



Where Education Meets Fitness

# Group Exercise Schedule

Effective Date: August 20 - December 23, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
6-7am	Studio CYCLE CS MARTI	6-7am	Sunrise Yoga Y/F MARTI	6-7am	Studio CYCLE CS DENISE	6-7am	Sunrise Yoga Y/F MARTI	6-7am	Studio CYCLE CS NAT	7:30-8:30am	Deep Water DP RAQUEL	
7-8am	Full Body Interval Training POWER QX PATTY	6:30-7:30am	Studio CYCLE CS RAQUEL	7-8am	Full Body Interval Training STRENGTH QX PATTY	6:30-7:30am	Studio CYCLE CS RAQUEL	7-8am	Full Body Interval Training POWER QX PATTY	8-9am	Studio CYCLE CS ADERITO	
9-10am	P90X QX NAT	9-10am	BOSU® Circuit QX ALISHA	9-10am	Full Body Interval Training POWER QX	7:30-8:30am	Deep Water DP LISA	8-9am	Tai Chi Y/F KIP	8:30-9:30am	AQUA Fitness WP SONIA	
9-10a	AQUA Fitness WP MELANIE	10:15-11:15am	Studio CYCLE CS BLANCA	9-10am	AQUA Fitness WP SONIA	9-10am	TRX® Circuit QX BLANCA	8:30-9:30am	Studio CYCLE CS MARIANELA	9-10am	Combat Circuit CM ARTURO	
1-2pm	Senior Fit CM MARIANELA	10:30-11:30am	Chair Yoga CM MELISSA	10:15-11:15am	Pilates Sculpt QX RAQUEL	10:15-10:45am	Express Core & Glutes CM RAQUEL	9-10am	Chair Yoga CM MELISSA	10:15-11:15am	HIIT Conditioning CM ARTURO	
6-6:30pm	Core Blast CM RAQUEL	11:30-12:30pm	PIYO R313 NAT	6-7pm	Full Body Interval Training POWER QX ALISHA	10:15-11:15am	Studio CYCLE CS SONIA	9-10am	ZUMBA® R313 JAZMIN	11:30-12:30pm	Power Yoga Flow Y/F HELEN	
6:30-7:30pm	Studio CYCLE CS RAQUEL	5:30-6:30pm	Mat Pilates CM RAQUEL	6-7pm	Tai Chi Y/F KIP	10:30-11:30am	Senior Fit QX MARIANELA	9-10am	AQUA Fitness WP WENDY	SUNDAY		
6:30-7:30pm	ZUMBA® R313 PAULO	6:30-7:30pm	P90X QX MAGDA	6:30-7:30pm	Studio CYCLE CS BLANCA	5:30-6:30pm	ZUMBA® R313 DENISE	10-11am	Hatha Flow Yoga Y/F ESTHER	8-9am	Studio CYCLE CS ADERITO	
7:30-8:30pm	HIIT CM ARTURO	6:30-7:30pm	AQUA Fitness WP PAULO	6:30-7:30pm	Step Cardio Sculpt R313 PAULO	6:30-7:30pm	Full Body Interval Training STRENGTH QX GABI	5:30-6:30pm	Happy Hour HIIT QX ARTURO	8:30-9:30am	AQUA Fitness WP WENDY	
7:30-8:30pm	Power Yoga Flow Y/F HELEN	7:30-8:30pm	Warrior Yoga Y/F DAPHNE	7:00-8:00pm	Mindfulness & Movement Yoga Y/F NANCY	6:30-7:30p	AQUA Fitness WP ANA	<b>STUDIO LEGEND</b>			9-10am	Combat Circuit QX ARTURO
<p>All classes are 55 minutes in length unless otherwise indicated.</p> <p>Raquel Lovato, Group Exercise Manager: rlovato@swccd.edu</p> <p>Please refer to amended schedules for major holidays: Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas Eve, Christmas, New Year's Eve,</p>						7:30-8:30pm	Tranquil Yoga Y/F NANCY	CS: Cycle Studio	CM: Combative/Martial Arts	9-10am	ZUMBA®	
								R313: Rm 15313	Y/F: Yoga/Flexibility Room	9-10am	SHIRLEY	
								FC: Fitness Center	QX: Queenax Room	R313	Studio CYCLE	
								WP: Warm Pool	DP: Deep Water Pool	10:15-11:15am	DAPHNE	
						STRENGTH			11:30-12:30pm	Power Yoga Flow		
						CARDIO			Y/F	HELEN		
						MIND-BODY						
						AQUA						

**For a successful experience, please refer to our Group Exercise Etiquette Guidelines.**

1. Classes are a group activity; we request you follow the instructor's routine.
2. Please be on time. Entering a class in progress is unsafe.
3. Keep conversation to a minimum.
4. Please do not enter the classroom before the current class has finished.
5. Appropriate exercise attire must be worn.
6. Gym bags are not permitted in the studios.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.

