

# CHOICE ADULT FITNESS

INCLUDED IN MEMBERSHIP



## FITNESS CLASS LOCATIONS

Y1 = Yoga Room(1st Floor)  
 G2 = Large Group Exercise Room (2nd Floor)  
 C2 = Cycling Room (2nd Floor)

## STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 - 6:30 am BodyPump G2	8:45 - 9:30 am Fun & Fit G2	5:30 - 6:30 am BodyPump G2	8:45 - 9:30 am Fun & Fit G2	6:00 - 6:30 am B.P. SunUp G2		
9:35 - 10:05am Tone Up G2	12:15 - 1:00 pm BodyPump G2	9:35 - 10:05am Rock Bott. G2	12:15 - 1:00 pm BodyPump G2	10:15 - 11:15 am BodyPump G2	9:45 - 10:45 am BodyPump G2	10:15 - 11:15 am BodyPump G2
5:15 - 5:45 pm Tone Up G2	5:10 - 5:50 pm A,B,C'S G2	5:15 - 5:45 pm Rock Bott. G2	5:10 - 5:50 pm A,B,C'S G2			
7:00 - 8:00 pm Kick, Burn & Build	7:00 - 8:00 pm BodyPump G2	7:00 - 8:00 pm Kick, Burn & Build	7:00 - 8:00 pm BodyPump G2			

## CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 - 6:15 am LMillsRPM C2		5:30 - 6:15 am LMillsRPM C2		5:30 - 6:00 am Sun Up C2		
	6:00 - 6:30 am LMillsRPM C2		6:00 - 6:30 am LMillsRPM C2		8:30 - 9:30 am POWER-Cycling C2	
11:15 - 11:45 am LMillsRPM C2	8:45 - 9:30 am Group Cyc C2	11:15 - 11:45 am Group Cyc C2	8:45 - 9:30 am LMillsRPM C2	8:45 - 9:30 am Group Cyc C2	9:45 - 10:30am Group Cyc C2	11:00 - 11:45 am Group Cyc C2
	12:15 - 12:45 pm Group Cyc C2		12:15 - 12:45 pm Group Cyc C2			
4:30 - 5:00 pm EPIC Cyc C2		4:30 - 5:00 pm EPIC Cyc C2				
5:30 - 6:30 pm LMillsRPM C2	5:30 - 6:15 pm Group Cyc C2	5:30 - 6:30 pm LMillsRPM C2	5:30 - 6:15 pm Group Cyc C2	5:00 - 5:45 pm Group Cyc C2		
7:00 - 7:45 pm Group Cyc C2		7:00 - 7:45 pm Group Cyc C2				

## AQUATICS

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:40 - 6:20 pm W. Aero- bics Pool		5:40 - 6:20 pm W. Aerobics Pool		8:30 - 9:15 am W. Aerobics Pool	

Note: Low intensity group aquatics classes offered. See Senior Fitness Schedule.

## STEP & DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30 - 6:30am Zumba® G2		5:30 - 6:30 am Zumba® G2		7:35- 8:15am POUND® G2	
8:45 - 9:30 am POUND® G2		8:45 - 9:30 am Step Fus. G2		9:00 - 10:00 am Zumba® G2	8:30 - 9:30 am Zumba® G2	
10:30 - 11:00 am Zum. Gold G2						1:00 - 2:00 pm Zumba® G2
4:30 - 5:10 pm Step it Up G2		4:30 - 5:10 pm Step it Up G2				
6:00 - 6:45 pm Zumba® G2	6:00 - 6:45 pm Targ. Zone G2	6:00 - 6:45 pm Zumba® G2	6:00 - 6:45 pm Zumba® G2			

## YOGA & PILATES

MON	TUES	WED	THURS	FRI	SAT	SUN
	6:00 - 7:00 am Yoga Flow Y1		6:00 - 7:00 am Yoga Flow Y1		7:45 - 8:45 am Yoga Flow Y1	
10:00 - 10:45 am Gent Yoga Y1		10:00 - 10:45 am Gent Yoga Y1		10:00 - 10:45 am Gent Yoga Y1		
	10:45- 11:30am Chair Yoga G2					11:45 - 12:45 pm Yoga Flow
12:00 - 1:00 pm Yoga Flow Y1		12:00 - 1:00 pm Yoga Flow Y1		12:00 - 1:00 pm Yoga Flow Y1		
1:00 - 1:45pm Sport Yoga G2	4:00 - 4:45 pm Sport Yoga Y1	1:00 - 1:45pm Sport Yoga G2	4:00 - 4:45 pm Sport Yoga Y1			
5:30 - 6:45 pm Yoga Flow Y1		5:30 - 6:45 pm Yoga Flow Y1				
	6:30 - 7:30 pm Yoga Flow Y1	7:00 - 7:45 pm Intro to Yoga Y1	6:30 - 7:30 pm Yoga Flow Y1			



