



Sports Center of Morehead City Group Fitness-MARCH

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!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Rene'-1 st ,8 th Beth-15 th ,22 nd	Insanity Ginny		Insanity Rene'	Cycle Rene'	
8:30 am	Water Tabatha Tone & Tighten Nancy	NEW! Zumba Toning Yutty Cycle Rene'	Water Stephanie	Cycle Bryson Tabatha-18 th	Water Barbara Zumba Yutty	9:15 am HIIT Kerri-6 th ,20 th Alexandra-13 th ,27 th Cycle Beth-6 th ,20 th Bryson-13 th Alana-27 th
9:45 am	SilverSneakers Classic Tabatha	Step & Strength Nancy	SilverSneakers Circuit Rene'	Flow Yoga Bryson no class-18th	Tone & Tighten Nancy	
11:00 am	NEW! Gentle Yoga Tabatha					
5:45 pm	Intervals 1 st ,15 th Insanity 8 th ,22 nd Kerri	Cycle Alana	Barre Rene'	Zumba Yutty Cycle Rene'-4 th ,18 th Beth-11 th ,25 th		
7:00 pm				Gentle Stretch Rene'		

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!

***Zumba Toning**: Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Step & Strength: Adjust the height of your Step for the perfect cardio session in this combo class that incorporates strength building exercises using a variety of props either interval style or as an entire half hour back-to-back non-stop workout.

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.

Intervals: High-energy movements and strength building exercises performed alternately, interval style. All levels welcome!

HIIT: High Intensity Interval Training--Be prepared for a workout of strength and cardio intervals!

***Tone & Tighten**: Tone and tighten your body from head to toe, using hand weights, bands, balls and platform. Toning exercises, which may include occasional barre exercises, are set to great music for a fun class, guaranteed! All levels and ages welcome

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.

Flow Yoga: A form of yoga utilizing various postures to build heat in the body while focusing on the flow of breath and movement. Flow yoga emphasizes a balance of strength and flexibility through holding poses longer as well as incorporating a vinyasa style with greater variety of postures and fluid transitions. Poses will include forward folds, backbends, twists and inversions. Previous yoga experience is advised. Sticky mat recommended; bare feet recommended.

***Gentle Yoga**: This class is a great introduction to yoga. You will learn basic yoga postures and proper breathing technique to improve joint range and oxygenation. Sticky mat, strap and block (all available) and no shoes recommended.

***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