

GROUP FITNESS CLASSES

December 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

All classes are FREE

*Denotes FIP class. Members enrolled in the FIP program have priority in all FIP classes.

Classes designed for all fitness levels.
Classes taught by certified fitness instructors.
Please bring water & towel.

<p>4 SUNRISE YOGA 5:15–6:15 a.m. BEGINNING YOGA 9–10 a.m. DIRTY 30* 11:30–Noon HIP HOP AEROBICS 5–6 p.m. TOTAL BODY CIRCUIT* 6:30–7:30 p.m.</p>	<p>5 INDOOR CYCLING* 5:15–6:15 a.m. DANCE AEROBICS 9–10 a.m. INDOOR CYCLING* 5:30–6:30 p.m. INTERMEDIATE YOGA 6:30–7:30 p.m.</p>	<p>6 YOGAPILATES 5:15–6:15 a.m. STRENGTH CIRCUIT 9–10 a.m. YOGA WORKSHOP 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon ZUMBA 5–6 p.m.</p>	<p>7 INDOOR CYCLING* 5:15–6:15 a.m. BOXERCISE 9–10 a.m. HIGH FITNESS 5–6 p.m. INDOOR CYCLING* 5:30–6:30 p.m. YOGA WORKSHOP 6:30–7:30 p.m.</p>	<p>1 CARDIO BARRE FIT 5:15–6:15 a.m. CARDIO KICK & STEP* 9–10 a.m. YOGA POWER HOUR 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon</p>	<p>2 HIGH FITNESS 8–8:45 a.m. INDOOR CYCLING* 9–10 a.m. BOXERCISE 9–10 a.m. ZUMBA 10:15–11:15 a.m.</p>
<p>11 SUNRISE YOGA 5:15–6:15 a.m. BEGINNING YOGA 9–10 a.m. DIRTY 30* 11:30–Noon HIP HOP AEROBICS 5–6 p.m. TOTAL BODY CIRCUIT* 6:30–7:30 p.m.</p>	<p>12 INDOOR CYCLING* 5:15–6:15 a.m. DANCE AEROBICS 9–10 a.m. INDOOR CYCLING* 5:30–6:30 p.m. INTERMEDIATE YOGA 6:30–7:30 p.m.</p>	<p>13 YOGAPILATES 5:15–6:15 a.m. STRENGTH CIRCUIT 9–10 a.m. YOGA WORKSHOP 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon ZUMBA 5–6 p.m.</p>	<p>14 INDOOR CYCLING* 5:15–6:15 a.m. BOXERCISE 9–10 a.m. HIGH FITNESS 5–6 p.m. INDOOR CYCLING* 5:30–6:30 p.m. BEGINNING YOGA 6:30–7:30 p.m.</p>	<p>15 CARDIO BARRE FIT 5:15–6:15 a.m. CARDIO KICK & STEP* 9–10 a.m. YOGA POWER HOUR 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon</p>	<p>16 HIGH FITNESS 8–8:45 a.m. INDOOR CYCLING* 9–10 a.m. BOXERCISE 9–10 a.m.</p>
<p>18 SUNRISE YOGA 5:15–6:15 a.m. BEGINNING YOGA 9–10 a.m. DIRTY 30* 11:30–Noon HIP HOP AEROBICS 5–6 p.m. TOTAL BODY CIRCUIT* 6:30–7:30 p.m.</p>	<p>19 INDOOR CYCLING* 5:15–6:15 a.m. DANCE AEROBICS 9–10 a.m. INDOOR CYCLING* 5:30–6:30 p.m. INTERMEDIATE YOGA 6:30–7:30 p.m.</p>	<p>20 YOGAPILATES 5:15–6:15 a.m. STRENGTH CIRCUIT 9–10 a.m. YOGA WORKSHOP 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon ZUMBA 5–6 p.m.</p>	<p>21 INDOOR CYCLING* 5:15–6:15 a.m. BOXERCISE 9–10 a.m. HIGH FITNESS 5–6 p.m. INDOOR CYCLING* 5:30–6:30 p.m. BEGINNING YOGA 6:30–7:30 p.m.</p>	<p>22 CARDIO BARRE FIT 5:15–6:15 a.m. CARDIO KICK & STEP* 9–10 a.m. YOGA POWER HOUR 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon</p>	<p>23 HIGH FITNESS 8–8:45 a.m. ZUMBA 10:15–11:15 a.m.</p>
<p>25 CHRISTMAS DAY NO CLASSES</p>	<p>26 PACAF FAMILY DAY 8 a.m.–8 p.m. DANCE AEROBICS 9–10 a.m. INDOOR CYCLING* 5:30–6:30 p.m. INTERMEDIATE YOGA 6:30–7:30 p.m.</p>	<p>27 YOGAPILATES 5:15–6:15 a.m. STRENGTH CIRCUIT 9–10 a.m. YOGA WORKSHOP 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon ZUMBA 5–6 p.m.</p>	<p>28 INDOOR CYCLING* 5:15–6:15 a.m. BOXERCISE 9–10 a.m. HIGH FITNESS 5–6 p.m. INDOOR CYCLING* 5:30–6:30 p.m. BEGINNING YOGA 6:30–7:30 p.m.</p>	<p>29 CARDIO BARRE FIT 5:15–6:15 a.m. YOGA POWER HOUR 10:15–11:15 a.m. DIRTY 30* 11:30 a.m.–Noon</p>	<p>30 HIGH FITNESS 8–8:45 a.m. ZUMBA 10:15–11:15 a.m.</p>



