



**Group Exercise**  
**Southwest**  
**Updated 11/2018**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Morning</b>	<b>Cardio Interval</b> 8:00-8:45am Robin: MP Rm	<b>Cardio Kick</b> 6:00-6:45am Annie: MP Rm	<b>Cardio Interval</b> 8:00-8:45am Robin: MP Rm			
	<b>POP Pilates</b> 9:15-10:00am Destiny: Teen Rm	<b>Yoga</b> 8:30-9:30am Susan: MP Rm	<b>POP Pilates</b> 9:15-10:00am Destiny: Teen Rm	<b>Yoga</b> 8:30-9:30am Susan: MP Rm	<b>Pilates Fusion</b> 9:15-10:00am Lu: MP Rm	
	<b>Zumba</b> 10:15-11:00am Ziming L: MP Rm	<b>Zumba</b> 10:00-10:45am Ziming L: MP Rm	<b>Zumba</b> 10:15-11:00am Michelle K: MP Rm		<b>Zumba</b> 10:15-11:00am Michelle K: MP Rm	<b>Zumba</b> 10:15-11:15am Instructors Rotate: MP Rm
	<b>Core/Y-Spin</b> 11:10-12:00pm Chris: MP Rm	<b>Tai Chi for Health</b> 11:00-12:00pm Linda: MP Rm	<b>Core/Y-Spin</b> 11:10-12:00pm Chris: MP Rm	<b>Tai Chi for Health</b> 11:00-12:00pm Linda: MP Rm	<b>Y-Spin</b> 12:00-12:40pm Chris: MP Rm	
<b>NOON</b>	<b>Tai Chi for Health</b> 12:10-1:10pm Linda: MP Rm		<b>Tai Chi for Health</b> 12:10-1:10pm Linda: MP Rm			
<b>PM Evening</b>	<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/ Cathy: MP Rm \$25		<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/Cathy: MP Rm \$25		<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/Cathy: MP Rm \$25	
	<b>Zumba</b> 5:30-6:30pm Candy: MP Rm	<b>Pound</b> 5:30-6:30pm Evelyn: MP Rm	<b>Zumba</b> 5:30-6:30pm Candy: MP Rm	<b>Drumming Fitness</b> 5:30-6:15pm With Melissa:		
	<b>Yoga</b> 6:45-7:45pm Misha: MP Rm	<b>Yoga</b> 6:45-7:45 pm <b>Zumba</b> 8:00-9:00 pm	<b>Yoga</b> 6:45-7:45pm Misha: MP Rm			

<b>Sunday</b>

# Group Fitness Class Descriptions

## Classes Included with Membership

### Cardio Interval

Total body sculpting with low impact muscle conditioning, core strengthening moves and high energy cardio segments which develops both muscular strength and cardiovascular endurance for all-over body workout.

### Y-Spin

An intense stationary bike workout that simulates an actual outdoor bike ride. With tension adjustments & pedaling techniques, you'll encounter straight-aways, steep hills, & rolling terrains. This class will make you sweat! Bring a towel/water.

### Zumba®

A high energy aerobics class with music that will keep you movin' and groovin' like never before, while incorporating Salsa, Hip-Hop, Meringue, Break Dancing, Cha-Cha, Belly Dancing, Flamenco in a cardio format making exercising fun!

### POP Pilates

POP Pilates is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. The heavy emphasis on abdominal strengthening is a necessity at every fitness level.

### Yoga

The use of Yoga inspired movements in a smooth, flowing fashion. The major focus is on increasing flexibility & muscle tone.

### Pilates Fusion

A Pilates based workout focusing on core strength, flexibility and total body conditioning fused with a perfect mix of cardio and body sculpting exercises designed to make you sweat!

### POUND

An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

### Tai Chi for Health

Tai Chi focuses on building strength, balance and flexibility through slow, fluid movements combined with mental imagery and deep breathing. Scientific studies have shown tai chi to have beneficial effects on cardio-respiratory fitness, muscular strength, balance and fall prevention, peripheral circulation, reduced tension, and anxiety.

In a National Institute of survey it was found that more than 2.3 million Americans practice Tai Chi for various health-related purposes, including: to obtain benefits associated with low-impact, weight-bearing, aerobic exercise; to improve physical condition, muscle strength, coordination, and flexibility; to improve balance and decrease the risk of falls; to ease pain and stiffness; to improve sleep; and for overall wellness or quality of life.

Monday & Wednesday Tai Chi for Health Classes are modified to be safer for individuals with diabetes and osteoporosis. Tuesday & Thursday Tai Chi for Health Classes are modified to be safer for individuals with arthritis.

## NEED A PERSONAL TRAINER?

\$20.00 for 30 minute session

\$40.00 for 1 hour session

Or team up with a friend and split the cost!

(Non-member rate for Personal Training is \$50 per hour)

