






# Jan. – May 2019

# Group Fitness

belinhealth | Bond Community Center

mon	tue	wed	thu	fri	sat
<b>LAND</b>					
<b>The Ride &amp; Strength</b> 5:30–6:15 am Kris	<b>Chisel'd</b> 5:30–6:15 am Matt	<b>Butts &amp; Guts</b> 5:20–6:05 am Tasha 	<b>Kickboxing</b> 5:30–6:15 am Matt	<b>BootCamp</b> 5:20–6:05 am Matt	
	<b>Active Adults</b> 8–8:45 am (room 203) Tasha		<b>Active Adults</b> 8–8:45 am (room 203) Tasha		
	<b>Silver Sneakers Classic</b> 8–8:45 am (multi-purpose room) Amy		<b>Silver Sneakers Classic</b> 8–8:45am (multi-purpose room) Amy		
<b>Silver Circuit</b> 12–12:45 pm Amanda	<b>Silver Sneakers Yoga</b> 9–9:45 am Amy		<b>Silver Sneakers Yoga</b> 9–9:45 am Tasha		 <b>TAE KWON DO</b> (Color Belt) 2:30–3:30 pm Nick
	<b>Ignite!</b> 4:30–5 pm Tasha 		 <b>Line Dancing</b> 1:30–3 pm Charles		
<b>Kick Boxing</b> 5:15–6 pm Amanda	<b>The Ride</b> 5:30 – 6:15 pm Kris		<b>H.I.I.T</b> 5–5:45 pm Tasha		
<b>Zumba</b> 6–6:45 pm Christine	 <b>Line Dancing</b> 6–7:30pm Charles 	<b>Zumba</b> 6–6:45pm Christine	 <b>Barre Blend</b> 6–6:45 pm Tasha (January 3–March 21)		
<b>Yoga</b> 6:15–7 pm Cary		<b>Yoga</b> 6:15–7 pm Cary			
<b>WATER</b>					
<b>Aqua Splash</b> 8–8:45 am Amy		<b>Aqua Splash</b> 8–8:45 am Amanda		<b>Aqua Splash</b> 8–8:45 am Judy	
<b>Silver Sneakers Splash</b> 9–9:45 am Amy		<b>Silver Sneakers Splash</b> 9–9:45 am Judy		<b>Silver Sneakers Splash</b> 9–9:45 am Judy	
	<b>Aqua Splash</b> 10–10:45 am Amy		<b>Aqua Splash</b> 10–10:45 am Amy		
	 <b>Aqua Chronic Pain</b> 11–11:45 am Amy		 <b>Aqua Hip, Knee and Back</b> 11– 11:45 am Amy		
<b>Aqua Splash</b> 1–1:45 pm Amy		<b>Aqua Splash</b> 1–1:45 pm Amy			
	<b>Aqua Sculpt</b> 5:15 – 6 pm Tasha		<b>Aqua Sculpt</b> 5:00 – 5:45 pm Amy		

See Blue Sheets for FULL POOL SCHEDULE

# Class Descriptions

**Active Adults** – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back.

◆ **Aqua Chronic Pain** - Using the 86-degree pool, this workout is designed to use water's buoyancy and relaxation exercises to reduce chronic pain.

◆ **Aqua Hip, Knee, and Back** - Discover the benefits of water if you have hip, knee, or back pain or are a pre/post-surgery patient. This class is taught by a Group Fitness Instructor.

**Aqua Sculpt** – Aqua Sculpt tones and sculpts the body using the added resistance of the water. This class combines many different workout aspects, whether it is intervals, core, resistance training or more-Aqua Sculpt is sure to have something for everyone! Each class has workout components that are adapted to your level so you can always increase or decrease the intensity. An added bonus is cross training in the water compliments any other training program! Stop in and get moving to the beat of the music with us!

**Aqua Splash**- Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge. All ages and skill levels are welcome!

**Boot Camp** – The name says it all...lift, shape and firm your lower and upper body in this high intensity workout! Using large lower body muscles to burn off calories quickly, these dynamic moves also engage your core (abs, lower back, obliques), as an added bonus!

**Chisel'd** – Be ready to take your body to the next level. Burn hundreds of calories and learn how to sculpt your body. Get that lean and strong body you want!

**H.I.I.T** - High Intensity Interval Training is a total body, heart pumping, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Modifications for all fitness levels are provided.

**Kickboxing** – This powerful, high-energy class is full of kicks and punches that will help you increase strength improve definition and work your cardiovascular endurance

**Silver Circuit** – Get your heart rate up and improve functional strength. Have a better understanding of how and when to use our Cybex Weight Machines as well as the benefits or resistance training.

**SilverSneakers® Classic** – Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support.

**Silver Sneakers Splash**- This class uses the shallow end of the pool to improve agility, flexibility, and cardiovascular endurance. You will learn exercises that can help you increase your joint range of motion and strengthen muscles without excess stress. It provides a friendly and supportive group atmosphere to help improve limited mobility. No swimming ability is required.

◆ **Barre Blend™** - With little to no impact on the joints, this class will work the cardiovascular system through continual movement while strengthening your core and improving posture and balance. Raise the Barre high with a workout that will challenge you, inspire you and leave you feeling strengthened, stretched and invigorated! This class is ideal for all fitness levels.



**Silver Sneakers Yoga** – Increase circulation, flexibility, range of motion, balance and overall energy. Perfect for those with physical limitations that find it difficult to get on and off the floor. Come warmed up and ready to go!

**Butts & Guts** – Do you want to get a whittled middle and a poppin' booty. Butts and Guts class targets those hard to tone areas with specific exercises. In this class we will sweat, lift, and tone through a variety of workouts designed to tighten that tush and wring out that waist!



**The Ride** – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road. Be prepared to go outside if weather permits. **\*\*AND STRENGTH- using free weights to accomplish the basics movements of full body strength training.**

**Yoga** – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

**Ignite!** – Are you searching for a quick sweat fix? Do you want to light up your metabolism? Come join Ignite and get a targeted 30-minute full body workout! Be prepared to fire up all muscle groups and feel the burn!



**Zumba®** – Let the party begin! Zumba® is a Latin-dance inspired fitness class featuring interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required!

◆ **Line Dancing** – Whether you're a novice line dancer or a seasoned two-stepper, join us for a fun-filled afternoon with line dance instructor, Charles Bishop. All fitness and dancing levels are welcome and encouraged to come out! Open to members as well as the general public.

