use small balls, exercise stretch bands and free weights. We will use chairs for ½ or more of the class time.

SILVER SPLASH- Very moderate **Silver Sneakers®** class of pool exercises and stretches, especially formulated for clients with various types of arthritis or those wanting a low intensity pool workout.

Top to Toe Tone - A head-to-toe toning mix using a variety of tools and basic moves for an easy to follow total workout. Focus will be on strength training

ZUMBA- Latin dance moves combined with traditional aerobics to make one kickin' fun workout!