# FITNESS



*your time, your way*

**Included in Membership**

## STRENGTH & TONING

**Sun Up:** Meet early Friday mornings at the Group Cycling bikes for a 30 minute ride followed by 30 minutes of BodyPump in the large Group Exercise room.

**Kick, Burn & Build:** 60-minutes of kickboxing, muscle toning and cardio all mixed in one.

**Les Mills BodyPump:** The original barbell class that strengthens & tones your entire body. This workout challenges all of your major muscle groups by using your choice of weight, great music, & instructors!

**Fun & Fit:** This class is designed for exercisers age 50+, but is also a great place to start for any beginner. The workout will offer a variety of activities that will help improve quality of life & an atmosphere that will re-energize.

**Rock Bottom:** This lower body workout will incorporate a variety of equipment to help tone & strengthen the muscles of the hips, abs, & thigh areas of the body. It is an ideal workout for those who want to work on traditionally problematic areas.

**Tone "UP":** A complimentary class to Rock Bottom, this toning workout will take you through various upper body exercises using a variety of equipment followed by abdominal exercises & stretching.

**A,B,C'S:** (Abs, Buns, Cardio & Sculpting) 40-minute low impact workout using a variety of moves to strengthen and tone the entire body while enhancing cardio fitness.

## STEP & DANCE FITNESS

**Target Zone:** This fun, high energy step class will keep you wanting more! Weights & a variety of equipment may be used to achieve a full body workout!

**Step it Up:** A step class for the beginner to intermediate participant looking for a challenging workout. Class includes step & may incorporate toning for an efficient & fun workout!

**Step Fusion:** The ultimate cardiovascular workout for the exerciser who wants some serious calorie-burning. A variety of aerobic formats, from step, to Zumba, to kickboxing, make this intermediate/advanced class action packed!

**POUND@:** A full body cardio jam session, combining light resistance with constant simulated drumming using ripstiks.

**Zumba@:** A fun, different & effective aerobic dance workout infusing Latin rhythms & easy to follow moves.

**Zumba@ Gold:** A slower paced aerobic dance workout infusing Latin rhythms & easy to follow moves.

## CYCLING CLASSES

**Les Mills RPM™:** Ride to the rhythm of powerful music as you enjoy the calorie burning benefits of interval training. Take on the terrain of hills, flats, & mountain peaks, all while sweating & burning to reach your endorphin high in this fun class.

**Group Cycling:** Enjoy this fun, "freestyle" cycling class lead by motivating music & instructors.

**EPIC Cycling:** An interactive cycling class created for people with special needs who have endless possibilities. *\*Please contact membership for scholarship opportunities.*

**POWER Cycling:** One full hour of hills, sprints and intervals all mixed together to get the heart pumping!

## YOGA & PILATES

**Gentle Yoga:** 45-minute class of basic yoga poses. Provides beginners an excellent introduction where they can learn to focus on breathing and alignment, while allowing more advanced students to focus on the foundations of their practice. Modifications are provided.

**Yoga Flow:** This Vinyasa style class is a great way to get the body moving, release toxins & calm the mind. Joining physical postures, or asanas, with inhales & exhales, creates a steady internal rhythm; building heat, endurance, flexibility, strength & focus.

**Sport Yoga:** 45-minute class that focuses on balancing the mind and body while strengthening and stretching muscles, working on mobility, and improving range of motion. Verbal cues will be used to reinforce proper alignment, making the class an excellent choice for any level.

**Intro to Yoga:** 45-minute class that offers the beginning level opportunity for those who want to learn the basics and prepare for more advanced classes.

**Chair Yoga:** 45-minute class that is practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.

## AQUATICS CLASSES

**Water Aerobics:** 40-minute, shallow water class designed to obtain a great cardio workout along with strength training through the resistance of water and aqua fitness accessories.