

# Seascape Sports Club - Group Exercise Schedule - FEBRUARY 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		<b>ADULT SWIM</b> Roger		<b>ADULT SWIM</b> Roger			
8:00 AM	<b>ZUMBA</b> Mary W	<b>MAT PILATES</b> Aimee	<b>ZUMBA</b> Kelly	<b>CARDIO SCULPT</b> Maria	<b>ZUMBA</b> Mary W	<b>ZUMBA</b> Chris	<b>ADULT SWIM</b> Roger
9:00 AM	<b>PILATES FUSION</b> Margaret C	<b>CARDIO DANCE</b> Annie	<b>Pilates Fusion</b> Wendy <b>AQUA</b> Laurel	<b>CARDIO DANCE</b> Annie	<b>STABILITY SCULPT</b> Maria	<b>Pilates Fusion</b> Margaret C <b>AQUA</b> Blue	<b>PILATES FUSION</b> Martha
10:00 AM	<b>Hatha Yoga</b> Margaret C <b>CIRCUITS</b> Wendy	<b>TRI YOGA</b> Gabriel	<b>HATHA YOGA</b> Wendy	<b>TRI YOGA</b> Martha	<b>Restorative Pilates</b> Martha <b>AQUA</b> Blue	<b>TRI YOGA</b> Gabriel (90 Minutes)	<b>HATHA YOGA</b> Jen
11:00 AM	<b>TRI YOGA</b> Martha (90 Minutes)	<b>PILATES FUSION</b> Michelle	<b>TRI YOGA</b> Jasmin (90 Minutes)	<b>MAT PILATES</b> Willow	<b>TRI YOGA</b> Martha (90 Minutes)		<b>TRI YOGA</b> Sandy (90 Minutes)
12:00 PM				<b>QIGONG</b> Willow		<b>CIRCUITS</b> Judy	
5:00 PM	<b>AQUA</b> Gloria				<b>Hours Of Operation/Fees</b>		
5:30 PM	<b>MAT PILATES</b> Stephanie	<b>ZUMBA</b> Joanie	<b>CIRCUITS</b> Kelly <b>TEEN FITNESS</b> Denise	<b>CORE STRENGTH &amp; STRETCH</b> Judy	<b>Days</b> Mon-Fri Sat/Sun	<b>Club Facility</b> 5:30am-9pm 7am-7pm	<b>Swim Center</b> 5:30am-8pm 7am-6pm
6:00 PM	<b>ADULT SWIM</b> Laura		<b>ADULT SWIM</b> Laura		<b>Child Care</b> Monday-Thursday Friday First Friday Saturday-Sunday	<b>Hours</b> 9am-6pm 9am-2pm 5pm-9pm (Resv. Required) 10am-3pm	<b>Hour</b> <b>1/2Hour</b>
6:30 PM	<b>TRI YOGA</b> Kim	<b>Pilates Fusion</b> Wendy	<b>TRI YOGA</b> Sonia		<b>Childcare Fee</b> Member Non-Member	<b>Hour</b> <b>1/2Hour</b>	<b>Monthly</b>
					<b>Class Fee *</b> Member Non-Member	<b>Daily</b> <b>Monthly</b>	
					*Classes 55 minutes unless otherwise noted		

## CLASS DESCRIPTIONS • Denise Russo - Group Exercise Director • NON MEMBERS WELCOME!

**Aqua:** A great way to get a cardiovascular workout without impacting the joints. Water creates resistance which builds muscle tone. Enjoy a high-intensity workout that is a lot of fun.

**Cardio Sculpt:** Half cardio and half resistance training, as you rotate through different stations, you will feel your heart pump and your muscles burn. This class combines step and / or hi-low with tubing hand weights, body bars, Gliding™ Discs and balls.

**Circuits:** A challenging strength training workout that can be completed in 30 or 60 minutes. Each session focuses on strength, endurance, and proper form utilizing weight machines and cardio stations. **(Meets in the Fitness Center)**

**Adult Swim:** Adult Swim is for those seeking a solid aerobic workout. Focusing on distance with freestyle swimming in groups at your own speed. Course typically 1.5 –2 miles. Time is spent on drills to improve technique. The focus is on open water events not swim meets.

(\*Additional instructor fee \$3 per class for non-members.)

**Zumba:** A high energy dance workout set to a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba maximizes caloric output, fat burning and total body toning.

**Pilates:** Based on traditional style of Pilates, these classes use the mind-body connection to strengthen core muscles and improve overall balance and flexibility.

A. Pilates Mat: traditional format with limited use of props.

B. Pilates Fusion: May include use of stability balls, and other resistant equipment with a full body workout.

C. Restorative Pilates: appropriate for all levels, especially for those who are returning to fitness or recovering from an injury. May use props

**Stability Sculpt:** Stability balls are the hottest tool for developing core strength and balance. This class incorporates a variety of sculpting equipment and Gliding™ Discs for kinesthetic awareness and strength.

**TriYoga®:** Includes relaxation-in-action spinal movements and economy of motion while increasing strength, flexibility, endurance and breath control:

A. **Basic:** for those new to Tri-Yoga® and/or who want to strengthen core alignments.

B. **Level 1:** adding more postures to the basic poses, to help increase strength with slow stretches in a flowing style.

C. **Level 11:** advanced postures for the experienced yoga student.

**Hatha Yoga:** Incorporates breath with movement. Poses are both flowing and sustained for maximum strength and flexibility. Modifications for varying levels are given in the class.

**Teen Fitness:** Keeping pace with our pre-teens and teens, this format (and the music) changes weekly to include cardio, strength and flexibility. Use steps, stability balls, hand weights and more to develop fitness while having fun with friends, to current pop music! (12+)

**Qigong:** Align breathing, physical activity, and awareness for mental, spiritual and corporeal health to promote healing and longevity. This ancient Chinese practice has many benefits, including bringing ones energy into balance.

**Cardio Dance:** Aerobic based dance work out will raise your heart rate while doing the latest dance moves. Choreography changes monthly and is taught in an easy-to-learn, add-on style.

**Core, Strength and Stretch:** See class description for Stability Sculpt, with emphasis on core strengthening followed by extended stretch.