



Temporary Fitness Schedule

Wednesday, Jan. 10 through Saturday, Jan. 13.

Please remember to bring your own towel, mat and water for all classes.

All classes, with the exception of water aerobics, will be held in the Governor's Room at East Beach Conference Center.

	Time	Class	Instructor	Length	Location
Wednesday	8:00 a.m.	Boot Camp	Melissa	60 minutes	East Beach C.C.
	9:15 a.m.	Core Strength & Stretch	Susan	60 minutes	East Beach C.C.
	9:30 a.m.	Water Aerobics	Alison	60 minutes	Sanctuary Pool
	10:30 a.m.	Total Package	Susan	60 minutes	East Beach C.C.
	Time	Class	Instructor	Length	Location
Thursday	8:30 a.m.	Boot Camp	Alison	60 minutes	East Beach C.C.
	10:15 a.m.	Zumba	Kelly B.	60 minutes	East Beach C.C.
	Time	Class	Instructor	Length	Location
Friday	8:00 a.m.	Boot Camp	Melissa	60 minutes	East Beach C.C.
	9:00 a.m.	Loosen Up!	Melissa	30 minutes	East Beach C.C.
	9:30 a.m.	Water Aerobics	Kelly B.	60 minutes	Sanctuary Pool
	9:30 a.m.	Core & More	Michelle	60 minutes	East Beach C.C.
	Time	Class	Instructor	Length	Location
Saturday	9:05 a.m.	Gentle Yoga	George	60 minutes	East Beach C.C.
	10:15 a.m.	Dynamic Yoga	George	60 minutes	East Beach C.C.

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

Core and More	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.
Boot Camp	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.
Core Strength and Stretch	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!
The Total Package	Emphasizes movement, flexibility, core strength and balance. Begins with aerobic warm up, followed by strength training, back-friendly exercises, balance and stretching.
Loosen Up!	A 30 minute stretch class to promote flexibility through proper stretching
Gentle Yoga	This class offers supported postures along with mind full sequencing, slower pace and a strong focus on breathing and stretching.
Dynamic Yoga	These classes build heat, endurance, flexibility and strength while incorporating alignment-based postures, breath work and mindfulness.
Water Aerobics	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.
Zumba®	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.