



YOUNG AT HEART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15 Tai Chi Eric (MB Studio)	7:25-8:25 Yoga Basics Mark (MB Studio)	7:15-8:15 Taijifit Eric (MB Studio)	7:25-8:25 Yoga Basics Mark (MB Studio)	7:15-8:15 Tai Chi Forms TD (MB Studio)	7:15-8:15 Yoga Sadhana Breanne G (MB Studio)	
9:00-10:00 Liquid Fit Cathy H (Pool)	8:35-9:35 Nia Tracy (MB Studio)	9:00-10:00 Aqua Kickbox Cathy W (Pool)	8:35-9:35 Stretch & Align Cheryl (MB Studio)	9:00-10:00 Liquid Fit Christina (Pool)	9:00-10:00 Liquid Fit Nancy (Pool)	9:00-10:00 Liquid Fit Cathy H (Pool)
	9:00-10:00 Aqua Bamba Christina B (Pool)	9:45-10:45 Hatha Yoga Nova (MB Studio)		9:15-10:15 Total Body Fusion Cathy C (GX Room)	9:30-10:00 Express Cycle Recovery Jon G (Flex Studio)	9:15-10:30 Restorative Yoga Kathy B/Kate (MB Studio)
11:00-12:00 Cardio Fit Cathy C (MB Studio)	11:00-11:45 Wellness Meditation Lori S (MB Studio)	10:00- 11:00 Tai Chi Eric (GX Room)	11:00-12:00 Pilates Ball Adrie (MB Studio)			
		11:00-12:00 Essentrics TD (GX Room)		11:00-12:00 Nia Lora S (MB Studio)	10:00-11:00 Nia Leslie (MB Studio)	
12:15-1:15 Gentle Hatha Yoga Robin S (MB Studio)	12:15-1:15 Restorative Yoga Leigha (MB Studio)	11:00-12:00 Stretch Therapy I-II Ruthie (MB studio)	12:15-1:15 Gentle Hatha Yoga Robin S (MB Studio)	11:00-11:45 Aqua Bootcamp Bobbi (Pool)	12:15-1:30 Hot Restore Christina K (HYS)	
		11:00-11:45 Aqua Bootcamp Bobbi (Pool)			12:30-1:45 YAH Yoga Basics Gail (MB Studio)	
1:15-2:15 Essentrics TD (GX Room)	1:15-2:15 Liquid Fit Sally K (Pool)	1:15-2:15 Aquabata Iman (Pool)	1:15-2:15 Liquid Fit Iman (Pool)	1:15-2:15 Essentrics Jenny (GX Room)		
	1:30-2:30 Prana Vinyasa Zaidy (MB Studio)	1:30-2:30 Breath and Movement Savon (MB Studio)	1:30-2:30 Prana Vinyasa Zaidy (MB Studio)	1:30-2:15 Accessible Yoga Kate L (MB Studio)		
4:00-5:00 Hatha Yoga I-II Brenna (MB Studio)		4:00-5:00 All Levels Yoga Mark (MB Studio)	4:00-5:00 Hatha Yoga I-II Derik (MB Studio)	4:00-5:15 Deep Healing Yoga Derik (MB Studio)	4:00-5:00 Align & Refine Yoga Tracy F (MB Studio)	5:00-6:00 Tai Chi Fusion TD (MB Studio)
	4:00-5:00 Postures Keegan (MB Studio)	4:45-5:45 Hot Stretch Therapy Ruthie (HYS)				
6:35-7:35 Aqua Flex Sally K (Pool)	6:30-7:30 AquaBatta Cathy H (Pool)		6:30-7:30 Aquabatta Cathy H (Pool)			
		7:15-8:15 Beginner Hot Vinyasa Rebecca (HYS)				

YAH Classes are also available for Small Group Pilates Classes

* Indicates New Class*

Aqua Bamba: Immerse yourself in a low-impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!

Aqua Bootcamp: High-intensity water workout. Fantastic alternative to traditional HIIT training. Appropriate for a variety of fitness levels and great for athletes wanting to cross train. Full body conditioning with an emphasis on cardio and core.

Aqua Kickbox: Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drill ls. For all fitness levels.

Back to Basics: This as a no-nonsense, full body, low-impact, and joint-friendly routine for anyone who wants to build strength and endurance without beating up their bodies. You will start with standing mobility drills, core exercises, squats, reverse lunges, plies, upper body strengthening, and a great relaxing stretch!

Breath & Movement: This class strengthens and balances your body and mind through the connection of asana (poses) and breath. You will explore beyond the basics of yoga. All levels welcome.

Cardio Fit: A low impact class that incorporates cardio & strength training into one hour while improving your muscle tone, coordination and balance.

Core and Restore: In this class, begin with some mobility and warmup drills for your core. Then launch into low-impact standing core exercises and follow with core on the floor, including lower back strengthening exercises and drills. You will finish with spinal twists and deep stretches to heal and restore .

Deep Healing Yoga: A slow practice of gentle, deep healing postures combined with breath that creates a unity of body and spirit and culminates with deep rest, pranayama and visualization.

