

# LGSRC Group Exercise Schedule - May 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) HD Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) JM Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) JM Group Cycle (60) DM	
7:00 AM							Group Cycle (55) RY
7:30 AM							Masters Swim (90) JS
8:15 AM							Body Sculpt (60) DM
8:30 AM	Zumba (60) LY	Step/Sculpt (60) LP	Pilates Mat (60) AW	Zumba (60) KL	Pilates Mat (60) AW	U-Jam (60) KL	
9:30 AM		Pilates Mat (75) AA  Aqua Combo (60) KO	Masters Swim (60) TBA	Power Sculpt (75) VZ  Aqua Combo (60) MS	Masters Swim (60) TBA  Group Cycle (90) RY	Cardio Sculpt (75) DR  Aqua Combo (60) DC	Eclectic Yoga/ Pilates (75) MW Aqua Combo (60) TBA
9:45 AM			Cardio Strength Training (60) LM				
10:00 AM	Eclectic Yoga (90) EF						
10:45 AM			Yoga Fundamentals (60) LW				
11:00 AM				Vinyasa Yoga (75) LW			
11:30 AM						Vinyasa Yoga (90) HE	Zumba (60) LY/HH
12:00 PM		Zumba (60) VZ	Group Cycle (60) RY		Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DR			Sr. Conditioning (60) MW		
3:00 PM				Qigong (75) BB			
4:00PM			Gentle Yoga (60) AW		Gentle Yoga (60) AW		
4:30 PM		Group Cycle (60) RY					
5:30 PM		Zumba (60) JD	BODYSHRED™ (60) SL	Cardio Sculpt (60) DR	Zumba (60) JH		
5:45 PM						Yin Yoga (90) LW	
6:30 PM		Beginning Yoga (90) EF	Zumba (60) AT		Pilates Mat (60) BA		
6:45 PM				Vinyasa Yoga (75) HE			
7:00 PM			Pre-Masters Swim (60) JS		Pre-Masters Swim (60) JS		
8:00 PM				Zumba (60) HH			

## Group Exercise Instructors:

AA-Allyson Atwell  
AT-Ana Tan  
AW-Ann Weismann  
BA-Becky Alcorta  
BB-Barbara Branaman  
DC-Debora Cohen  
DM-Dolores Montenegro  
DR-Deborah Rothschild  
EF-Elena Fisher

HD-Heather Driscoll  
HE-Heather Estrada  
HH-Hila Harel  
JD-Jill Dunkin  
JH-Jennifer Hill  
JM-Jackie McCleary  
JS-John Schaefer  
KL-Kate Loweth  
LP-Laura Peterson

LM-Luciana Mendonca  
LY-Lupe Yepiz  
LW-Linda Wagner  
MS-Marlene Suits  
MW-Mary Worn  
RY-Rachel Young  
SL-Shannon Larsen  
VZ-Valy Zumpano

## GROUP EXERCISE CLASS DESCRIPTIONS

**Body Sculpt** is a combination of traditional body sculpting methods using free weights, resistance bands and your own body! Designed to provide you with a total body workout in one short hour! Good for all levels. (60 min)

**BODYSHRED™** is a high intensity and endurance based 30 minute workout. It utilizes a 3-2-1 approach: 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You will shred fat, define muscle, transform the look of your entire physique and dramatically enhance your overall health and athletic performance. Before the blast begins, all the moves are previewed and practiced for an awesome warm up. (60 min)

**Cardio Sculpt** is a combination of cardiovascular and strength training using the Step, Body Bars exercise tubing, and dumbbells. (60 - 75 min)

**Cardio Strength Training** is a class that is challenging by using both cardio and strength intervals. Various cardio and strength training techniques will be used to build stamina. (60 min)

**Group Cycle** is a powerful cardiovascular workout that simulates a realistic cycling workout on the road. This class will significantly increase the strength of your lower body. You work at your own fitness level. (45 – 60 min)

