

JANUARY FITNESS CLASSES



HEALTH & FITNESS CENTER racquet park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 7:30 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Tone Instructor: Audrey 8:45 a.m. Fusion Spin Instructor: Priscilla 12 p.m. Healing Stretch Instructor: Macy	3 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie 9 a.m. Mat Pilates Instructor: Priscilla	4 7:30 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie 9 a.m. Yoga Instructor: Viviana	5 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie 9 a.m. Mat Pilates Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	6 7:30 a.m. Body Tone Instructor: Viviana 9 a.m. Yoga Instructor: Viviana 10:15 a.m. Low Impact Spin Instructor: Priscilla	7 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Tone Instructor: Audrey
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> Monday-Thursday 6 a.m.-7 p.m. | Friday-Sunday 6 a.m.-6 p.m.

> Classes \$20/guest & \$16/member

> Pool closed daily 10–10:30 a.m. for cleaning and closed from 8:30-10 a.m. on days that our Aqua Tone Class is offered. Family swim is 12 p.m. to close daily. For information on personal training, please ask a fitness attendant or call (904) 277-5193.

AQUA FIT | 60 MINUTES

This high energy, low impact class focuses on cardiovascular endurance and muscular strength.

AQUA TONE | 60 MINUTES

This multi-level workout is easy on the joints, while providing the benefits of a light-to-mid intensity cardiovascular water workout. Aqua Tone includes strength exercises using water equipment for a total body workout.

BEGINNER STRENGTH | 45 MINUTES

Beginner strength training focusing on postural imbalances using various equipment to strengthen core and standing muscle groups.

BODY TONE | 55 MINUTES

This intense strength and endurance workout focuses on strengthening and conditioning the whole body. Mixing resistaballs, dumbbells and all the elements of group exercise makes this class an early morning favorite.

CIRCUIT TRAINING/HIIT | 45 MINUTES

Circuit Training is a form of body conditioning or resistance training using high-intensity interval training. It targets strength building and muscular endurance. A "circuit" is one completion of all prescribed exercises in the program.

FUSION SPIN | 60 MINUTES

This indoor-cycling class provides a fun cardiovascular workout for all fitness levels. Set to heart pumping music, you will burn calories while improving strength and endurance. This class combines cycling with dumbbells and core work. Please bring water and wear closed toe athletic or cycling shoes.

HEALING STRETCH | 45 MINUTES

This class provides gentle stretching with mobility exercises to assist in injury recovery.

LOW IMPACT SPIN | 45 MINUTES

This beginner indoor cycling class focuses on positioning to help protect the rider's joints. If you are recovering from injuries or have sensitive knees, this is the perfect way to get a great cardiovascular workout while keeping the impact low. Please bring water and wear closed toe athletic or cycling shoes.

MAT PILATES® | 55 MINUTES

Dramatically transform the way your body looks, feels and performs. Pilates builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.

YOGA | 45 MINUTES

Using slow movements and stretching, yoga is good for increasing flexibility and balance as well as relieving stress.