Essentrics: This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

Express Cycle Recovery: Learn trigger point technique, foam rolling, flexibility, mobility and muscle activation. Explore the healing benefits and keep your body in great shape. Beneficial in any training regimen and applies to everyday life.

Gentle Hatha Yoga: This class will help you lengthen and strengthen the muscles, tendons and ligaments. It will also calm the nerves by focusing on the breath. It is for EVERYONE who wants to learn the basics from the ground up, or just feel wonderful.

Hatha Yoga: Hatha Yoga is the physical practice of yoga, most styles of yoga fall under the umbrella of "hatha." Students will learn various breathing exercises and postures that begin to open the body, generate energy and promote focus and balance within the body's systems.

Hot Restore: A restorative hot yoga sequence involving only 6 to 8 poses, supported by props that allow you to completely relax and rest. Each pose is held for five minutes or more, restorative poses include light twists, seated forward folds and gentle back bends. Room Temp is set to 90 degrees.

Liquid Fit: Don't let the water fool you! This high-intensity, low-impact workout uses dumbbells, Gymstick™, Hydrotone, and noodles to increase resistance, and tone the entire body.

NIA: Creativity is unlimited, offering students movements and choreographic choices with a diverse blend of Eastern and Western styles, concepts and philosophies. From the work of martial arts, Nia is infused with power, focus and mindfulness.

Partner Thai Yoga: Share the healing energy of touch and stretch with partner passive/gentle Thai exercises that will leave you feeling flexible with more range of motion. Comfortable yoga pants that fit snug at the ankle and a long sleeve T are best for taking this class as we work over clothing for all compression and stretch es. Socks may be worn but a smooth/clean barefoot is better for contact and interaction with your work out partner, friend or spouse. Your certified Thai instructor Ruthie Hardee leads this beginners friendly yoga flow.

Pilates Ball: This class develops Pilates muscles. Participants of all levels will work on length, strength and balance using rings, bands & balls.

Postures: The day-to-day grind can weigh heavily on your mind and body. Channel your inner superhero and fight back with this structural class developed to improve your posture and lift your spirits with exercises focusing on your core and skeletal alignment.

Restore & Repair: This class is a relaxing and very thorough stretch program that combines deep breathing, spinal twists, and hip and shoulder openers to bring better flexibility to your lower back, hips, legs and upper body. Perfect for all levels of fitness.

Restorative Yoga: Come enjoy this restful practice and restore balance & peace in your life.

Stretch Therapy: A class focused on stretching the body from head to toe so movement and lengthening can occur more fluidly.

Hot Stretch Therapy: A class focused on stretching the body from head to toe to encourage movement and lengthening. 80-85 degree heated room.

Stretch & Align: Restore and balance the body through gentle stretching, strengthening and myofascial release. We incorporate elements of yoga, pilates and other movements to stimulate the lymphatic system, help circulation, lubricate joints, hydrate & relax the connective tissues and balance the nervous system. This class is appropriate for all ages and all bodies. It is a great compliment to a vigorous exercise routine

Tai Chi: Generating and circulating vital energy, a life force that is harnessed within, Tai Chi is a gentle flow that improves circulation and increases energy through slow movements done with precise focus that promotes stability and relaxation.

Tai Chi Forms: Promote mental focus, balance, internal stillness, strength, & flexibility through the Yang Style Tai Chi forms – a series of slow & fluid standing movements developed in ancient China and still practiced today by millions of people worldwide.

Tai Chi Fusion: This class

combines muscle/tendon conditioning (“Yi Jin Jing”) to improve flexibility, strength, and life energy (“Qi”), together with practice in the Yang Style of Tai Chi forms – the most popular in the world.

Taijifit: This Class uses less complex footwork and choreography than Tai Chi and can incorporate hand weights for greater cardiovascular and muscle toning benefits, while still retaining benefits associated with Tai Chi such as improved balance, flexibility, stress reduction and pain management.

Total Body Fusion: When it comes to your fitness and wellness, this class will teach you the fundamental elements of “Fitness is a Lifestyle” – Strength, Endurance, Flexibility, & Balance are challenged.

Wellness Meditation: In this class you will learn mindfulness techniques to manage stress, experience greater peace and create overall well-being. All levels!

Yi Jin Jing: An ancient form of Chinese martial arts training. It is a standing practice that strengthens muscles and tendons through a slow series of movements taking the body through a full range of motion of all major joints. Postures use dynamic tension that incorporate stretching and breathing to incorporate Qi(Life Energy), flexibility, and overall health. Appropriate for all fitness levels.

Yin Yoga: This is a calming practice appropriate for all levels. Yin targets the fascia and connective tissues in the hips, groin, spine and shoulders. Postures are held in a relaxed state for up to 5 minutes. All postures are on the floor.

Yoga Basics: A level 1 yoga class designed for those new to the practice of yoga and those looking to deepen their alignment skills.

Yoga Sadhana: Sadhana is a Sanskrit term that means daily practice or ritual. This slightly more esoteric offering will include chanting, gentle asana (postures), breathing exercises, and guided meditation, all designed to promote spiritual discipline and inner peace