

GROUP EXERCISE SCHEDULE

SEPT
2021

MONDAY

8:05-8:50 AM	Outdoor Strong & Limber*
9:05-9:50 AM	Aqua Fit**
9:00-9:45 AM	If You Can Walk, You Can Dance**
9:30-10:00 AM	Zoom Chair Fitness
10:00-10:45 AM	Aqua Challenge**
10:30-11:00 AM	Express Group Cycle**
11:00-11:45 AM	Zoom Yoga Flow

TUESDAY

9:30-10:20 AM	Zoom Zumba
10:30-11:15 AM	Aqua Remedies**
11:00-11:45 AM	Zoom Strong & Limber
2:05-2:50 PM	Chair Yoga**
5:05-5:50 PM	Outdoor Functional Conditioning*

WEDNESDAY

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

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

THURSDAY

9:00-9:45 AM	Full Body Stretch**
9:30-10:20 AM	Zoom Zumba Gold
10:30-11:15 AM	Aqua Remedies**
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

September Specialty Class

If You Can Walk, You Can Dance

After 15 minutes of barre exercises you will learn a new style of dance each week...like Latin, country western and Hawaiian.

Mondays 9:00-9:45 AM

Chair Yoga

Relax, restore, and revitalize the mind with basic yoga postures while using the chair for support. Great for beginners!

Tuesdays 2:05-2:50 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.