

**Aerobic/Dance Studio**

| MONDAY  | TUESDAY   | WEDNESDAY                             | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|---------------------------------------|--|--|--|
|   | 5:35-6:30 am<br>Boot Camp<br>Tiffany                |                                       | 5:35-6:30 am<br>Boot Camp<br>Tiffany               | 5:35-6:30 am<br>Sunrise Yoga<br>Tiffany                |  |
| 7:30-8 am<br>Boomer Strength<br>Janne                         |   | 7:30-8 am<br>Boomer Strength<br>Janne |  |  |  |
| 8:05-9:05 am<br>Boomer S&S<br>Janne                           | 8-9 am Boomer<br>Boot Camp<br>Janne                 | 8:05-9:05 am<br>Boomer S&S<br>Janne   |  | 8-9 am<br>Boomer Circuit<br>Janne                      | 8:05-9 am<br>Step & Sculpt<br>Tiffany                      |
| 9:15-10:10 am<br>Boot Camp<br>Heidi                           | 9:15-10:10 am<br>bellyfit®<br>Loni                  | 9:15-10:10 am<br>Boot Camp<br>Tiffany | 9:15-10:10 am<br>Barre Fit<br>Anna                 | 9:15-10:10 am<br>Bikes& Barres<br>Angie                | 9:05-9:55 am<br>Fun+Fit Yoga<br>Tiffany                    |
| 10:15-11 am<br>Zumba® Toning<br>Tiffany                       | 10:15-11:10 am<br>Funky Rhythms<br>Rodney           | 10:15-11 am<br>Core-N-More<br>Angie   | 10:15-11:10 am<br>Funky Rhythms<br>Rodney          | 10:15-11 am<br>Core-N-More<br>Angie                    | 10-10:55 am<br>Zumba®<br>Isabel                            |
| 11:05-12 pm<br>Yoga<br>Angie                                  | 11:15 am-12 pm\$<br>Pre-Ballet ages 3-5<br>Jennifer | 11:05-12 pm<br>Yoga<br>Angie          | 11:00 -11:45am\$<br>Beg. Jazz ages 3-5<br>Jennifer | 11:05-12:10 pm<br>Gentle Yoga<br>w/meditation<br>Angie | 11:00 am-11:45<br>am\$\$<br>Ballet I ages 6+<br>Jennifer   |
| 12:10-12:55 pm<br>Zumba®<br>Tiffany                           | 12:10-12:55 pm<br>Yoga Sculpt<br>Hollie             | 12:10-12:55 pm<br>Zumba®<br>Tiffany   |  | 12:15-1:00 pm<br>Tai Chi<br>Jill                       | 11:55 am-12:55<br>pm\$\$<br>Ballet II ages 10+<br>Jennifer |
| 4:20-4:50 ages 4-6<br>4:50-5:20 ages 7-11<br>*Zumba® For Kids | 4:25-4:55 pm<br>Firm it Up!<br>Angie                | 4:25-5:20 pm<br>Zumba<br>Brittney     | 4:25-4:55 pm<br>Firm it Up!<br>Heather             |  | 1:10-1:55 pm\$\$<br>Pre-Ballet ages 3-5<br>Jennifer        |
| 5:25-6:20 pm<br>Tabata Kickbox<br>Lori                        | 5-5:55 pm<br>**Cycling<br>Angie                     | 5:25-6:20 pm<br>POUND™<br>Alicia      | 5-5:55 pm<br>**Cycling<br>Heather                  | 5-5:55 pm<br>Zumba<br>Tiffany                          |  |
| 6:25-6:55 pm<br>Pump It!<br>Stephanie                         | 6-6:55 pm<br>Barre Fit<br>Kristen                   | 6:25-6:55 pm<br>Pump It!<br>Stephanie | 6-6:55 pm<br>Barre Fit<br>Tina                     |  |  |
| 7-7:55 pm<br>Yoga<br>Ashlee                                   | 7-7:55 pm<br>**Zumba®<br>Michelle                   | 7-7:55 pm<br>Yoga<br>Ashlee           | 7-7:55 pm<br>**Zumba®<br>Isabel                    |  |  |

**Community Rooms B & C**

|                                      |                                      |                                      |                                 |                                      |   |
|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------------|--------------------------------------|---|
| 8:25-9:10 am<br>ZUMBA® Gold          | 8:30-9:15 am<br>Yoga                 | 8:25-9:10 am<br>ZUMBA® Gold          | 8:30-9:15 am<br>Yoga            | 8:25-9:10 am<br>ZUMBA® Gold          | <p>* Non-member registration required.<br/>           ** Participants must pick up a tag up to 30 minutes prior to ensure a spot in class.<br/>           \$ Fee-based class. Registration required. Contact the front desk for more info. (360) 487-7001.<br/>           # Classes may be canceled at any-time. Incclement weather line 360-487-7040</p> |
| 9:30-10:15 am<br>Circuit             | 9:30-10:15 am<br>S&F Experience      | 9:30-10:15 am<br>Circuit             | 9:30-10:15 am<br>S&F Experience | 9:30-10:15 am<br>Circuit             |   |
| 10:30-11:15 am<br>Functional Fitness | 10:30-11:15am<br>T'ai Chi For Health | 10:30-11:15 am<br>Functional Fitness |                                 | 10:30-11:15 am<br>Functional Fitness |   |
| 11:30-12:15 pm<br>Yoga               |                                      | 11:30-12:15 pm<br>Yoga               |                                 |                                      |   |
| 1:45-2:30 pm<br>Circuit              | 12:45-1:30 pm<br>SSFP Classic        | 1:45-2:30 pm<br>S&F Experience       | 12:45-1:30 pm<br>SSFP Classic   |                                      |   |
| 5:30-6:30 pm<br>Line Dance \$        |                                      | 5-6 pm<br>Swing Dance \$             |                                 |                                      |   |
|                                      |                                      | 6:15-7:45 pm<br>Beg. Belly Dance \$  |                                 |                                      |   |
| 7:00-8:00pm<br>Scottish Highland \$  |                                      | 7:45-8:55 pm<br>Int. Belly Dance \$  |                                 |                                      |   |