8. In consideration of other members, no cell phones in the studios.
9. We recommend the use of a towel.
10. Only instructors operate stereos.
11. Please remember personal hygiene.
12. Please refrain from wearing perfume, cologne and scented lotions.
13. For health and hygiene reasons, please provide your own yoga mat for yoga.
14. We request that all equipment used in class is returned to the proper storage area.

**Club Hours**

Monday - Friday  
5:30am-10:00pm

Saturday/Sunday  
7:00am-7:00pm

# Class Descriptions

<p><b>AQUA FITNESS:</b> Aqua Fitness offers a total body, low-impact workout. Our classes help improve cardiovascular endurance and strengthen muscle tone. Cardiovascular, strength and flexibility exercises are great for rehabilitating from an injury or to ease back into a fitness routine. Swimmers and non-swimmers will see the benefits of improved health, expanded flexibility and fun. All levels welcome.</p>	<p><b>HATHA FLOW YOGA:</b> A multi-level strength based practice which incorporates a series of poses that flow smoothly. Combines breathe and movement during traditional sun salutations. Increases strength and flexibility, and builds your practice while creating a calmer mind and healthier body.</p>	<p><b>STEP CARDIO CIRCUIT:</b> Based on the original Step format, classes combine intervals of resistance training. Ideal for those learning Step vocabulary, cueing and technique.</p>
<p><b>BOSU® CIRCUIT:</b> Ready to boost your balance and core! This class helps to achieve a balanced workout using the BOSU® and various pieces of equipment ( dumbbells, resistance bands, body bar, balls and more to enhance your core in every movement challenging your balance and strength</p>	<p><b>HIIT/ HIIT HAPPY HOUR:</b> (High-Intensity Interval Training) is one of the best ways to improve your fitness! In this class you will work hard at your level alternating between intense bursts of activity and less-intense bursts of activity. It is a super efficient way to burn calories, lose fat while maintaining muscle, train your heart to stronger and improve your metabolism. Get ready to sweat and get stronger in one of the best and most efficient workouts around! <b>Modifications provided for all fitness levels.</b></p>	<p><b>STUDIO CYCLE:</b> This indoor class is a great cardiovascular workout. Pedal through hill, climbs, sprints, and other challenging drills and exercises. All levels are welcomed! Remember to bring your water bottle and get ready to feel the burn and enjoy the ride.</p>
<p><b>CHAIR YOGA:</b> This is the gentlest form of yoga; it is easier on your muscles. This will help increase your flexibility and restore balance and strength.</p>	<p><b>HIIT CONDITIONING:</b> Is a full body workout using body weight and other props for resistance. We work with a variety of simple equipment including a Step, Kettlebells, BOSU, Stability Ball, SandBalls, Body Bar, and hand weights. FIT Body Conditioning gives you amazing results including a lean and well defined body, endurance and strength. Challenge your body at your own level in this class and get ready to have fun and work hard. It's a challenging workout that will include push ups, core work and so much more!</p>	<p><b>SUNRISE YOGA:</b> A combination of Vinyasa flow with Ashtanga elements. Fill your morning with gratitude full mind, body, awareness wrapped in an energizing Asana.</p>
<p><b>COMBAT CIRCUIT:</b> Is a fun, dynamic, non-stop, inspired workout class designed to put bodies in motion with alternate rounds of MMA and cardio. This class will undoubtedly improve your endurance and cardiovascular fitness, tone muscles and shred your abs help you to achieve a great total body effect if you practice consistently with power and precision. Plus it is a great outlet for stress relief leaving you ready to take on the world!</p>	<p><b>P90X:</b> Class offers a variety of intense routines from cardio to resistance training, strength training, plyometrics coma, abs work, and much more. Using the science of muscle confusion, switching things up to break plateaus. You can modify by using weights, resistance bands, or even body weight to complete the workouts.</p>	<p><b>TAI CHI:</b> A gentle meditative exercise simplifying forms most widely taught and practiced worldwide. Designed to benefit and accommodate all fitness levels. It helps improve balance, flexibility, mental focus, concentration and peripheral blood circulation. Helps reduce fall risks and pain.</p>
