



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)		
9:00-10:00 Liquid Fit Cathy H (Pool)	9:00-10:00 Aqua Bamba Christina B (Pool)	9:00-10:00 Aqua Kickbox Cathy W (Pool)		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)
		9:45-10:45 Hatha Yoga Nova (MB Studio)		9:15-10:15 Total Body Fusion Cathy C (GX Room)	9:30-10:00 Functional Recovery Jon G (Pickleball)	9:15-10:30 Restorative Yoga Kathy B/Kate (MB Studio)
		10:00- 11:00 Tai Chi Eric (GX Room)				
11:00-12:00 Cardio Fit Cathy C (MB Studio)	11:00-11:45 Wellness Meditation Lori S (MB Studio)	11:00-12:00 Essentrics TD (GX Room)	11:00-12:00 Pilates Ball Adrienne (MB Studio)	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)			
					12:30 -1:30 De-Stress Yoga Kate / Zaidy (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)			
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 Restorative Yoga Derik (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)				
		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 Kickbox: Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills. For all fitness levels.

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

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

Functional 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.

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.

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.

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.

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!

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

