

The Sandcastle

October Fitness Schedule

MONDAY

7:15 a.m.	Total Body Toning	Michelle	60 minutes
9 a.m.	Water Aerobics	Kelly	55 minutes
9:15 a.m.	Core & Strength	Susan	55 minutes
10:30 a.m.	Total Package	Susan	60 minutes

TUESDAY

8 a.m.	Golf Fitness	Alison	55 Minutes
9 a.m.	Body Sculpt	Melissa	55 minutes
9 a.m.	Water Aerobics	Cherie	60 minutes
10 a.m.	Simply Stretch	Melissa	45 minutes
3:30 p.m.	Yoga Flow	Barbara	60 minutes
4 p.m.	Aqua Fit	Melissa	60 minutes

WEDNESDAY

8 a.m.	Barre Fusion	Alison	55 minutes
9 a.m.	Total Package	Kelly	55 minutes
9 a.m.	Water Aerobics	Cherie	55 minutes
10:30 a.m.	Stretch & Balance	Melissa	60 minutes

THURSDAY

8 a.m.	Cardio Interval	Alison	50 minutes
9 a.m.	Aqua Fit	Alison	60 minutes
9:05 a.m.	Gentle Yoga	Barbara	55 minutes
10:30 a.m.	Core & More	Michelle	55 minutes
11:45 a.m.	Tai Chi	Maurice	60 minutes
3:30 p.m.	Stretch & Meditate	Kristen	60 minutes
4 p.m.	Water Aerobics	Cherie	60 minutes

FRIDAY

8:30 a.m.	Zumba	Kelly	60 minutes
9 a.m.	Aqua Fit	Susan	60 minutes
9:30 a.m.	Tone & Tighten	Michelle	55 minutes
10:30 a.m.	Total Package	Susan	60 Minutes

SATURDAY

8 a.m.	Weekend Workout	Melissa	55 minutes
9 a.m.	**Masters Swim**	Wanda	60 minutes
9 a.m.	Yoga Flow	Barbara	60 minutes
10:15 a.m.	Barre Fusion	Alison	60 minutes

****Masters Swim: \$10 per session. Check only.****
Please pay you instructor at the end of each session.



FIND YOUR PERFECT FITNESS CLASS

Aqua Fit	This high intensity water equipment-based class uses interval training, and power moves to improve fitness, endurance, strength and flexibility.
Barre Fusion	Combining various disciplines of movements, this class is a great way to improve flexibility, balance, posture, and movement patterns.
Body Sculpt	This class combines free-weight exercises, stretching, and balance drills for strengthening, toning, and increasing flexibility.
Cardio Interval	This fun and energizing total body training, combines cardio and strength training exercises. Formats include intervals of cardio and strength training.
Core and Strength	A great tummy toner! This combination of Pilates, yoga, core, and bodyweight exercises are used to achieve neutral alignments.
Gentle Yoga	A gentle yoga experience for those who want to move at a slower and more zen pace with an emphasis on mindfulness and body awareness.
Golf Fitness	This program is designed to support your swing and more! Develop rotational flexibility, strength and power for a more consistent level of play.
Masters Swim	This blend of fitness and competitive swimming (for adults 18 years and over) uses techniques of interval training in an atmosphere of fun, fitness, friendship, and participation! \$10 per session.
Simply Stretch	This 45-minute class includes stretches for the entire body with relaxation techniques to promote flexibility and range of motion.
Tai Chi	Tai Chi is a low impact program with gentle movements. Each posture flows into the next, helping to increase flexibility and improve joint mobility.
Total Body Toning	Work your whole body and build stamina in this energizing class. This class includes a combination of cardio, strength, and core work.
Total Package	Emphasizes movement, flexibility, core strength, and balance. Includes aerobic warm-up, followed by strength training, and back-friendly exercises.
Tone and Tighten	Class focus is on tightening tummies, lifting seats, and toning thighs. An active stretch will follow to lengthen muscles.
Water Aerobics	An alternative to traditional aerobics, this class is ideal for those with post-rehabilitative injuries, arthritis, or for those who just love to make a splash.
Weekend Workout	Includes cardiovascular conditioning, strength training, flexibility, balance, and abdominal exercises. Formats vary.
Stretch and Balance	This class includes the benefits of Stretch in addition to balance challenges. The class uses both the bands and the balls.
Stretch and Meditate	This class will emphasize mindful movement and meditation, connecting your breath to your body, and mind to the present moment.
Yoga Flow	A yoga practice of easeful movements, balance, deep stretching, and breath awareness, followed by postures to quiet the mind.
Zumba	Party yourself into shape with Zumba® Fitness! Zumba is an effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™.

All classes are taught on a multi-level basis and instructors will offer easier or more difficult alternatives for movements. Please inform instructors of any ailment or injury that may affect your exercise program.

