

Colony South Fitness & Sports Club

Group Exercise Class Schedule

301-877-4806

Effective: May 1st, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
7:00-7:45 Stretch & Tone <i>Eva</i>			7:00-7:45 Muscle Conditioning <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 Stretch & Tone <i>Eva</i>	8:00-8:55 Water Weights & Noodles <i>Eva</i>	8:00-8:45 Stretch & Tone <i>Eva</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>Eva</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	
10:15-11:00 Muscle Conditioning <i>Eva</i>		10:15-11:00 Belly Dancing <i>Yucy</i>	10:15-11:00 Walleyball		
	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>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>		
6:00-6:45 15-15-15 <i>Crystal</i> No Class 5/12	6:30-7:25 Water Aerobics <i>Eva</i>				
	6:30-7:25 Strength Training <i>Enrique</i> No Class 5/13	6:30-7:25 Strength Training <i>Enrique</i> No Class 5/14			
			7:00-7:55 Belly Dancing <i>Yucy</i>		
7:00-7:55 Water Aerobics <i>Crystal</i> No Class 5/12		7:30-8:25 Kickboxing <i>Stephanie</i>	7:00-7:55 Aquacise <i>Martha</i>		
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/Strength Training – 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.* E-mail registration for club information, class changes/cancellations, pool/hot tub closure available at desk. Location of class may also change, please check with the staff. Pool classes may be cancelled when thunder or lightning occurs.