<p><b>CORE BLAST:</b> This class is a 30 min. Core strengthening workout. We will be using a variety of equipment such as gliding discs, step bench, dumbbells, bands and much more. All levels are welcomed.</p>	<p><b>MAT PILATES:</b> Develop your core strength, balance, flexibility, and focus. The result is strong, long, lean muscles with equal strength ratios.</p>	<p><b>TRANQUIL YOGA:</b> This class emphasizes the mind-body connection, utilizing gentle movement with breath and mental focus to release stress and relax. This is a 'time-out' from a busy daily life!</p>
<p><b>DEEP WATER:</b> This non-impact workout is great for any level of fitness. Welcoming first time participants and challenging experienced aqua participants and active individuals looking to incorporate new training options. Deep water buoyancy reduces the stress on weight-bearing structure of the body. A deep water workout can address cardiovascular fitness, increase flexibility and muscular resistance training.</p>	<p><b>MINDFULNESS &amp; MOVEMENT YOGA:</b> Enjoy an eclectic mix of yoga with mindfulness, therapeutic movement, balancing and breathing techniques to enhance health, happiness and well-being.</p>	<p><b>TRX® Circuit:</b> Challenge your workout with high intensity, powerful, movements at a faster tempo. Timed intervals sets combining TRX® and cardio drills. Guaranteed to keep your heart rate pumping and burn mega calories while engaging in intense body conditioning.</p>
<p><b>EXPRESS CORE/GLUTES:</b> All levels are welcomed. A super set of glutes and core exercises targeting to sculpt, tone, and redefine your body.</p>	<p><b>POWER YOGA FLOW:</b> Turn stress into sweat. This class, strengthens, balances and challenges your entire body as you flow through a series of dynamic movements that will increase your flexibility, restore balance and strengthens core muscles through challenging postures and connected breathing.</p>	<p><b>WARRIOR YOGA:</b> A physically strong and deep yoga practice that emphasizes a high level of energy and movement. This a mixed level Vinyasa yoga class which involves a variety of standing postures to develop strength and stability. Lots of adjustments offered to enhance your WARRIOR experience!</p>
<p><b>FULL BODY INTERVAL TRAINING F.I.T STRENGTH:</b> using various equipment (dumbbells, body bar, resistance bands, step, balls, and more!) for a full body workout and execution of many different exercises to tone, challenge your strength and flexibility. All levels are welcomed; modifications to exercises are always offered.</p>	<p><b>PIYO:</b> Speeds everything up-including your results-by introducing you to dynamic, flowing sequence, than can burn serious calories at the same times as they lengthen and tone your muscles and increase your flexibility.</p>	<p><b>ZUMBA®:</b> Get ready to party yourself into shape. Zumba® is a latin-inspired, cardio-dance workout that its calorie burning moves will leave you asking for more! Zumba® is a "feel good" workout with upbeat music and easy to follow dance moves geared towards all levels. You won't even know your working out!</p>
<p><b>FULL BODY INTERVAL TRAINING F.I.T POWER:</b> Full body interval training geared to the active crowd, class uses a variety equipment for a full body workout challenging resistance with a burst of intense cardio taking your coordination, joint mobility and overall endurance to the next level.</p>	<p><b>SENIOR FIT:</b> Come meet new friends and enjoy a great total-body conditioning easy to follow workout that will increase your energy, stamina and strength. This class includes the use of lightweight dumbbells and resist bands to help improve muscle strength and bone density.</p>	<p><b>Club Hours</b> Monday - Friday 5:30am-10:00pm</p>
<p><b>GLIDING™:</b> Gliding incorporates conditioning exercises that achieve body sculpting, balance, flexibility, core, and non impact cardio, all in one power packed workout! You will find muscles you never knew you had. All levels are welcomed! Get ready to bring it for 30 minutes.</p>		<p>Saturday/Sunday 7:00am-7:00pm</p>

STRENGTH

CARDIO

MIND-BODY

AQUA