

# Colony South Fitness & Sports Club

## Group Exercise Class Schedule

**301-877-4806**

Effective: March 1<sup>st</sup>, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			<b>7:00-7:40</b> <b>Muscle Conditioning</b> <i>Eva</i>		
8:00-8:55 Aqua Cardio Blast <i>Eva</i>	8:00-8:55 Aquacise <i>Martha</i>	8:00-8:55 <b>Stretch &amp; Tone</b> <i>Eva</i>	8:00-8:55 Water Weights & Noodles <i>Eva</i>	8:00-8:45 <b>Beginners Yoga</b> <i>Christina</i>	8:30 – 9:25 Aquacise <i>Martha</i>
9:00-9:55 Water Weights <i>Eva</i>	9:00-9:55 Aquacise <i>Martha</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>	
10:00-10:55 Aqua Volleyball	10:00-10:55 Senior Aquatic Exercise <i>Martha</i>		10:00-10:55 Senior Aquatic Exercise <i>Eva</i>	10:00-10:55 Aqua Volleyball	
<b>10:15-11:00</b> <b>Muscle Conditioning</b> <i>Eva</i>	<b>10:15-10:55</b> <b>Resist-A-Ball</b> <i>Christina</i>	<b>10:15-11:00</b> <b>Belly Dancing</b> <i>Yucy</i>	<b>10:15-11:00</b> <b>Walleyball</b>		
	11:30-12:25 Senior Aquatic Exercise <i>Christina</i>		11:30-12:25 Senior Aquatic Exercise <i>Christina</i>		
<b>EVENING</b>					
	4:30-5:25 Senior Aquatic Exercise <i>Eva</i>		4:30-5:25 Senior Aquatic Exercise <i>Martha</i>		
	5:30-6:25 Water Weights <i>Eva</i>		5:30-6:25 Aquacise <i>Martha</i>		
<b>6:00-6:45</b> <b>15-15-15</b> <i>Crystal</i>					
	6:45-7:25 <b>Muscle Conditioning</b> <i>Eva</i>				
<b>7:00-7:55</b> <b>Belly Dancing-Latin Fusion</b> <i>Yucy</i>			<b>7:00-7:55</b> <b>Belly Dancing</b> <i>Yucy</i>		
7:00-7:55 Water Aerobics <i>Crystal</i>	7:45-8:40 Water Aerobics <i>Eva</i>	7:30-7:55 <b>Kickboxing</b> <i>Stephanie</i>	7:00-7:55 Aquacise <i>Martha</i>		
8:00-8:30 Aqua Volleyball					

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** – Intense muscle toning exercises performed using dumbbells and calisthenics, plus an Ab workout that will make anyone sweat!

**Aquacise** – Enjoy all the fun and dance-style moves in the pool!

**Aqua Body Shop** – A high intensity cardiovascular aerobics workout. Uses various tools to tone muscles and improve cardiovascular endurance.

**Aqua Volleyball-** Volleyball in the pool!

**Aqua Yoga-** Gentle Hatha Yoga focusing on a variety of standing postures and breathing exercises. This Yoga is done in the water to enhance core muscles and relaxation of the body.

**Belly Dancing** – Move your body like no other class will! Great for abdominal and lower back muscles- non-impact.

**Kickboxing-** High intensity land aerobics class. Uses a combination of different boxing techniques such as jabs, punches, and kicks along with a great cardiovascular workout. Great class designed for a full body workout with quick results!

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

**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.

**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.

**Stretch & Tone-** Pilates based exercises, teaching awareness of breath, alignment of the spine, and aims to strengthen the deep torso muscles.

**Walleyball-** Volleyball in the Racquetball courts. Same concept and rules of regular volleyball except the walls are in!

**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, meditation, mantras, and basic yoga postures.

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.