

**MONDAY**

8:00-8:45am	<b>Total Body Fit</b>	Emma	Studio 1
9:00-10:00am	<b>Shallow Water</b>	Team	Pool
10:35-10:55am	<b>Stretch and Roll</b> ▶	Geraldine	Studio 1
10:45-11:45am	<b>Yoga Basics</b> ▶	John	Jade
12:00-12:45pm	<b>LIIT</b>	Lena	Studio 2
1:00-1:55pm	<b>Pilates Mat 1-3</b>	Julie	Studio 2

**TUESDAY**

9:00-10:00am	<b>Deep Water</b>	Jeanette	Pool
9:00-10:00am	<b>Hatha</b> ▶	Malissa	Jade
10:30-11:30am	<b>Tai Chi</b>	Marek	Jade
5:00-6:00pm	<b>Zumba®</b> ▶	Tonya L	Studio 1

**WEDNESDAY**

8:00-8:45am	<b>Total Body Fit</b> ▶	Emma	Studio 1
9:00-10:00am	<b>Shallow Water</b>	Marlene	Pool
10:00-10:55am	<b>Pilates Mat 1-3</b>	Tyra	Studio 2
10:45-11:45am	<b>Yoga Basics</b>	Julie H	Jade
12:00-12:45pm	<b>LIIT</b>	Judy	Studio 2
7:00-8:00pm	<b>Mindful Movement</b>	Priya	Jade

**THURSDAY**

9:00-10:00am	<b>Deep Water</b>	Crystal	Pool
9:00-10:00am	<b>Hatha</b>	Venus	Jade
5:00-6:00pm	<b>Zumba®</b> ▶	Tonya L	Studio 1

**FRIDAY**

9:00-10:00am	<b>Deep Water</b>	Team	Pool
10:35-10:55am	<b>Stretch and Roll</b>	Tracy	Studio 1
10:45-11:45am	<b>Yoga Basics</b> ▶	Carrie	Jade
12:00-12:45pm	<b>LIIT</b>	Libby	Studio 2
1:15-2:15pm	<b>Tai Chi</b>	Marek	Jade
4:30-5:45pm	<b>Yin/Nidra</b>	Brianne	Jade
5:30-6:30pm	<b>Cardio Dance</b>	Anthony	Studio 1

**SATURDAY**

8:00-8:55am	<b>Pilates Mat 1-3</b>	Kerry	Studio 2
11:05am-12:05pm	<b>Yin</b>	Julia	Jade

**SUNDAY**

9:00-10:00am	<b>Hatha</b>	Lena	Opal
11:30am-12:30pm	<b>Zumba®</b> ▶	Kathy	Studio 1
1:00-2:00pm	<b>Restorative Yoga</b>	Team	Jade

# Level One

**COMPLIMENTARY**

EFFECTIVE 1/1/24

UPDATED 12.19.24

**Level 1 Classes are suitable for beginners, mature adults, those with restricted movements and those recovering from injuries.**

If you are recovering from an injury or have a special need please inform the instructor prior to class, as it will help to better coach you.

▶ **LIVESTREAM CLASSES**

SCAN FOR INFO

# Level One Classes

## Deep Water

A great cardiovascular workout including intervals, circuits, balance challenges and strength training.

## Pilates Mat

Strengthen and realign through a series of functional movements for the entire body.

## Shallow Water

Total body strength conditioning and cardio class in shallow water. May include hand buoys, noodles or steps.

## Total Body Fit

This 45-minute class combines cardio, strength and balance work for the perfect total body workout.

## ZUMBA®

Latin style rhythms with interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!

## LIIT

Low Intensity/Low Impact Training- This class is for everyone wanting a good combination of cardio, strength, balance and flexibility without the impact on your joints. Designed to work your whole body using light weights, resistance tubing and body weight exercises.

## Hatha

This classic style of yoga is designed for all levels and abilities with an emphasis on alignment, breath, strength, flexibility and mindfulness.

## Yin/Nidra

This 75-minute class begins with yin yoga, a series of passive, longer-held postures to nourish the connective tissues within the body and prepare the body and mind for the stillness. Yoga Nidra is a guided meditation practice often referred to as yogic sleep. Students enter a state between sleep and wakefulness, intended to offer deep rest.

## Yin

Yin Yoga focuses more on the connective tissues than the muscles. This 60-minute class consists of deep holds to increase flexibility and circulation and renew the body's flow of energy along the meridians, promoting deep relaxation and recovery.

## Guided Meditation

This 15-minute class will help you connect with your breath, release tension, focus your attention and be more present as your instructor leads you through a guided meditation practice.

## Yoga Basics

With an emphasis on stretching and releasing the body of stress, anxiety and tension, this class offers a more therapeutic approach to supporting and nourishing your whole being. Learn basic yoga postures, breath awareness and mindfulness in this practice which is suitable for all levels.

## Restorative Yoga

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by bolsters, blankets, yoga blocks and straps. Leave feeling relaxed, calm and at peace from the inside out. Ideal for all levels.

## Tai Chi

Tai chi is a series of slow, gentle standing postures, or forms. Each form flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as moving meditation, as it promotes peace and calm through movement and breathwork, connecting the mind and body.