

# SAMPLE GROUP FITNESS SCHEDULE

Time	Monday		Tuesday		Wednesday		Thursday		Friday	
Studio	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
7:30-8:00	RISE N SHINE Margaret		RISE N SHINE Alisa		RISE N SHINE Alisa		RISE N SHINE Alisa		RISE N SHINE Margaret	
8:15-8:45	CARDIO Margaret				CARDIO Alisa				CARDIO Margaret	
8:15-8:55			FLEXX II Alisa				FLEXX II Alisa			
9:00-9:30	FLEXX I (BODY SHOP) Brooke		BALANCE Alisa		FLEXX I (BODY SHOP) Brooke		BALANCE Alisa		FLEXX I (BODY SHOP) Brooke	
9:00-9:40										
9:45-10:15	BALANCE Alisa		BARRE Alisa		BALANCE Alisa		BARRE Alisa		BALANCE Alisa	
10:30-11:15	CHAIR YOGA Bonnie	PILATES Elizabeth	CHAIR YOGA Karolyn		CHAIR YOGA Fran		CHAIR YOGA Karolyn		CHAIR YOGA	PILATES Alisa
11:30-12:15	Tai Chi Sheri		YOGA III (11:30-12:30) Karolyn		Tai Chi Fan Deirdre		YOGA III (11:30-12:30) Karolyn		QIGONG Deirdre	
12:30-1:30	LINE DANCING (12:30-1:15)		RESTORATIVE YOGA Karolyn							
1:00-1:30				RSB Margaret	Pilates (1:00-1:45) Elizabeth			RSB Alisa		
3:00-4:00							BALLROOM DANCE Julie & Mike			
AQUA		Outdoor Pool		Outdoor Pool		Outdoor Pool		Outdoor Pool		Outdoor Pool
8:45-9:30				Aqua Interval Margaret				Aqua Interval Margaret		
9:45-10:30		Aqua Fitness Brooke		Aqua Fitness Cindy		Aqua Fitness Brooke		Aqua Fitness Cindy		Aqua Fitness Brooke
10:30-11:15		TheraAqua Brooke				TheraAqua Brooke				

**AQUA FITNESS**— A moderate intensity class that improves cardiorespiratory fitness, toning, joint range of motion and stretch.

**AQUA INTERVAL**-This class uses water resistance, speed of movement and pool equipment to increase intensity with intervals of 3:1 ratio. (30 sec work phase/10 sec rest phase)

**BALLROOM DANCING**-Learn the basic steps, improve your flow or just come to have fun and socialize. This is a treat for Fleet Landing, don't miss out!

**BALANCE 1+**-This class improves the major components of balance: posture, strength, flexibility and joint range of motion.

**BARRE**— Barre is a low-impact workout that is inspired by Yoga, Ballet and Pilates. It focuses on toning and strengthening the core muscles.

**CARDIO**- Gentle low impact aerobics to improve cardiorespiratory fitness.

**CARDIO INTERVAL**- Enjoy an energetic aerobic workout with intervals of high and low exercises.

**CHAIR YOGA I**- Improve posture, flexibility & range of motion in a chair.

**FLEXX™**— A resistance training class that focuses on strengthening each major muscle group through precise, controlled training techniques.

**LINE DANCING**- A fun low-impact choreographed line dancing.

**PILATES**—Based on Joseph Pilates, this class is mind body connection designed to improve strength, flexibility and posture through a series of core isometric exercises.

**RESTORATIVE YOGA**-A restful practice that is all about releasing and slowing down the body through passive stretching.

**RISE N SHINE**-Start your day with gentle, dynamic exercises to improve joint range of motion, posture and balance.

**ROCK STEADY BOXING™ (RSB)**-This boxing class is designed to improve balance, strength, focus and speed of movement.

**QIGONG**-A true mind-body practice that improves one's mental and physical health by focusing on posture, breathing, and focus intent.

**TAI CHI**-Tai Chi is a discipline of meditated flowing movements that concentrates on balance, mental focus and postural awareness.

**TAI CHI FAN**-A graceful yet powerful form of Tai Chi.

**THERAQUA**-A gentle, smooth, slow movement water class that focused on releasing joint and muscle stiffness and inflammation. This class is especially designed for those who suffer from joint, spinal, hip, low back issues and arthritis. It's a "feel-good" class!

**YOGA III**-A mind-body practice that includes standing and mat yoga exercises. This class focuses on mastering the flow of yoga posture exercises, breath and a true mind-body connection.

**RESERVATIONS ARE **NOT** REQUIRED TO ATTEND CLASSES!**

## VIRTUAL CLASSES

7:30 am RISE & SHINE

9:00 am BALANCE

10:30 am CHAIR YOGA

TUNE INTO CHANNEL 267

Level I

Level I

Level II

Level II

Level III

Level III

**Level I** Classes are taught in a chair

**Level I+** Classes are taught standing with the use of a chair

**Level II** Classes are taught standing

**Level III** Classes are a higher intensity or longer duration and able the ability to rise from the floor independently