

# LGSRC Group Exercise Schedule - December 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) TN Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) TN Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) TN Group Cycle (60) DM	
7:00 AM							Group Cycle (60) RY
7:30 AM							Masters Swim (90) JS
8:15 AM							Body Sculpt (60) DM
8:30 AM	Zumba (60) LY	PILOXING® (60) DR	Pilates Mat (60) AW	Zumba (60) KL	Pilates Mat (60) AW	PILOXING® (60) DR	
9:30 AM		Pilates Mat (75) AA  Aqua Combo (60) KO	Masters Swim (60) MF	Barre (75) DR  Aqua Combo (60) MS	Masters Swim (60) MF  Group Cycle (90) RY	Cardio Sculpt (75) DR  Aqua Combo (60) DC	Eclectic Yoga (90) LE Aqua Combo (60) TBA
9:45 AM			Cardio Strength Training (60) CL				
10:00 AM	Eclectic Yoga (90) EF						
10:30 AM					Aqua Yoga (60) DC		
10:45 AM			Yoga Fundamentals (60) LW				
11:00 AM				Vinyâsa Yoga (75) LW			
11:30 AM						Vinyâsa Yoga (90) HE	Zumba (60) LY/TBA
12:00 PM		Zumba (60) VZ	Group Cycle (60) RY		Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DR		Sr. Conditioning (60) DR		Sr. Conditioning (60) DR	
3:00 PM				Qigong (75) BB			
4:00PM	Restorative/Yin Yoga (90) SV		Gentle Yoga (60) AW		Gentle Yoga (60) AW		
4:30 PM		Group Cycle (60) RY					
5:30 PM		Barre (60) SC	BODYSHRED™ (60) SL	Cardio Sculpt (60) LE	Zumba (60) JH	Zumba (60) LH	
6:30 PM		Beginning Yoga (90) EF					
6:45 PM			Zumba (60) AG	Vinyâsa Yoga (75) LE			
7:00 PM			Pre-Masters Swim (60) JS		Pre-Masters Swim (60) JS		
8:00 PM				Zumba (60) CY			

AA-Allyson Atwell  
 AG-Amy Gardner  
 AW-Ann Weismann  
 BB-Barbara Branaman  
 CL-Christy Li  
 CY-Chelsea Yoakum  
 DC-Debora Cohen

DM-Dolores Montenegro  
 DR-Deborah Rothschild  
 EF-Elena Fisher  
 HE-Heather Estrada  
 JH-Jennifer Hill  
 JS-John Schaefer  
 KL-Kate Loweth

KO-Kathleen O'Malley  
 LH-Ley Howell  
 LE-Lauren Egavian  
 LY-Lupe Yepiz  
 LW-Linda Wagner  
 MF-Mike French  
 MS-Marlene Suits

RY-Rachel Young  
 SC-Stefanie Chase  
 SV-Sine Vind  
 SL-Shannon Larsen  
 TN-Troy Nissen  
 VZ-Valy Zumpano

## GROUP EXERCISE CLASS DESCRIPTIONS

**Barre** is inspired by ballet, but certainly not just for dancers. Barre is a low-impact, full-body workout suitable for everybody at every level. This workout will use the Barre best associated with ballet to strengthen the core, improve muscle endurance and balance, elongate and tone major muscles, and help you discover muscles you never even knew you had! The class will end with a satisfying stretch to restore those muscles. (60 min)

**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)

**PILOXING®** workouts are a fusion of boxing and standing Pilates principles. The combination of these disciplines as primary exercise components creates a sense of both physical and mental balance. (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. 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)

**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

**Aqua Yoga** is a great way to work on balance, core strength, flexibility, mindfulness and deep breathing. This class incorporates traditional yoga postures and yoga exercises designed just for the pool. This class is great for everyone! It is especially beneficial for people who have a hard time getting up and down on the floor as done in a traditional yoga mat class. Very helpful for injury recovery, physical therapy and arthritis. (60 min)

**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)

**Restorative/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)