





**CENTER  
FOR FITNESS**

# Group Fitness Schedule April 2019

## Center Hours

Monday-Friday 5am to 10pm  
Saturday & Sunday 7am to 5pm (May-August)  
Saturday & Sunday 7am to 7pm (September-April)

Updated March 28, 2019

Spinning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45a Spinning -Nancy		6:00-6:45a Spinning -Nancy		5:45-6:30a Spinning -Mary L	9:00-10:15a Cycle Trg. -Rotation	10:15-11am Spinning-Rotation
12:00-12:45p Spinning -Nicole	12:00-12:45p Spinning -Nicole			12:00-12:45p Spinning - Sharon	<b>Spinning Class Information</b> Pick up a lanyard at the Front Desk up to 1 hour before class. One lanyard per person please.  Bring a bottle of water and towel. Leave lanyard on bike after class.	
4:15-5:00p Spinning -Nicole		4:15-5:00p Spinning -Nicole	4:30-5:15p Spinning -Caitie			
	6:30-7:30p Spinning -Maggie	6:00-6:45p Spinning -Sharon				
Group Exercise Studio Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Group Active™-Charmaine	6:00-6:25a Insanity -Morgan	5:45-6:45a Burn Out, Build Up - Alisha	5:45-6:45a Sunrise Yoga -Mary	5:45-6:15a Tabata Express™ -Alisha	7:30-8:25a Zumba Fitness -Cecilia	8:00-9:00a Group Power™-Tammy
9:45-10:45a Pilates Mat -Delia	6:30-7:00a Group Core™ -Morgan	9:15-10:15a Group Power -Morgan	5:45-6:30a Triple Threat -Morgan	9:00-10:15a Vinyasa Yoga- Linda R	8:00-9:00a Monthly Meditation	9:00-10:00a Work It Circuit-Fitness
10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	9:15-10:15a Gentle Yoga-Lynn	8:30-9:30a Class Rotation- see below	9:05-10:05a Group Active™-Tammy
11:30-11:55a Cardio Blast -Morgan	9:15-10:15a Gentle Yoga-Micki	10:30-11:30a Pilates Mat -Delia	9:15-10:15a Gentle Flex-Dawn	9:15-10:00a Work It Circuit-Alisha	9:30-10:45a Vinyasa Yoga -Rotation	
11:45a-12:45p Laughter Yoga - Phillip	10:30-11:00a Forever Young POUND® -Alexandra	11:30-11:55a Absolutely Abs - Loni	9:15-10:15a Tai Chi - Tom	10:30-11:20a Forever Young -Franny	9:35-10:35a Group Power™-Rotation	The "Work It Circuit" classes take place on the basketball court.
12:00-1:00p Group Power™ -Sandy	10:30-11:45a Vinyasa Yoga -Linda R	12:00-12:50p Tabata-Loni	10:30-11:00am Body Works Express -Dawn	11:30a-11:55a Insanity -Rotation	10:45-11:45a Pilates Mat -Delia	
4:30-4:55p Group Core™ -Larry	11:30a-12:25p Zumba Fitness -Maria	4:30-4:55p Jump Rope Intervals - Larry	10:30-11:30a Beg/Cont Yoga -T om	11:30a-12:30p Balance Bootcamp - Lise	12:15-1:15p Tai Chi Fundamentals - Anna	
5:00-5:55p Group Power™ -Larry	12:30-1:30p Group Active™-Charmaine	5:00-5:55p Group Power™ -Larry	11:30a -12:25p Group Active™-Charmaine	12:00-1:00p Group Power™ -Sandy	<b>Saturday 8:30am Class Rotation</b>  4/6: Tabata w/ Cecilia 4/13: Class Demo Day!! FUN!! 4/20: Triple Threat w/ Morgan 4/27: CardioBox/Abs w/ Tammy	
6:00-6:55p Group Active™- Tammy	4:30-5:00p Insanity - Morgan	5:30-6:30p Beginner Yoga -Micki	12:00-12:30p Insanity -Morgan	4:30-4:55p Group Core™ -Larry		
7:00-8:00p Beg/Cont Yoga -Letty	4:30-5:30p Chair Yoga -Anna	6:00-6:55p Zumba Fitness -Maria	12:30-1:30p Zumba Fitness -Maria	5:00-6:00p Group Power™ -Larry		
Classes shaded in gray take place in the Wellness Room.	5:15-6:10p Group Active™-Charmaine	7:00-8:15p Hatha Vinyasa Yoga - Micki	4:45-5:10p Group Core™ -Tammy	<b>Class Demo Day Saturday, April 13th! Join us for 25-minute classes between 7:30-10:30am. The more classes you attend the greater your chance at winning one of three \$20 LCF Gift Cards. Join our instructors for a fun filled, calorie burning sweaty morning full of your favorite classes!</b>  Come see MYZONE in action during the Demo Day.  Our 2nd Myzone Challenge "Spring MEP's Meltdown Challenge" begins April 14th. Myzone belts on sale April 1st-13th for \$64.50 plus tax.		
	6:15-7:15p Group Power™ -Vicky		5:15-6:10p Group Active™- Tammy			
	7:15-8:15p Tabata -Cecilia		6:15-7:00p Zumba Fitness -Maria			
			7:15-7:45p Insanity - Marissa			
On 4/4 class format will be Tabata w/ Cecilia.						
Class formats, times, & instructors subject to change without notice. Classes with <b>low attendance</b> will be cancelled. Updates posted in advance when possible.						
				Thursday, 4/4- 7:20pm class will be Tabata format. Sunday, 4/7- No Work It Circuit. Try Group Active Instead! Tuesday, 4/9- 6am Insanity will be 50m. NO Group Core.		

