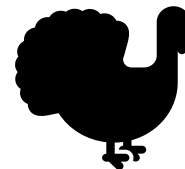




Group Fitness NOVEMBER



Happy
Thanksgiving!

NO CLASSES Nov 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Taylor 7 th & 21 st Tabatha 14 th & 28 th	Insanity Rene' Karen 1 st	STRONGER! Tabatha	Insanity Rene' Karen 3 rd		9:15am Floor 5 th -Yutt- Zumba 12 th -Alex -20/20/20 19 th Laci- Hip Hop Dance 26 th -Karen-TABATA
8:30 am	Water Tabatha Tone & Tighten Nancy	Cycle Taylor 1 st , 15 th , 29 th Tabatha 8 th & 22 nd Zumba Yutty	Water Stephanie Pilates Matwork Rene' 2 nd - Tabatha	Cycle Taylor 3 rd Bryson 10 th & 17 th Brain & Body Teresa 17 th -Alana	Water Teresa 4 th , 11 th Maureen-18 th Taylor-25 th Zumba Yutty	9:15am Cycle 5 th -Lana 12 th - Taylor 19 th -Lana 26 th -Tabatha
9:00 am		Water Maureen		Water Carol	9:30-10:00 Ai Chi Teresa NO CLASS 18 th , 25 th	
9:45 am	SilverSneakers Classic Tabatha	Step & Strength Nancy	SilverSneakers Circuit Rene 2 nd - Tabatha	Flow Yoga Bryson 10 th & 17 th Tabatha 3 rd	Tone & Tighten Nancy	Beginner Cycling Monday/Wednesday 8:30 am
11:00 am	Gentle Yoga Stretch Tabatha	Gentle Yoga Stretch Jessi	Gentle Yoga Stretch Tabatha	Gentle Yoga Stretch Jessi 3 rd Bryson 10 th & 17 th	Gentle Yoga Stretch Tabatha	-----  POP-UP! HIP-HOP DANCE Saturday 11/19, 9:15am -----
4:30 pm		Zumba Yutty		Zumba Yutty		
6:00 pm	HIIT/Tabata Karen 7 th Taylor 14 th Kim 21 st & 28 th		Qigong Julie NO CLASS 3 rd , 23 rd	Cycle Taylor		Turkey Burner Thanksgiving Morning! @sc_performancezone

CLASS DESCRIPTIONS

Cycle: Energetic music in our low-light cycling studio is used to set the mood! Get a great low body workout concentrating on power, speed and endurance.

***Qigong-** 'Chee GONG" is a mind-body practice that is moving meditation. It couples movement with breath and focused intent. Regular practice enhances the vital energy in your body.

***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!

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.

HIIT/Tabata: High Intensity Interval Training, using the tabata design of 20 seconds of work, followed by 10 seconds of rest.

***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

20/20/20: 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1! **Saturday, September 10th 9:15am Cardio/Barre/Core with Alexandra**

Cardio: Elevate the heart rate **Barre:** Enhance balance and agility **Core:** Tone core complex

***Gentle Yoga Stretch:** Increase joint and muscle flexibility & strength with postures that open the body. Learn to use physical and mental awareness to release areas of tension. Sticky mat recommended; bare feet recommended.

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.

***Pilates:** Build balance and core strength with exercises focusing on spine extension, flexion, and rotation through joint stabilization. Sticky mat recommended; bare feet 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.

***Brain & Body:** For our active aging members--Enjoy movement, games & drills that will help improve brain function, maximize reaction time & enhance left & right brain interaction through movement and play.

***Water:** Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout. Noodles and/or handbells may be used for stability and added resistance.

***Ai Chi:** A combination of yoga, Tai Chi and Qijong, this gentle aqua class uses breath and movement connection to improve range of motion, flexibility and balance. Because Ai Chi is practiced in the water with music, participants enter in a state of relaxed awareness which can help to decrease stress, depression & insomnia. *Please note: Aqua shirts are recommended to help keep muscles and joints warm*

***Perfect for beginners and older participant**

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!

Tabatha Mann, Group Fitness Coordinator