



## Sports Center of Morehead City Group Fitness

For social distancing purposes we are limiting class size to 12 participants.  
**This does NOT include water.**  
 Please sign in at the front desk before attending.  
 Thank you!

Sept 14-19	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
5:30 am	cycle Rene'	Insanity Ginny	cycle Rene'	Insanity Rene'	cycle Kim	
8:30 am	water Tabatha	cycle Rene'	water Stephanie	cycle Bryson	water Barbara  Zumba Yutty	9:00 am  cycle Alana water Ginny
9:45 am	SilverSneakers Classic Tabatha		SilverSneakers Circuit Rene'	flow Yoga Bryson		
5:40 pm	water Stephanie Insanity Rene'	cycle Alana	water Barbara barre Rene'	cycle Alana		
7:00 pm				gentle stretch Rene'		

701 N. 35<sup>th</sup> St. Morehead City, NC 28557 (252) 726-7070  
[www.sportscentermorehead.com](http://www.sportscentermorehead.com)

## CLASS DESCRIPTIONS

**cycle**: Energetic music in our low-light cycling studio is used to set the mood here! Our indoor cycling classes are fun and intense! Get a great low body workout concentrating on power, speed and endurance.

**\*Zumba**: A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!

**Insanity**: Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.

**barre**: This class starts with vertical core/barre work to target hip/glute complex and enhance balance and posture, followed by *light weight/high rep* toning for the arms, upper back and shoulders, finishing with matwork using light, handheld weights and a small ball. Bare feet encouraged--shoes or sticky socks can be worn.

**\*gentle stretch**: Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.

**\*SilverSneakers® 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, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**\*SilverSneakers® Circuit**: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**\*water**: Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout. Props, such as noodles and/or handbells may be used for stability and added resistance. *Class held outdoors—indoors if inclement weather*

***\*Perfect for beginners and older participants***

*Please let us know how we can better accommodate you and keep your workouts motivating & enjoyable!*

*You can do this simply by filling out a comment card located in the front lobby area.*

*I welcome your comments and suggestions and will gladly contact you personally!*

*Thank you!*

*Rene' O'Connor, Group Fitness Coordinator*