Class formats, times, & instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible.



## **YOGA - PILATES - TAI CHI - MEDITATION**

**Beginning/Continuing Yoga-Level 1&2** This multi-level class focuses on the fundamentals of yoga but gives opportunities to progress with more challenging options

**Chair Yoga** - Enjoy the relaxation and physical benefits of yoga from a seated position. Perfect for beginners or members with mobility concerns.

**Gentle Yoga**- Moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone looking for restorative practice.

**Gentle Flex**- Experience gentle active range of motion exercises that increase flexibility and strengthen at the same time. An ideal format for the older adult.

**Hatha Vinyasa**- A "slow-flow" dynamic and moderately challenging practice that combines Hatha's emphasis on skeletal and muscular alignment with Vinyasa's focus on breath and movement flow. Class offers a good balance of strength and flexibility asanas. *At least six months of yoga experience is strongly recommended .*

**Intermediate Yoga**-This yoga class combines breath & movement, proper alignment & pose endurance in a flowing style of yoga. *Previous yoga experience recommended.*

**Laughter Yoga**- Laughter is the best medicine. Increase energy, improve mood, reduce stress, strengthen immune system, and so much more.

**Meditation** - Experience guided meditations, breath work, mantras and visualization exercises to help relieve stress and gain inner peace and balance.

**Sunrise Yoga**-This traditional Hatha style yoga class will help awaken & rejuvenate your body for the entire day. Start the day with a sense of peace, strength & energy. *Previous yoga experience recommended .*

**Vinyasa Yoga**- A style of flowing yoga characterized by connecting poses using rhythmic, efficient, & fluid transitions. *Previous yoga experience recommended .*

**Pilates Mat-All levels** Learn the traditional core strengthening exercises created by Joseph Pilates. Pilates will help strengthen your core, hips, and lower back.

**Stretch & Strengthen** - Experience movements from yoga & dance for a non-cardio full-body workout that will increase tone & flexibility. Mat & standing work assist both balance and range of motion for the joints.

**Tai Chi** - Relieve tension and stress with Tai Chi. Class will focus on body awareness, breathing, balance and a slow moving form of meditation.

**Tai Chi Fundamentals®** - Offers a simplified introduction to traditional Yang-style Tai Chi. This class is beginner friendly and will focus on performing relaxed, fluid movements while cultivating a calm, yet alert mental state. Other benefits include increased endurance, balance, and stress relief.

## **CARDIO - STRENGTH - CORE**

**Absolutely Abs** - Get your abs in shape w/ 360' coverage while performing Ab-focused exercises like curls, planks, twists, etc., using resistance balls, small balls & weights.

**Balance Bootcamp**- 60 minutes of balance training to help you improve your stability and stay strong & stable. Class doesn't take place the third Friday of the month.

**Body Works Express**-A gentle 3 dimensional workout using a variety of equipment in all different planes of motion. Work your muscles like never before.

**Burn Out, Build Up** - A high energy total body workout using various equipment to tone the toughest parts of your body and leave you feeling strong and powerful. Strength, stretching and some cardio will be included.

**Cardio Blast**- This heart pounding workout with simple drills and basic exercises is all cardio designed to make you sweat. Drills can be modified to fit your needs.

**CardioBox**- Experience a combination of upper and lower body boxing style movements to achieve a cardiovascular workout. A fun class that will get you moving and burning calories!

