

November Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday**	
8:30am	Body Transformation Anissa Studio A	8:30am	HIIT Allison Large Gym (outside weather permitting)	8:30am	Strength Train Together® Allison Studio A	8:30am	HIIT Leslie Large Gym (outside weather permitting)	8:30am	Sculpt & Tone (45min) Anissa Studio A
9:30am	Walking Class (30 mins) Laurie Walking Trail	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Santee Large Gym	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Yoga Cathy Studio A
9:30am	Zumba® Santee Large Gym	9:30am	Zumba Gold Toning® Santee Studio A	9:30am	Aqua Boot Camp Carol Pool	9:30am	Aqua Zumba® Santee Pool	9:30am	Zumba® Erin Large Gym
10:30am	Strength Train Together® Allison Studio A	10:30am	Candlelight Yoga Myrna Studio A	10:30am	Flow Yoga Cathy Studio A	10:30am	Gentle Candlelight Yoga Claire Studio A	10:30am	Strength Train Together® Leslie Studio A
10:30am	Aqua Mix Carol Pool	10:30am	Aqua Mix Allison Pool	11:45am	Line Dance Barbara/Jullian Studio A	10:30am	Aqua Mix Allison Pool	10:30am	Aqua Zumba® Santee Pool
11:45am	SilverSneakers® Classic Allison Studio A	11:45am	SilverSneakers® Circuit Allison Studio A	5:30pm	Cardio Kickboxing Stephanie Studio A	11:45am	SilverSneakers® Classic Allison Studio A		
5:30pm	Strength Train Together® Dana Studio A	4:30pm	Strength Train Together Erin Studio A	6:45pm	Flow Yoga II Cathy Studio A	5:30pm	Yoga Faith Claire Studio A		
6:45pm	Group Cycle Dana Small Gym	5:45pm	Zumba® Erin Studio A			5:30pm	Group Cycle Dana Cycle Studio	8:15am	Group Cycle Dana Studio A
6:45pm	Flow Yoga Cathy Studio A					6:30pm	Strength Train Together® Stephanie Studio A	9:30am	Strength Train Together® Dana Studio A
								10:30am	Zumba® Erin Studio A



- Classes in Studio A are limited to 20 participants.
- Reservation cards will be available 1 hour before class. SilverSneaker Classes can be reserved by phone after 2:00pm on weekday before class
- Please bring you own towel, yoga mat, strap and blocks. Other equipment will be provided and sanitized after every class. Aqua equipment will not be used at this time.

Pick up Tennis
Monday's 9:30am
Pickleball
Tuesday 9:30am - 12:30pm - large gym
Wednesday 9:30am- 12:30pm - tennis court
Thursday 9:30am - 12:30pm - large gym

Please scan card for all outdoor activities

Happy Thanksgiving!!
We are so thankful for our dedicated members.
Thank you for sticking with us!

Facility will be closed Thursday 11/26
for Thanksgiving Day
****No classes Friday 11/27**

Aqua Class Descriptions:

Aqua Mix— This 45 minute water class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water's natural resistance.

Aqua Boot Camp—Nonstop cardio with strength and stability. Be prepared for a good, tough workout in the water!

Aqua Zumba—Make a splash by adding a low-impact, high-energy, aquatic exercise to your fitness routine. Aqua Zumba® is choreographed and blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Group Fitness Class Descriptions:

Body Transformation— Timed intervals of cardio, mixed with intervals of strength to fatigue. Great full body workout with modifications for any fitness level.

Candlelight Yoga - Rejuvenating yoga by candlelight for all levels. Great for Beginner Yogi's or Active Older Adults

Cardio Kickboxing—Incorporates Martial Arts techniques with fast-paced cardio. Builds stamina, improves coordination while burning calories as you build lean muscle. Challenging for beginners and Elite athletes.

Flow Yoga - Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

Flow Yoga II— For the experienced participants. All levels shown as needed.

Fresh Air Fitness—Join us near the soccer field for a fun, immune boosting, Vitamin D filled workout! Cardio and bodyweight exercise that will get your heart pumping and get your body ready for what else 2020 brings!

Gentle Candlelight Yoga—Perfect for those who are new to yoga. Class includes gentle yoga postures from a seated, standing, kneeling or supine position. Each class includes breathing techniques and ends with guided meditation. This class is candlelit, creating a tranquil space of ultimate relaxation.

Group Cycle— Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it's a great low-impact class for any fitness level.

HIIT—Come enjoy an energizing circuit class using intervals of cardio, weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level. Weather permitting, this class is done outside.

Line Dancing—Join us as we "dance in line" with easy to follow steps that will leave your toes tapping and heart singing. A fun filled way to exercise both body and mind.

Sculpt & Tone—45 min class meant to develop all of your muscles and have fun while doing it! All levels welcome. Great for Active Older Adults

SilverSneakers® Classic— Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Chair is used for seated and/or standing support. Designed for Active Older Adults, but available to everyone.

SilverSneakers® Circuit—workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support

Strength Train Together—is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Can be adapted for any age or fitness level.

Walking Class—Meet us at the beginning of the walking nature trail (red rock) for a 30 minute walk on our paved nature trail! Walk with guidance will be 30 minutes but participants are welcome to continue on!

Yoga Faith—Come worship Christ through movement on your yoga mat. Each class will include a breath prayer, scripture, and worship music. This class is suitable for any level yogi. Class will consist of sitting, standing, prone, and supine postures. Each class will conclude with a restful guided meditation.

Zumba® - take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Great for all fitness levels.

Zumba Gold®— introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Perfect for active older adults or beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Zumba Gold Toning® - Those who want to party, but put an extra emphasis on toning and sculpting to define those muscles! Blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Tailored for active older adults, who want to focus on muscle conditioning and light weight activity, but also great for all fitness levels



NOVEMBER 2020

Indoor Pool Hours

Monday-Friday: 5:00am-7:30pm

Saturday: 10:00am-4:30pm

All children 12 and under must be accompanied by an adult
All children under 13 will be required to take a swim test.

Parents are responsible for child's safety.

If a child cannot swim, then the parent **MUST** stay within arm's reach of the child.

Aqua Aerobic Class Schedule

*Classes are indoor unless indicated

Aqua classes are 45 mins

Please practice social distancing during classes

Monday	Tuesday	Wednesday	Thursday	Friday	
Aqua Mix 10:30 AM Carol	Aqua Mix 10:30 AM Allison	Aqua Boot Camp 9:30AM Carol	Aqua Zumba 9:30 AM Santee Aqua Mix 10:30 AM Allison	Aqua Zumba 10:30 AM Santee	