**Pilates Mat** is a unified exercise technique composed of several controlled, precise movements aimed at stretching and strengthening the “core” muscles, back, buttocks and abdomen. It can help improve your posture. (60 – 75 min)

**Power Sculpt** is a powerful total body workout, with emphasis on increasing your strength by using weights, Body Bars and many repetitions. This class will help you SCULPT your body. (75 min)

**Qigong** practice will teach you soothing, easy-to-learn exercises for lasting health and vitality. The sharpness of the mind, the strength of the body, and the clarity of the spirit are all essential for health and vitality. Qigong training combines the graceful movements, breathing, and visualization to form energy building exercises. These practices are so effective that in China, Qigong is prescribed for ailments and illnesses as readily as medicine is administered in the West. These practices are so effective that for centuries martial artists have used these exercises to empower their fighting and athletic abilities. Qigong is a great way to cross train for any sport, and is suitable for all ages and levels of fitness and coordination. (75 min)

**Senior Conditioning** focuses on balance, agility, core strengthening, resistance, and flexibility training. Helps improve overall body and mind health. All ages welcome. (60 min)

**Step/Sculpt** is a great lower body workout using the Step. This class gives you a good cardio workout and combines weight training also. (60 min)

**U-Jam Fitness TM** unites world beats with urban flavor and takes you around the world from hip-hop to Bollywood with an intense cardiovascular workout! Easy to learn dance steps choreographed to high energy music that makes you sweat, tone your body and leaves you craving for more! (50 min)

**Zumba** combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow for everyone. (60 min)

## AQUA EXERCISE CLASS DESCRIPTIONS

**Aqua Combo** combines cardio movements in shallow and deep water to give you a total body workout. This class is designed for all fitness levels. (60 min)

**Masters Swim** is a coached workout designed to improve sprint speed as well as endurance capabilities. All four major strokes are utilized and refined. (60 min)

**Pre-Masters** is a coached work-out designed for beginners. All four major strokes are utilized and refined. (60 min)

## YOGA CLASS DESCRIPTIONS

**Beginning Yoga** is a class for those to new Yoga, or coming back to their practice after some abandonment. Gentle in design, this class will teach the fundamentals of yoga with emphasis on relaxation techniques. This is a perfect place to start your practice before experimenting with some of our more challenging classes. Good for beginners and all levels practiced. (90 min)

**Eclectic Yoga** is always different, so you'll never know quite what to expect. It will combine many styles of yoga, including Vinyasa, Ashtanga, Kundalini, Bikram, Yin, gentle, restorative and trance dance and meditation techniques. It will always be challenging to the body/mind and geared towards exercising in spirit! All levels of practice are welcome, although some experiences in Yoga are helpful. (90 min)

**Gentle Yoga** is taught in the styles of Yin, Restorative, Gentle, and Hatha yoga and is conducted in a much slower format than our traditional classes. Expect an easy stretch and yogic conditioning class designed to move the body gently and soothe stiff muscles/joints with an awareness to stress reduction, healing and meditation, breath work and relaxation are a vital part of this class. Great for all levels of practice, but especially for those new to yoga. (60 min)

**Yoga Fundamentals** is a gentle approach to Yoga. All levels welcome. (60 min)

**Vinyasa Yoga** is sometimes called Power or Ashtanga Yoga, this energetic and flowing class builds heat and detoxifies the body through a challenging series of sun salutations and yoga poses. The class builds strength, endurance and flexibility in the body and the mind. Students will actively combine poses (asanas) with deep breath work (pranayama), Gestures (mudras), focus (dristi) and bodily contractions (bandhas). Work at your own pace, this practice builds stamina and physical strength. Experience is required. (75 min)

**Yin Yoga** is a mellow class conducted mainly on the floor with props, quiet music and inspirational reading. Yoga poses are held for very long period of time, typically (3-5) minutes. Deep stretching of the connective tissue achieved while gently stimulating energy meridians and letting go of stress. (90 min)