**Forever Young**- This class combines cardio, balance, strength, and stretching exercises for the purpose of improving daily function in the older adult. Participants should be able to move freely in all directions. The majority of the exercises are performed in the standing position, using a variety of equipment.

**Group Active™** - Activate your life! Cardio (using The Step™), strength, balance, core and flexibility. A complete workout in 1 hour!

**Group Core™** - Train like an athlete in 30 action-packed minutes. Improve athletic performance, help prevent back pain, and get ripped! Experience functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. **HARD CORE!**

**Group Power™**-Your hour of power! This 60-minute barbell program is for men and women of all ages and abilities. Strength train every major muscle group to heart pounding music for the entire body in only one hour! Guaranteed to improve strength and muscle definition!

**INSANITY™** - A high intensity cardio-based total body conditioning class using no equipment. Highly challenging & results-driven. Increase metabolism, strength & calories burned. Modifications can be made but please be injury free.

**Jump Rope Intervals** - A non-stop, high intensity class that combines 2 minutes of jump rope alternated with 1 minute of body-weighted cardio/strength/core exercise. Boost your metabolism, get sweaty and have fun jumping rope in this full body challenge workout!

**Forever Young/Pound™** - Rockout! Workout! A full body cardio jam session using lightly weighted drumsticks. Easy to follow cardio, strength, & pilates movements, with a chair.

**Tabata**- High Intensity Interval Training! Work one body part **STRONG** for brief periods of time with a 10 second break in between. It's intense, fun & over before you know it. Tabata is known as the "4 Minute Workout"! Boost post exercise caloric burn so your metabolism keeps burning more calories long after class is over. Modifications can be given.

**Tabata Express™** - High Intensity Interval Training in 30 minutes! Perform short interval bursts of various exercises that will maximize your results in minimal time. Work hard, Harder, and HARDEST in this class! Modifications can be given for those that need it.

**Triple Threat**- A fun class to keep your body challenged and guessing! Class combines plyometric cardio exercises, strength training, and high energy kickboxing! Each of these is broken into 15 minute segments to elevate your heart rate and work the total body.

**Work It Circuit**- Join our fitness specialists for an hour of combined strength and cardiovascular exercises. This class meets on the basketball court and is never the same!

**Zumba Fitness**- Join the Zumba party! Dance to salsa, merengue, cumbia & reggaeton rhythms. Get your heart pumping & body moving. You won't even realize it's exercise!



**CENTER  
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# Aqua Class Schedule 2019

**Center Hours**  
Monday-Friday 5am to 10pm  
Saturday & Sunday 7am to 5pm (May-August)  
Saturday & Sunday 7am to 7pm (September-April)

Updated March 28, 2019

Warm Water Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:30-6:15am Aqua Fit -Charmaine		7:30-8:25a Aqua Fit -Dawn G.	
8:00-9:00a Aqua Fit -Sharon		8:00-9:00a Aqua Fit -Sandra		8:00-9:00a Aqua Fit -Sharon	8:30-9:25a Aqua Fit -Dawn G.	
9:15-10:15a Aqua Fit -Sharon	9:15-10:15a Aqua Fit -Charmaine	9:15-10:15a Aqua Fit -Sandra	9:15-10:15a Aqua Fit -Nancy	9:15-10:15a Aqua Fit -Sharon		
10:30-11:30a \$\$ Arthritis Aqua -Mary Lynn	11:00-11:45a H2Overload -Sandy	10:30-11:30a \$\$ Arthritis Aqua -Mary Lynn	11:00-11:45a H2Overload -Sandy		10:00-10:45a \$\$ Beginner Adult Swim -Chris	11:00-12:00p Aqua Fit -Linda H
12:15-1:00p Aquata Tabata -Alexandra	12:15-1:15p \$\$ Arthritis Aqua -Alexandra		12:15-1:15p \$\$ Arthritis Aqua -Alexandra			
	5:30-6:30p H2O Bootcamp -Mary Lynn		5:30-6:15p Aqua Fit -Mary Lynn			
5:30-6:00p H2O Cardio -Mary Lynn		6:45-7:30p \$\$ Beginner Adult Swim -Chris	6:15-7:30p Pool Volleyball -Mary Lynn			
Lap Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Please note: The first lane of the Lap Pool may be used for Aqua Class overflow, especially during the 9:15am &amp; 11am classes.</b>						
			7:00-7:30am \$\$ GlideFit -Charmaine	One Day GlideFit class 4/5 6:30-7:15pm \$\$		
1:00-1:30pm \$\$ GlideFit -Charmaine	1:00-1:30pm \$\$ GlideFit -Nicole				11:15a-12:00p \$\$ GlideFit -Nicole/Charmaine	
		6:00-6:45p \$\$ Intermediate Adult Swim -Chris		<b>Special Program Classes in the Pool</b>  Please note that 1 to 2 lanes will be available for lap swimmers during these class times.  LCF is proud to meet the needs of our entire membership. Cooperation with lane sharing during busy swim times and special program class times is appreciated.		
6:00-6:45p Deep H2O -Mary Lynn		One Day GlideFit class 4/16 6:30-7:15pm \$\$				
6:30-7:15p \$\$ Fitness Swim & Stoke Technique -Chris						