## Aerobic/Dance Studio Class Descriptions:

- Ballet & Jazz\$:** Pre-Ballet (3-5yr old), Ballet I (6-10yr old), Ballet II (ages 10+), Beg.Jazz (3-5 yr old & 6-10 yr old) This is a fee based program offered Tue, Thur, and Saturdays. Please call 487-7001 to register.
- Bellyfit®:** A fun workout combining Bellydance, African Dance, Bollywood, Yoga and Pilates. Recommended for women.
- Bikes & Barres:** A combination of cycling and BARRE FIT using the bike for balance in the workout and participants perform small isometric movements to upbeat music. This is a combination of cardio and low impact resistance training.
- Barre Fit:** An invigorating workout shaping and toning the body using the ballet barre, hand weights, bands, and ball.
- Boomer Boot Camp:** Increase your endurance by performing a variety of drills, geared toward ages 50+.
- \*\*Boomer Circuit:** Increase your endurance using weights, bands, balls, and PACEO machines, geared toward ages 50+.
- Boomer Strength/Stretch:** A resistance and stretching program geared toward ages 50+.
- \* Boot Camp:** A mix of cardio, plyometrics and muscle work to get your heart pumping and body burning.
- Cardio Kickboxing:** Come and shadowbox with us to great music and get all your aggressions out in a fun atmosphere! We will even do some hand weights at the end to make sure we get all your muscle groups!
- Core-N-More:** A full body workout using various pieces of equipment focusing on the core in every movement.
- \*\*Cycling:** A low-impact, high-energy, endurance-building challenge. Calorie-burning at its best.
- Firm it Up:** A full body workout using weights, bands, and balls, to increase strength & tone muscles.
- Fun+Fit Yoga:** A blend of low impact cardio, Hatha Yoga and core strengthening movements designed to burn calories, tone muscle and ensure posture alignment. Music, laughter and sweat are a sure thing in this class.
- Funky Rhythms:** Dance and tone your body to Latin and Hip-Hop inspired music.
- Gentle Yoga:** Learn to breathe consciously, create greater body awareness and reduce stress. Allow your body to melt away tension as you experience deeper relaxation and tranquility. Open to all levels and is a great introduction to yoga.
- POUND™:** A full-body cardio jam session, combining light resistance with constant simulated drumming.
- Pump It!:** A full body workout using weights to increase strength and tone muscles.
- Tabata Kickbox:** Perform intervals of your favorite kickboxing moves to produce a higher rate of calorie burn.
- T'ai Chi:** This form consists of the Yang 24 fluid movements improve balance, coordination, agility and better health.
- Yoga:** Achieve physical and spiritual tranquility through a variety of traditional yoga strength and stretching exercises.
- Yoga Sculpt:** Energize your body, refresh your mind and work on balance, strength, and tone.
- \*\*Zumba®:** Dance and tone your body to heart-thumping Latin inspired music and movements.
- Zumba Toning:** Toning and strengthening for your legs and glutes. All of the Zumba® fitness-party fun you love.
- \*Zumba® Kids Jr.:** Ages 4-6. 4:20-4:50pm. Kids can just let loose and be themselves, socialize, move to age-appropriate music and play games with other kids.
- \*Zumba® Kids:** Ages 7-11. 4:50-5:20pm. This is the ultimate dance-fitness party for young Zumba fans!

## Community Rooms B & C Class Descriptions:

- Belly Dance \$:** This class gives students the understanding of basic belly dance technique, posturing, language, movement execution and is a fun away to get fit by building the necessary strength. Class includes a night out to a Greek or Arabic restaurant where we showcase what we have learned, and a costume sewing workshop. Instructor, Ruby Sowder. Kids ages 10+ welcome with parent! No prerequisite required.
- Line Dance \$:** Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more. Instructor Andy Chumbley. Kids ages 10+ welcome with parent! Leather soled shoes recommended. No prerequisite.
- Scottish Highland Dance \$:** Learn the basics movements and steps of Highland dance with bagpipe music. Ages 5-8
- SILVER&FIT® EXPERIENCE:** Silver&Fit® Experience is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.
- Circuit:** Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography.
- SSFP 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 and a SilverSneakers ball are offered for resistance, A chair is available if needed for seated or standing support.
- Functional Fitness:** This class uses tools to increase muscular strength, balance, and mental fitness. Standing and seated movement helping to make everyday activities easier to achieve.
- Yoga:** A modified yoga class done from a chair and standing positions. Breathing, stretching, core strength, balance and muscular endurance are the focus of the class. Ending with a relaxation period.
- Tai Chi For Health:** This form of T'ai Chi consists of 21 fluid movements to improve muscular strength, coordination, mobility, balance, breathing and relaxation. These gentle exercises are safe for a wide range of conditions and ability levels.
- Zumba Gold** is given either standing or seated. It incorporates fun music and Latin and international rhythms. It's a great way to give more excitement and spice to your workout! Be sure to bring a small towel and water. Endorsed by Silver&Fit®

