

September 2023 Group Exercise Schedule at LGSRC

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M. Live & ZOOM
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Barre Sculpt Stacy Dunnett Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett	Master Swim Shelbi Oskolkoff Large Pool	Zumba Hema Rajpal	Master Swim Shelbi Oskolkoff Large Pool		Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness TBA Training Pool
10:45AM-11:45AM				Yoga Strength & Stretch Hema Rajpal			
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett	Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
Legend		■ Strength	■ Cycling	■ Zumba	■ Aquatics	■ Sculpt	■ Yoga

GROUP EXERCISE CLASS DESCRIPTIONS

Ab Blaster is a 30 min core class is designed to strengthen the muscles of the abs and back while improving posture through performing a variety of exercises. This class is a great addition to anyone's fitness routine. (30min)

Barre Sculpt is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body, improve muscle endurance and balance while keeping your body strong and lean using light weights, loop bands, small core balls or household items. (60 min.)

Cardio Sculpt combines cardio and strength training using body weight, body bar, dumbbells, resistance bands, or household items. (60 min)

Cycle Boot Camp combining both strength and cardio. This is an efficient and well rounded workout. Clip in for heart pumping intervals, and then grab sneakers and weights for a full body workout. Get ready to leave feeling sweaty, but faster and stronger. (60 min)

Cycling 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. (60 min)

Functional Fitness focuses on balance, agility, core strengthening, resistance, and flexibility training. Helps improve overall body and mind health. Cardio, strength, balance, and plyometric drills, along with core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best. Ages 12 and up. (60 min)

Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Use of light weights, resistance bands and a mat. Ages 12 and up (60 min)

Water Fitness combines cardio movements in shallow & deep water to give a total body workout. All fitness levels. Uses hand buoys & hydro noodles. (60 min)

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

YOGA & PILATES CLASS DESCRIPTIONS

Foam Rolling uses a foam roller and rubber balls (or tennis balls) to warmup and release tension in the body as well as improve flexibility from head to toe! All levels are welcome, so come start your day off right with effective deep foam rolling techniques! (30 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 of stress reduction; healing and meditation; breath work and relaxation are a vital part of this class. Great for all levels of yoga practice, especially for those new to yoga. Recommended props to assist you in your practice: yoga blocks, yoga mat, yoga bolster or a towel or blanket, and a strap (75 min)

Pilates Mat is a unified exercise technique composed of several controlled, precise movements aimed at stretching and strengthening the "core" muscles, back, buttocks & abdomen. It also helps to improve your posture. (60 min)

Pilates Sculpt is a dynamic combination of Pilates Mat and sculpting methods that incorporate weights for more advanced body composition. All levels are welcome. Use of Pilates rings, mat, loop bands, light weights and a small core ball. (75 min.)

Pilates Sculpt Plus+ Pilates fundamentals combined with cardio strength training and corrective exercises using the foam roller, a wider variety of hand weights, resistance bands, balls, and the magic ring. ALL AGES! (90 min)

Yoga 4 All offers movements with the breath as well as strength, balance and flexibility exercises. We are not looking for complete poses or perfection!! The class is great for all levels of practice and offers options to meet different abilities. All levels and ages are welcome (12 and up). Yoga is a great way to tone up your body and boost your energy as well as to maintain and improve your fitness level. (60 min)

Yoga Strength & Stretch combines various workout exercises in a short, yet challenging yoga flow that the students can use as a gauge of progression during the class. Exercises will support/mirror the yoga postures adding dynamic movement, including but not limited to bodyweight exercises, bands, isometrics and plyometrics. Class begins with a warm-up moving through the main flow once at a slower pace with modifications and alignment. (60 min)