\$\$ Special Program Classes have a fee and require pre-registration. GlideFit requires class set up/breakdown 10 minutes before *and* after listed time. Visit the Member Service Desk for more information.

Aqua classes come with your membership and there is no sign up. Some classes may overflow into the first lane of the lap pool.

Lane sharing is required during busy lap swimming times and during special program classes.

When class begins refrain from having conversations with other participants. No reserved spots during class.

Soap Shower required by all pool participants. No heavy lotions or perfumes allowed.

Class formats, times, & instructors subject to change without notice.

Classes with low attendance subject to cancellation. Updates will be posted in advance when possible.

## **AQUA CLASS DESCRIPTIONS**

The Group Fitness Schedules are available at the Member Service Desk and at our website [www.loyolafitness.org](http://www.loyolafitness.org)

**Aqua Fit- All Levels** - Use the water's resistance and buoyancy for an aerobic and muscle conditioning workout with reduced impact on your joints. Equipment such as noodles, dumbbells and aqua gloves may be used to enhance the workout.

**Aquata Tabata-** This class combines 4-minute exercise sequences to give you a full body workout. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast calories and work muscles!

**Deep H2O-** Take the plunge! Deep water exercise will challenge your muscle strength and endurance while providing a great cardiovascular workout. Equipment will be used to help with floatation. Participants should feel comfortable swimming in deep water. *Class takes place in the deep lane of the lap pool.*

**Bootcamp- All Levels** - Intervals, circuits, and athletic movements will intensify your water experience. This total body workout will focus on cardiovascular and strength training exercises in the warm water pool. Equipment such as gloves, noodles, and dumbbells will be utilized to maximize the training effects of the water.

**H2O Overload- Levels 2 & 3** - This interval training style water class will bring high intensity cardio moves together with challenging muscular endurance.

**Pool Volleyball-** Spike, bump, and dip your way through open play volleyball.

## **SPECIAL PROGRAM AQUA CLASS DESCRIPTIONS**

Fee based classes that require advanced registration.

***Special Program classes that take place in the Lap Pool will occupy 1-2 lanes. Some programs require set up prior to class start time.***

**Beginner Adult Swim-** Have you always wanted to learn how to swim? It's not too late! These classes are designed for the novice swimmer and cover the basics of swimming. *Class held in the warm water pool.* M\$35, NM\$51

**Arthritis Aqua-** Water is a safe ideal environment for relieving arthritis pain and stiffness. This class is designed to keep your joints moving and improve your sense of well-being. Gentle exercises will help you gain strength & flexibility. A Health History Questionnaire is required from all participants before joining class. *Class is held in the Warm Water Pool.* M\$90, NM\$115

**Fitness Swim & Stroke Technique-** Get the benefit of a swim workout as you learn new strokes. Class will cover all basic swim strokes as well as develop fitness endurance. There are two parts of this class: stroke development and fitness swimming. Bring goggles. *Class uses the first 2 lanes of the lap pool.* M\$35, NM\$51

**GlideFit-** This is a unique, low impact, & fun way to exercise while achieving great results! You'll balance on a floating fitness mat for core, cardio, strength & yoga movements. Improve balance, coordination, strengthen muscles, become more flexible & burn calories. This Aquatic Based Stability Training (ABST) class is for all levels. You will get wet so wear your suit and shorts or clean workout gear that you won't mind getting wet. *Class uses the 2 middle lap pool lanes.* M\$60, NM\$75 ONE DAY CLASSES M\$20, NM\$30

**Intermediate Adult Swim-** This class is designed for those who feel comfortable in the water. You will work on front crawl breathing and endurance swimming will be introduced. Bring goggles. M\$35, NM\$51

**TRI Swimming-** Get ready for your next Triathlon! All swim levels welcome! Improve swim technique, build endurance, and increase speed and endurance with this class. Participation in a triathlon not required. M\$41, NM\$57