

# JUANITA BAY GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Cycle Express 6:00-6:45 Bre		Cycle Express 6:00-6:45 Genevieve		
7:00 AM						Express Splash 7:00-7:45 Tracy	
8:00 AM	Full Body Fit 8:15-9:15 Linda	Cardio H2O 8:00-9:00 Felipe	Zumba Toning 8:15-9:15 Tracy	Hydro Health: Gentle Moves 8:00-9:00 Felipe	Strength to Flow 8:15-9:15 Bre	Zumba 8:15-9:15 Tracy	Group Power 8:15-9:15 JoAnne
		HIIT Cycle + Core 8:15-9:15 Bre		Gentle Flow Yoga 8:15-9:15 Gaerda			
9:00 AM	Aqua Zumba 9:00-10:00 Tracy	Gentle Flow Yoga 8:15-9:15 Gaerda	Cardio H2O 9:00-10:00 Felipe		Hydro Health 9:00-10:00 Lauren	Cycle Express 9:00-9:45 Eva	Cycling 9:00-10:00 Bruce
	Cycle Express 9:45-10:30 Erin	Perfect 10 9:30-10:30 Christin	Barre Fusion 9:30-10:30 Caroline	Zumba Toning 9:30-10:30 Tracy	HIGH Fitness 9:30-10:30 Christin		
	HIGH Fitness 9:30-10:30 Caroline		Cycle Express 9:45-10:30 Eva	HIIT Cycle + Arms 9:45-10:45 Bre	Cycle Express 9:45-10:30 Erin	Body Shop 9:30-10:30 Christin	
10:00 AM							
11:00 AM	Zumba Gold 10:45-11:45 Tracy	Young at Heart 10:45-11:45 Tracy	Gentle Flow Yoga 10:45-11:45 Lauren	Chair Yoga 10:45-11:45 Jennifer	Fusion Flow 10:45-11:45 Lauren	Yoga Flow 10:45-11:45 Yvonne/Serena	
12:00 PM				Aqua Zumba 11:00-12:00 Tracy			
02:00 PM							
04:00 PM					IMPACT Teen 4:00-6:00 Coach Sam <small>(\$ fee based program)</small>		Yin Yoga 4:30-5:45 Rita/Serena
5:00 PM	Group Power 5:30-6:30 JoAnne	Zumba 5:30-6:30 Mara	Group Power 5:30-6:30 Mary	Mat Pilates 5:30-6:30 Staci			
06:00 PM	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Rita	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Serena			
07:00 PM	Yin Yang 6:45-8:00 Serena		Yin Yoga 6:45-8:00 Yvonne				



# JUANITA BAY GROUP EXERCISE CLASS DESCRIPTIONS

## **Aqua Zumba**

Known as the Zumba “pool party,” Aqua Zumba blends music and movement into a safe, challenging, water-based workout. It’s cardio-conditioning, body-toning, and most of all, fun!

## **Barre Fusion**

Barre Fusion is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This class will incorporate a ballet barre and uses classic dance moves such as plies, alongside static stretches. Barre Fusion will also focus on high reps of small range movements, leaving you as fit as a dancer!

## **Body Shop**

Rev up your fitness routine with our dynamic Body Shop class! Join us for a high-energy session where we’ll fine-tune every muscle group, just like a master mechanic tuning up a high-performance car. From strength training and cardio to flexibility and core work, this class has it all. Buckle up and start your fitness journey with us-let’s build a stronger, fitter you!

## **Cardio H2O**

Just as its name would indicate, you can expect a workout that will elevate your heart rate with cardio moves, exercises and drills! We use water and buoyant equipment as resistance to take your water workout next level!

## **Chair Yoga**

In Chair Yoga, students perform postures and breathing exercises while the chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga’s amazing fitness and health potential. Students can experience the many benefits of yoga without having to get up or down from the floor.

