

# ADULT FITNESS CLASSES

## December 2024



MON	TUE	WED	THURS	FRI	SAT	SUN
<b>CHAIR YOGA</b> 10-11AM MARJA (MP ROOM)	<b>HATHA YOGA</b> (2 CLASSES) 9-10AM 10:30-11:30AM SUZANNE (CLASSROOM 2)	<b>ZUMBA®</b> 10-10:50AM MICHELLE T. (MP ROOM)	<b>HATHA YOGA</b> 8:30-9:30AM SUZANNE (CLASSROOM 2)	<b>TOTAL BODY WORKOUT</b> 9-9:50AM STEVE (CLASSROOM 2)	<b>TOTAL BODY WORKOUT</b> 8:30-9:30AM BRANDON (MP ROOM)	<b>LABLAST®</b> 8:30-9:30AM MELISSA (MP ROOM)
<b>DANCE &amp; TONE</b> 11:15AM-12:15PM JAMES (MP ROOM)	<b>STRETCH, FLEX &amp; TONE</b> (2 CLASSES) 10:30-11:30AM 11:45-12:45AM ROSALIND (MP ROOM)	<b>MEDITATION</b> 11-11:45AM ASSUNTA (CLASSROOM 2)	<b>*CHAIR YOGA</b> 10-11AM SUZANNE (GYMNASIUM)	<b>*CHAIR YOGA</b> 10-11AM ASSUNTA (GYMNASIUM)	<b>FITCULTURE STRENGTH</b> 9-10AM (GYMNASIUM)	<b>PILATES</b> 9:45-10:45AM CARISSA (MP ROOM)
<b>SCULPT YOGA</b> 5-6PM NIKOLE (CLASSROOM 2)	<b>TAI CHI</b> 1-2PM ROSALIND (MP ROOM)	<b>HATHA YOGA</b> 6:15-7:15PM SUZANNE (CLASSROOM 2)	<b>*LABLAST®</b> 11:10-11:55AM JAIME (GYMNASIUM)	<b>*DANCE &amp; TONE</b> 11:10-11:55AM JAMES (GYMNASIUM)	<b>TAI CHI</b> 9:45-10:45AM ROSALIND (MP ROOM)	<b>HATHA YOGA</b> 11-12PM MICHELLE F. (MP ROOM)
<b>SPIN</b> 6:15-7PM NIKOLE (FITNESS CENTER)	<b>SPIN</b> 5:30-6:15PM DANIELLE (FITNESS CENTER)	<b>SPIN</b> 6-6:45PM NIKOLE (FITNESS CENTER)	<b>*STRETCH, FLEX &amp; TONE</b> 1-2PM JAMES (MP ROOM)	<b>*CHAIR LABLAST®</b> 1-2PM JAIME (MP ROOM)	<b>VINYASA YOGA</b> 11-12PM JEANNIE (MP ROOM)	
<b>FITCULTURE KICKBOXING</b> 7-8PM (FITNESS CENTER)	<b>FITCULTURE STRENGTH</b> 6-7PM (GYMNASIUM)	<b>FITCULTURE KICKBOXING</b> 7-8PM (FITNESS CENTER)	<b>*QIGONG</b> 1-2PM STELLA (CLASSROOM 2)	<b>*BALLROOM DANCE</b> 1-2PM EUGENE (MP ROOM)	<b>SPIN</b> 1:15-2PM NIKOLE (FITNESS CENTER)	
<b>AQUA ZUMBA®</b> 7:15-8PM CARISSA (POOL)	<b>DANCE &amp; TONE</b> 6:30-7:30PM ROSEANN (MP ROOM)	<b>DANCE &amp; TONE</b> 7:30-8:30PM ROSEANN (MP ROOM)	<b>FITCULTURE STRENGTH</b> 6-7PM (GYMNASIUM)	<b>LABLAST®</b> 6-7PM TESHIA (MP Room)	<b>BALLROOM DANCE</b> 2-3PM EUGENE (CLASSROOM 2)	
	<b>BUDDHA HAND KUNG FU</b> 6:30-8PM PETER (CLASSROOM 2)		<b>VINYASA YOGA</b> 6:15-7:15pm JEANNIE (CLASSROOM 2)			
	<b>PILATES</b> 7:45-8:45PM CARISSA (MP ROOM)		<b>BUDDHA HAND KUNG FU</b> 7-8:30PM JACK (FITNESS CENTER)			
			<b>SCULPT YOGA</b> 7:30-8:30pm NIKOLE (CLASSROOM 2)			<b>*= FUN FIT CLASS</b>

