



# Temporary Fitness Schedule

Week of Wednesday, Dec. 6 through Dec. 12

Please remember to bring your own towel, mat and water for all classes. All classes will be cancelled if the air temperature is below 50 degrees.

**YOGA IS CANCELED SATURDAY, DEC. 9 DUE TO THE KIAWAH MARATHON.**

	Time	Class	Instructor	Length	Location
<b>Wednesday</b>	8:00 a.m.	Boot Camp	Melissa	60 minutes	Night Heron Park
	9:15 a.m.	Core Strength & Stretch	Susan	60 minutes	Night Heron Pavilion
	10:30 a.m.	Total Package	Susan	60 minutes	Night Heron Pavilion
	9:30 a.m.	Water Aerobics	Alison	60 minutes	Sanctuary Pool
	Time	Class	Instructor	Length	Location
<b>Thursday</b>	8:30 a.m.	Boot Camp	Alison	60 minutes	Night Heron Park
	10:15 a.m.	Zumba	Kelly B.	60 minutes	Cinder Creek
	Time	Class	Instructor	Length	Location
<b>Friday</b>	8:00 a.m.	Boot Camp	Melissa	60 minutes	Night Heron Park
	9:00 a.m.	Loosen Up!	Melissa	30 minutes	Night Heron Pavilion
	9:30 a.m.	Water Aerobics	Kelly B.	60 minutes	Sanctuary Pool
	9:30 a.m.	Core & More	Michelle	60 minutes	Night Heron Pavilion
	Time	Class	Instructor	Length	Location
<b>Monday</b>	8:00 a.m.	Boot Camp	Michelle	60 minutes	Night Heron Park
	9:15 a.m.	Core Strength & Stretch	Susan	60minutes	Night Heron Pavilion
	9:30 a.m.	Water Aerobics	Cherie	60 minutes	Sanctuary Pool
	10:30 a.m.	Total Package	Susan	60 minutes	Night Heron Pavilion
	Time	Class	Instructor	Length	Location
<b>Tuesday</b>	8:00 a.m.	Boot Camp	Melissa	60 minutes	Night Heron Park
	10:15 a.m.	Zumba	Kelly B.	60 minutes	Cinder Creek

**Class schedules will be posted weekly during our temporary relocation. Please check regularly for any changes. Thank you for being patient and positive!**

\*Regardless of the rated intensity level, all classes are taught on a multi-level basis and instructors will offer easier or more difficult alternatives for movements. Please inform instructors if you have a bone or joint injury, difficulty with range of motion or any other ailment that may affect your exercise program.

# Fitness Class Descriptions

<b>Core and More</b>	The best of functional exercises in one class. 50% of the class is dedicated to core and the rest to strength and cardiovascular intervals, with options of intensity.
<b>Boot Camp</b>	This out door class offers fun and energizing total body training, combining cardiovascular and strength training exercises. Formats will vary with intervals of aerobic exercise and strength training.
<b>Core Strength and Stretch</b>	Members can use a variety of gear to increase core strength. Pilates moves are used to achieve neutral alignments, focusing on breathing, core control and conditioning. A great tummy toner!
<b>The Total Package</b>	Emphasizes movement, flexibility, core strength and balance. Begins with aerobic warm up, followed by strength training, back-friendly exercises, balance and stretching.
<b>Loosen Up!</b>	A 30 minute stretch class to promote flexibility through proper stretching
<b>Gentle Yoga</b>	This class offers supported postures along with mind full sequencing, slower pace and a strong focus on breathing and stretching.
<b>Dynamic Yoga</b>	These classes build heat, endurance, flexibility and strength while incorporating alignment-based postures, breath work and mindfulness.
<b>Water Aerobics</b>	An alternative to traditional aerobics, this class is ideal for those with post-rehabilitative injuries, arthritis, degenerative disc disease or for those who just love to make a splash.
<b>Zumba®</b>	Zumba is an exhilarating, effective, calorie-burning dance fitness program. It fuses Latin rhythms and easy to follow moves to create a one of a kind, body energizing workout.