## **Cycling**

Follow your instructor through a variety of drills such as intervals, speed, and hill climbs on our Stages SC3 cycle bikes. This class is a great cardio workout and a lot of fun. New participants should arrive 10 minutes early for proper bike set up!

## **Full Body Fit**

This full body blast of a class combines strength, cardio and conditioning. Heavy step work along with some dumbbells, resistance bands and even more for a tip to toe burn! Finish with core work and stretching for a complete workout!

## **Fusion Flow**

Fusion Flow is the best of all the yoga worlds; a little Hatha, Flow and Yin! Each class will focus on alignment and different targets of the body. This class is meant to make you feel good and leave you pain-free!

## **Gentle Flow Yoga**

Gentle Flow Yoga is a great place to take it

slower, and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility.

## **Group Power**

This 60-minute barbell program will strengthen all your major muscles in a motivating group environment with simple, athletic movements such as squats, lunges, presses and curls.

## **HIGH Fitness**

Aerobics is back! This hardcore, fun class incorporates interval training with pop music and intense, but easy-to follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Bigger, better, higher!

## **HIIT Cycle + Core or Arms**

A high intensity 30 minute ride will leave you feeling accomplished and energized! This class finishes with 10 to 15 minutes of core or arm work.

## **Hydro Health**

A rehabilitative class which focuses on range of motion while allowing the joints to be stress free. This class is great for stretching, toning and fun! An excellent choice for those rehabbing or with limitations, modifications are provided if need be.

## **Mat Pilates**

Mat Pilates focuses on strengthening muscles in the lower back, pelvic floor, hips, glutes, and abdominals through a series of exercises. These exercises strengthen the trunk muscles, which are the most important muscles for preventing injury and pain. The instructor will use small equipment to guide you through the series at a thoughtful pace and educate you on the muscles you’re using to improve your posture and strength and the benefits of each exercise.

## **Perfect 10**

Athletic cardio drills, total body strength and targeted core work divided into 10 minute intervals to keep you perfectly challenged.

## **Saturday Splash**

Cardiovascular exercises combined with core and strength-building segments using buoyant equipment and the water’s natural resistance for optimal training. Work up a good sweat in a weightless environment without getting overheated or putting pressure on your joints.

## **Strength to Flow**

Use a variety of equipment like hand weights, sliding discs, bands and body bars to strengthen your entire body then take it to the mat to lengthen those hard earned muscles with a yoga flow.

## **Yin Yang**

The first half of the practice, you will move slowly from one pose to the next with mindfulness, gentle movement, and breath to build strength. Then move to a yin practice in the second half holding poses for extended periods of time focusing on your connective tissues. The balance between both yin and yang to support your mobility, flexibility, strength and nourishing your mind and body.

## **Yin Yoga**

Yin Yoga Yin yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.

## **Yoga Flow**

An active style of yoga linking one movement into the next with breath. This class includes standing postures, core work, hip openers, relaxation and more! Modifications and options are given to make this appropriate for all levels.

## **Young at Heart**

Bring back that happy feeling as you exercise to music and surround yourself with inspiring company! Work hard or work more gently – the workout is up to YOU! Wake up those tired muscles, hone in on your balance skills, find proper form for functional everyday movement.

## **Zumba**

Take the ‘work’ out of your workout and join in on a fun, rhythmic Latin inspired fitness class! Zumba combines simple dance moves like Cha Cha, Salsa, Rumba and more for an energetic and effective aerobic workout! This workout is perfect for ‘everybody and every body’!

## **Zumba Gold**

Zumba Gold is an easy-to-follow, lower impact program that lets you move to the beat at your own speed. Zumba Gold feels like a party while it revitalizes your mind and body! Class is perfect beginner and active older adults!

## **Zumba Toning**

The Zumba you know and love, but with a twist! Zumba Toning adds small hand weights to tracks throughout your workout to really burn out those muscles and leave you feeling strong!