Class Descriptions



BEGINNING YOGA: Flow through gentle vinyasas and stretch tense muscles. We take a slower pace and break down poses to get proper form and structure. The use of slow-paced direction and a great level of detail in each asana will help participants become familiar with basic yoga poses and use of the breath.

BOXERCISE: Enjoy a functional, fun, high-paced, high-energy form of fitness training. Participants will incorporate boxing concepts in combination with other exercises to maintain a constant workout.

CARDIO BARREFIT: Cardiovascular ballet movements are blended with principles drawn from Pilates. Light hand weights and/or ballet barres may be used as props to enhance the workouts. There are no dance combinations to memorize so anyone can enjoy this all-level class.

CARDIO KICK & STEP: Cardio kick and step brings a whole new twist to step. It combines Step and Cardio, so plan on a lot of fast paced movements and footwork to better improve your aerobic fitness.

DANCE AEROBICS: A mixture of rhythms and different dance styles to bring your heart rate and fun factor up to 10! Just let yourself go and lose yourself in the music while getting a great total body cardio workout.

DIRTY 30: Get down and dirty with an efficient 30 minute, high energy, total body circuit workout designed to fit into your lunch hour. You'll get strength training, cardio and a core workout in a fast paced circuit class suitable for all skill levels.

HIGH FITNESS: A hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines fun (old and new pop songs) with intensity (interval, plyometrics and cardio) and consistency. Together they make a recipe for success, repeat participation and results! Get addicted to being fit!

HIP HOP AEROBICS: Exercise in the form of high energy dance moves. Hip hop your way through an hour of high-energy dance set to pop and hip-hop tunes. A short warm up will be followed by easy to follow routines to your favorite songs. A fun energetic way to burn calories while getting a total body workout. Perfect for anyone with no experience necessary.

INDOOR CYCLING: An exhilarating cardiovascular workout on an indoor stationary bike. Burn calories and increase your fitness level as you pedal through interval drills, hill climbs, sprints and other challenging drills.

INTERMEDIATE YOGA: Designed for those who have a good understanding of the basic yoga postures, and have begun to explore a wider variety of poses and styles. The intermediate student understands the relationship between breath and movement. Great for those who would like to explore their practice and begin to become more familiar with poses and use of the breath.

STRENGTH CIRCUIT: All skill and participation levels welcome! This class provides a variety of strengthening exercises for both upper and lower body, as well as the core. Circuits will also include short bursts of cardio to keep the heart rate up. This total body workout combination promotes long lasting calorie burn.

SUNRISE YOGA: A gentle start to begin the week through classic yoga movements that will support the body to continue through the day with energy and relaxation.

TOTAL BODY CIRCUIT: Total body workout circuit style. This class offers a variety of cardio, strength, plyometrics and core training. Maximize calorie burn with total body training.

YOGAPILATES: A combined class designed to wake up body and mind naturally. You will utilize your own body weight to increase the flexibility and strength while toning muscles. Infusing the Pilates core exercises into yoga poses with flowing movements allows you to get the benefits of both therapies.

YOGA POWER HOUR: Designed for more experienced yogis with a very solid understanding of basic yoga postures who are comfortable performing more advanced poses. There will be more focus on core and upper body strength as we work through arm balances and inversions through this faster paced vinyasa class.

YOGA WORKSHOP: This class is a chance to experiment with all the facets of yoga. We will study mechanics of breath, arm balances, inversions, and meditation; use tools like blocks, straps, and the wall; and explore the benefits of emotional release through movement and essential oils. Anything goes in this freestyle yoga class.

ZUMBA: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.