

# GROUP EXERCISE SCHEDULE



## MONDAY

8:05-8:50 AM	Outdoor Strong & Limber*
9:30-10:00 AM	Zoom Chair Fitness
10:30-11:00 AM	Express Group Cycle**
11:00-11:45 AM	Aqua Remedies**
11:00-11:45 AM	Zoom Yoga Flow

## TUESDAY

9:05-9:50 AM	Aqua Fit**
9:30-10:20 AM	Zoom Zumba
10:00-10:45 AM	Aqua Challenge**
11:00-11:45 AM	Zoom Strong & Limber
5:05-5:50 PM	Outdoor Functional Conditioning*

## WEDNESDAY

8:05-8:50 AM	Outdoor Strong & Limber*
9:00-9:45 AM	Chair Fitness**
10:00-11:00 AM	Yoga I**
10:30-11:00 AM	Express Group Cycle**
11:00-11:45 AM	Aqua Remedies**
2:00-3:00 PM	July Mind-Body Class**

\*Denotes class that is **outdoors**  
\*\*Denotes class that is **indoors**

## THURSDAY

8:00-8:30 AM	Full Body Stretch**
8:00-8:50 AM	Outdoor Zumba Gold*
9:05-9:50 AM	Aqua Fit**
10:00-10:45 AM	Aqua Challenge**
11:00-11:45 AM	Zoom Strong & Limber

## FRIDAY

8:05-8:50 AM	Outdoor Strong & Limber*
8:45-9:30 AM	Strong & Limber**
9:30-10:00 AM	Zoom Chair Fitness
9:45-10:45 AM	Yoga I & II**
11:00-11:45 AM	Zoom Cardio Intervals

### July Mind-Body Class

#### Vinyasa Yoga

Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage students to work within their own levels.

Yoga experience is recommended.

Wednesdays 2:00-3:00 PM  
in the Group Exercise Studio

## Indoor/Outdoor Group Exercise

\*Denotes class that is *outdoors*

\*\*Denotes class that is *indoors*

Classes that are outdoors or indoors require registration. This may be done no sooner than 7 days in advance, beginning at 9:00pm, through the Online Member Portal or calling our Member Services at 919.545.2133. Voicemails will be addressed as soon as possible.

### CLASS DESCRIPTIONS:

**Aqua Fit:** An intermediate level cardiovascular class for members wishing to burn fat and tone muscles using the power of liquid resistance.

**Aqua Challenge:** Designed for the veteran aquatic exerciser, this demanding class uses the water to give your muscles and lungs a tough workout.

**Aqua Remedies:** Improve joint range of motion, flexibility, muscular strength, and balance while getting the therapeutic benefits of working in the water.

**Chair Fitness:** This class uses easy to follow moves, focusing on balance, strength and coordination. While the entire class may be done from a chair, some standing options are given.

**Cardio Intervals:** Designed to get your heart rate up, this interval style class is an energetic and easy to follow blend of various cardio techniques including hi-lo aerobics, kickboxing, and other body weight exercises.

**Express Group Cycle:** Music guides participants through a series of drills including flat roads, hills, and sprints. This class can be challenging, but allows everyone to work at their own pace.

**Full Body Stretch:** This class leads you through variety of stretches to help improve overall flexibility, mobility and posture.

**Functional Conditioning:** This multimodality class utilizes various strength equipment and cardio drills. A challenging class guaranteed to keep you moving.

**Strong & Limber:** Perform strength and flexibility exercises for all major muscle groups with various strength equipment.

**Yoga Flow:** Beginner to intermediate poses and breathing techniques are used to flow from one move to the other while focusing on strength, flexibility and balance. A basic knowledge of yoga is helpful but not required.

**Yoga I:** Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

**Yoga I & II:** Learn beginner to intermediate poses. Alignment based approach is offered with modification and props as needed to realize the full benefit of each pose. A basic knowledge of yoga is helpful but not required.

**Zumba:** Zumba is a Latin inspired dance-fitness program that blends international music and contagious steps to form a "fitness party" that is downright addictive!

**Zumba Gold:** Easy to follow choreography focusing on balance, range of motion and coordination.