



April 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Hours 8:00am- 2:00pm 	2 8:00 Golf Fitness 9:00 H2O Challenge 9:15 Zumba 4:00 Yoga	3 9:00 H2O Challenge 9:15 Cardio Strength 10:30 BARRE 3:30 TRX-Beg/Int	4 8:00 Golf Fitness 4:00 Yoga	5 8:00am BARRE 9:00 H2O Challenge 9:15 Pilates 4:00 Gentle Fit	6 7:00 Sunrise Yoga 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	7 9:00 H2O Challenge 9:15 Cardio Strength
8	9 8:00 Golf Fitness 9:00 H2O Challenge 9:15 Zumba 4:00 Yoga	10 9:00 H2O Challenge 9:15 Cardio Strength 10:30 BARRE 3:30 TRX-Beg/Int	11 8:00 Golf Fitness 4:00 Yoga	12 8:00am BARRE 9:00 H2O Challenge 9:15 Pilates 4:00 Gentle Fit	13 7:00 Sunrise Yoga 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	14 9:00 H2O Challenge 9:15 Cardio Strength
15	16 8:00 Golf Fitness 9:00 H2O Challenge 9:15 Zumba 4:00 Yoga	17 9:00 H2O Challenge 9:15 Cardio Strength 10:30 BARRE 3:30 TRX-Beg/Int	18 8:00 Golf Fitness 4:00 Yoga	19 8:00am BARRE 9:00 H2O Challenge 9:15 Pilates 4:00 Gentle Fit	20 7:00 Sunrise Yoga 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	21 9:00 H2O Challenge 9:15 Cardio Strength
22	23 8:00 Golf Fitness 9:00 H2O Challenge 9:15 Zumba 4:00 Yoga	24 9:00 H2O Challenge 9:15 Cardio Strength 10:30 BARRE 3:30 TRX-Beg/Int	25 8:00 Golf Fitness 4:00 Yoga	26 8:00am BARRE 9:00 H2O Challenge 9:15 Pilates 4:00 Gentle Fit	27 7:00 Sunrise Yoga 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	28 9:00 H2O Challenge 9:15 Cardio Strength
29 	30 8:00 Golf Fitness 9:00 H2O Challenge 9:15 Zumba 4:00 Yoga					

Group Fitness Classes

Golf Fitness Essentials (GFE): *Golf Fitness Essentials (GFE) is designed for the golfer (or non golfer) who wants to gain and keep a competitive edge by staying strong, flexible and injury free. GFE targets all the muscle groups used in golf through static & dynamic flexibility training, resistance training, balance, and core. GFE is for men and women of all fitness levels, and is also a great class for anyone who is just looking to get in shape. GFE is fun, progressive and is guaranteed to help you take your golf game and fitness to a new level. A great way to start your day!! Offered M & W*

Barre: *A class that combines Pilates, Yoga and Ballet moves to give you beautiful, sculpted lean muscles without any impact. You will burn your muscles to their fullest potential as well as stretch and elongate that same muscle!*

Yoga: *A mind and body workout. Body awareness, increased sensory and perception, muscular endurance/ strength, flexibility, and muscular relaxation can all be achieved with yoga. Focus specifically geared toward restoration of mobility and flexibility to the hips and spine. Offered M & W*

Pilates: *An exercise method that increases strength, muscle tone and flexibility, especially in the spine and deep abdominal muscles. Great for all fitness levels.*

Cardio Strength: *High and low impact moves with multiple cardio conditioning techniques. Lots of variety using Step, dance movements, muscle conditioning/toning & interval sessions with focus on balance and core and more. All fitness levels welcome. Offered T & Sat*

H2O Challenge: *This is a high energy, low impact workout class! Improve your cardiovascular strength while toning your muscles using resistance of the water and resistance equipment. Burn hundreds of calories and have fun working out to upbeat music. Offered M, T, Th & Sat*

Zumba®: *An interval training class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor into the mix and you've got a Zumba® class! Offered M & Fri*

TRX: *Group training class that develops strength, balance, flexibility and core stability simultaneously using suspension TRX straps get stronger and healthier and have fun! Please sign up in advance. Class is offered for Beginner/Intermediate and Advanced.*

Advanced TRX is a high intensity class designed for those who have already built a strong muscular, cardiovascular and core foundation. It is performed in an interval format that is fast paced and high energy with very little rest. Only those who can demonstrate a high level of fitness should attend. Please call the fitness center before you sign up.

Sunrise Yoga 7AM Class: *Strong Core brings CONFIDENCE! It is a Powerful mix of Power Yoga practice and Pilates exercise using your own body weight, straps, exercise ball, body bar, victorious breath, sweat, POSITIVE ATTITUDE and MORE! 60 min of Challenging, energizing and dynamic moves create transformation in your body and your life! Great way to start your day!*

Gentle Fitness: *This anaerobic class is specifically designed for members with limitations/challenges that will incorporate stretching, muscle strengthening and conditioning in a gentle environment that will improve your daily well being and activities.*

PIYO Strength- *It is a class that combines muscle sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. A bit more fast paced, but no jumping - just low impact - that delivers a true fat burning workout leaving your muscles long, lean, and defined!*