

Aerobics Schedule 2010

Effective May 16, 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30am Zumba (Monica)	6:00-7:00am Power Workout (Khnuma)	6:00-6:45am Cardio Aerobics (Khnuma)	6:00-7:00am Power Workout (Khnuma)	6:30-7:30am Zumba (Monica)	
		7:30-8:30am Zumba (Aziyza)	7:00-8:00am Zumba (Monica)	7:30-8:30am Nia (Aziyza)	7:30-8:30am Totally Fit (Kerstin)	
		8:30-9:30am Water Aerobics (Suzanne)		8:30-9:30am Water Aerobics (Suzanne)		
	8:00-9:00am Pilates (Sonia)	8:30-9:45am Active Yoga (Kerstin)	8:00-9:00am Pilates (Sonia)	8:30-9:30am Belly Dancing (Khnuma)	8:30-9:30am Pilates (Sonia)	8:00-9:00am Zumba (Monica)
9:00-10:00am Water Aerobics (Suzanne)	9:00-10:00am Nia Suave (Aziyza)		9:00-10:00am Nia Suave (Aziyza)		9:30-10:30am Nia Suave (Aziyza)	9:00-10:00am Sweat (Elena)(Feb)
	10:30-11:30am Active Adults (Aziyza)	10:00-11:15am Yoga (Jennifer)	10:30-11:30am Active Adults (Aziyza)	10:00-11:15am Yoga (Jennifer)	10:30-11:30am Active Adults (Aziyza)	10:00-11:00am Power Yoga (Emily)
						12:00-2:15pm Tae Kwon Do (Terrance)
		3:30-4:30pm Zumba (Monica)	3:00-4:00pm Zumba (Monica)	3:30-4:30pm Zumba (Monica)		
	4:00-5:00pm Pilates (Aziyza)	4:30-5:30pm Sweat (Elena)	4:00-5:00pm Pilates (Aziyza)	4:30-5:30pm Sweat (Elena)		
	5:30-6:30pm Poolates (Sonja)				5:30-6:30pm Poolates (Sonja)	
	5:30-6:30pm Impact Kickboxing (Kerstin)	5:30-6:30pm Total Body Workout (Dinah)	5:30-6:30pm Step (Dinah)	5:30-6:30pm Power Yoga (Emily)	5:00-6:00pm Zumba (Monica)	
		6:30-7:30pm Socaerobics (Khnuma)		6:30-7:30pm Belly Dancing (Khnuma)	6:00-7:00pm Zumba (Aziyza)	
	7:30-9:15pm Tae Kwon Do (Terrance)		7:30-9:15pm Tae Kwon Do (Terrance)			

DESCRIPTION OF WORKOUT CLASSES

Belly Dance: Have fun testing your body wave ability while you strengthen your core, improve your balance and coordination, jumpstart your endurance, get in touch with your sensuality and burn at least 300-500 calories!

Sweat: Step, hi-lo aerobics, squats, lunges, free weights, resistance bands, and more. Go home with a happy glow! Suitable for all levels.

Impact Kickboxing: Excellent in developing body tone and burning fat, followed by 15 minutes of abdominal work. Intermediate to advanced levels.

Totally Fit: This class emphasizes building muscular strength utilizing dumbbells and body bars following a 15-minute cardio warm-up. Great for all levels.

Nia / Nia Suave: Focus on balance, strengthening, and core body movements. Nia: Same idea but a little more sweat. Beginners welcome.

Pilates: Strengthen within, lengthen and increase flexibility and mobility. Mind-over-body modified exercise. All levels welcome.

Active Adults: A class designed for the senior population who are on the move but may have physical limitations. Focuses on range of motion, balance, fluid movement, strength, and fun. Doctor's release may be required.

ater Aerobics/Poolates: Get in the pool for your cardiovascular and strength workout in a non-weight-bearing, low/no-impact setting. Poolates combines Pilates movements in your water workout. All levels welcome.

Yoga: Enrich your mind, body, and soul. This class will improve flexibility, strength, and muscle tone. Beginners welcome.

Active/Power Yoga: Emphasizing on flexibility and strength, utilizing the vinyasa style of feeling through poses. Intermediate to advanced levels.

Zumba® Fitness: Training sessions combining fast and slow rhythms using a fusion of Latin/Caribbean beat. Great for weight loss, muscle toning, and cardiovascular function. Zumba is open to all levels. Zumba Rumba is relatively faster and more rigorous and more suited for intermediate to advanced followers.

Step: A form of aerobics that uses elevated platforms. Involves stepping on and off risers in rhythmic and continuous movements. Great and fun way to burn fat, as well as shape, tone, and build muscles!

Socaerobics: Dance, jump, and laugh to the hot rhythms of Caribbean music. You'll get a great workout, relieve stress and prevent aging through fun and dance.

Power Workout: Start your day off with this fast-paced class. Designed for the early bird who wants to have the best of all worlds in fitness without spending hours at the gym, it includes warm-up, cardio, step, weights, stretch, abs and gleuts - all in 45 minutes! Get your energy soaring!

Cardio Aerobics: A good workout without the step or heavy weights. Focuses on developing a healthy heart with 45 minutes of mid-high impact cardio routines and cross-training while the cool down elongates the body and strengthens the core with max stretch and ab work. Great way to start the day!

(Men are more than welcome!!!)

