

Colony South Fitness & Sports Club

Group Exercise Class Schedule

301-877-4806

Effective: December 1, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
8:00-8:55 Aqua Cardio Blast <i>Eva</i>		8:00-8:55 CoreFlex <i>Eva</i>	8:00-8:45 Muscle Conditioning <i>Eva</i>	8:00-8:45 Gentle Yoga <i>Christina</i>	
9:00-9:55 Water Weights <i>Eva</i>	9:00-9:55 Water Aerobics <i>Cecilia</i>	9:00-9:55 Water Legs <i>Eva</i>	9:00-9:55 Noodle Workout <i>Eva</i>	9:00-9:55 Aqua Body Shop <i>Christina</i>	9:30-10:55 Cardio Kickboxing <i>Debbie</i>
10:00-11:30 Aqua Volleyball	10:00-10:55 Senior Aquatic Exercise <i>Cecilia</i>	10:30-11:25 <i>New Class!</i> Senior Cardio Dance <i>Debbie</i>	10:00-10:55 Senior Aquatic Exercise <i>Eva</i>	10:00-11:30 Aqua Volleyball	11:00-11:30 Tai Chi <i>Debbie</i>
10:15-11:00 Muscle Conditioning <i>Eva</i>			10:15-11:25 Resist-a-ball & Bands <i>Christina</i>		
	11:30-12:25 Senior Aquatic Exercise <i>Christina</i>		11:30-12:25 Senior Aquatic Exercise <i>Christina</i>		
EVENING					
	4:30-5:25 Senior Aquatic Exercise <i>Cecilia</i>		4:30-5:25 Senior Aquatic Exercise <i>Cecilia</i>		
5:00-5:55 Cardio Infusion & Amazing Abs <i>Debbie</i>	5:30-6:25 STEP <i>Debbie</i>	5:00-5:55 Hi/Low & Amazing Abs <i>Debbie</i>			
		6:00-6:55 Strength & Toning <i>Debbie</i>	5:30-6:25 15-15-15 <i>Crystal</i>		
6:00-6:55 Strength & Toning <i>Debbie</i>	5:30-6:25 Water Weights <i>Cecilia</i>		6:30-7:25 Water Aerobics <i>Crystal</i>		

Classes in **Bold** are Land Activities; other classes are *Water* Activities

PLEASE ARRIVE ON TIME FOR CLASS!

Class Descriptions-

15-15-15- 15 Minutes of Step Aerobics, Abdominals, and then Muscle Conditioning.

Ab's & Tone/ Strength & Toning - Intense muscle toning exercises performed using dumbbells and calisthenics, plus an Ab workout that will make anyone sweat!

Aqua Body Shop – A high intensity cardiovascular aerobics workout. Uses various tools to tone muscles and improve cardiovascular endurance. Work your body from your arms down to your feet.

Aqua Volleyball- Volleyball in the pool!

Cardio Infusion- Combination of STEP, basic floor aerobics and Muscle Conditioning for an entire body workout!

CoreFlex - Pilates based exercises, teaching awareness of breath, alignment of the spine, and aims to strengthen the deep torso muscles. Also helps stretch all major muscle groups to leave your body firm and flexible.

Hi/Low & Amazing Ab's- High/low intensity interval land aerobics class. Uses a combination of different interval techniques along with a great abdominal workout. Great class designed for a full body workout with quick results!

Muscle Conditioning – Intense muscle conditioning with use of weights and calisthenics.

Resist-A-Ball- a class designed to increasing core strength, stability and provide a total body workout. Classes allow the member to perform a variety of balance, core training, strength, and flexibility exercises.

Senior Aquatic Exercise –Exercise program based on The Arthritis Foundation guidelines to help increase range of motion, and improve flexibility, balance, coordination, and strength; non-impact.

Senior Cardio Dance- Upbeat combination of dance styles including Salsa and Cha Cha, all of which can be done free standing or with a chair. Class finishes with 30 mins of Tai Chi to stretch and cool down.

STEP- Aerobic exercise using elevated platforms. Provides endurance and strength training to improve gait, balance and flexibility.

Tai Chi- an internal Chinese martial art with both hard and soft martial art techniques.

Water Aerobics/Aqua Cardio Blast – Intense cardiovascular workout in the pool.

Water Legs- Cardiovascular aerobics workout, focusing on the strengthening and toning of the legs.

Water Weights/Noodle Workout – cardiovascular aerobics class with buoys/noodles to improve strength (in the pool).

Yoga for Beginners - Sivananda Hatha “OM” Yoga in the form of Gentle Yoga specifically designed as a morning routine to help stretch and prepare the body for the day ahead. Uses a combination of breathing exercises, and basic yoga postures. This class will leave you refreshed and increase flexibility.

Zumba - is a unique and exciting high-energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. This includes, but not limited to, dances such as Salsa, Merengue, Bachata, Tango, Cha Cha and even Reggaeton!

Please sign in at the desk before participating in any class.

Participants must be 18 years old.

Note: Water Aerobics class size is limited. Guest fee for aerobics class \$10.00. A member must accompany Guest.

Class type or Instructor schedule is subject to change or be cancelled without notice.

Location of class may also change, please check with the staff. Pool classes may be cancelled when thunder or lightening occurs.