- All Classes are Drop-In. No Commitment or Fee.
- Non-Members may attend for \$20 per class.

# ADULT ENRICHMENT CLASSES

## December 2024



### ITALIAN LANGUAGE

**TUESDAY**

**5-6PM**

ADVANCED  
MICHAEL  
(CLASSROOM 2)

**TUESDAY**

**6-7PM**

BEGINNER  
MICHAEL  
(CLASSROOM 2)

### \*AMERICAN SIGN LANGUAGE

**THURSDAY**

**10-11AM**

ALINA  
(CLASSROOM 2)

**FRIDAY**

**10-11AM**

ALINA  
(CLASSROOM 2)

### \*ARTS & CRAFTS

**THURSDAY**

**1-3PM**

SONIA  
(CLASSROOM 1)

**FRIDAY**

**10-11AM**

SONIA  
(CLASSROOM 1)

### FITNESS CLASS DESCRIPTIONS:

#### AQUA ZUMBA

High-energy aquatic workout combining Zumba rhythms for a fun, body-toning experience.

#### BALLROOM DANCE

Fundamentals of Ballroom and Latin Dance, no partner or experience required. Ages 15+.

#### BUDDHA HAND KUNG FU

Learn breathing exercises and self-defense techniques. All levels welcome, ages 16+.

#### CHAIR YOGA

Gentle yoga using a chair for support to enhance circulation and promote joint health.

#### CYCLE BLAST

High-intensity workout incorporating resistance, speed, and upper body exercises.

#### DANCE&TONE

Energize with easy choreography set to upbeat music for a fun, mid-level workout.

#### FITCULTURE

Combine calisthenics with resistance training to improve strength and mobility. Ages 18+.

#### FITCULTURE KICKBOXING

High-intensity workout with striking techniques and kettlebell exercises. Boxing gloves required. Ages 18+.

#### HATHA YOGA

Gentle yoga with breathing and basic poses, perfect for beginners.

#### LABLAST FITNESS

Created by Louis van Amstel, this class blends ballroom dance with interval, weight, and plyometric training. Moderate intensity.

#### MEDITATION

Meditation is an effective method to reduce stress and anxiety.

#### PILATES

Low-impact class focusing on balance, flexibility, and overall well-being, suitable for all levels.

#### POUND UNPLUGGED

High-intensity exercises combined with restorative movements using Ripstix® for an immersive experience.

#### SCULPT YOGA

A total body workout combining yoga poses and strength training. Mid-level intensity.

#### SPIN

Ride indoors with an instructor guiding you through a heart-pumping session, focusing on technique, body alignment, and cardio drills.

#### STRETCH, FLEX & TONE

Boost endurance and tone key muscle groups with fun, low-impact exercises.

#### TAI CHI

Low-impact class focusing on balance, flexibility, and overall well-being, suitable for all levels.

#### TOTAL BODY WORKOUT

Burn calories, build core strength, and increase flexibility with low-impact aerobics, weight training and bodyweight exercises.

#### VINYASA YOGA

Flow through poses emphasizing alignment and core strength. Suitable for all levels. Ages 13+.

#### ZUMBA FITNESS

Dance off calories to Latin and World rhythms, enhancing cardio and muscle conditioning. Moderate intensity.