



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:15 Cardio Strength 10:30 Power Walk
2	3 8:00 Golf Fitness 9:15 Zumba 10:30 Power Walk 4:00 Yoga	4 8:00 Men's Sports Conditioning 9:15 Cardio Strength 10:30 BARRE 10:30 Power Walk	5 8:00 Golf Fitness 2:30 Strength Training 101 4:00 Yoga	6 9:15 Pilates 10:30 Power Walk	7 7:00 Sunrise Yoga 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	8 9:15 Cardio Strength 10:30 Power Walk
9	10 8:00 Golf Fitness 9:15 Zumba 10:30 Power Walk 4:00 Yoga	11 8:00 Men's Sports Conditioning 9:15 Cardio Strength 10:30 BARRE 10:30 Power Walk	12 8:00 Golf Fitness 2:30 Strength Training 101 4:00 Yoga	13 9:15 Pilates 10:30 Power Walk	14 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	15 9:15 Cardio Strength 10:30 Power Walk
16	17 8:00 Golf Fitness 9:15 Zumba 10:30 Power Walk 4:00 Yoga	18 8:00 Men's Sports Conditioning 9:15 Cardio Strength 10:30 BARRE 10:30 Power Walk	19 8:00 Golf Fitness 2:30 Strength Training 101 4:00 Yoga	20 9:15 Pilates 10:30 Power Walk	21 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	22 9:15 Cardio Strength 10:30 Power Walk
23	24 <u>HRS 7AM—12PM</u> NO CLASSES	25 CLOSED MERRY CHRISTMAS	26 <u>HRS 7AM—7PM</u> 8:00 Golf Fitness 2:30 Strength Training 101 4:00 Yoga	27 9:15 Pilates 10:30 Power Walk	28 8:00 TRX Adv CB 9:15 Zumba 10:30 PIYO	29 9:15 Cardio Strength 10:30 Power Walk
30	31 <u>HRS 7AM—2 PM</u> 8:00 Golf Fitness 9:15 Zumba 10:30 Power Walk					

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 at 9am*

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*

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!*

Men's Sports Conditioning: *This class will focus on a combination of stretch, core strength, flexibility and balance... Whether you are a golfer, tennis player, runner, biker or gym enthusiast, this class will enhance your inner strength!*

PIYO Strength- *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!*

Strength Training / Conditioning *Focuses on building muscle and healthy bone mass and increasing metabolism as well as learning how to use weights, bands, tubing etc!*