

# LEVEL

# ONE

# Classes

**BEGIN** ▾ **RECOVER** ▾ **STABILIZE** ▾ **ENJOY**

## SCHEDULE

January 2, 2019

DAY	TIME	CLASS	INSTRUCTOR	STUDIO
<b>Mondays</b>	5:30am	Rise and Shine	Brian	Jade
	9:15am	Aqua Fit	Crystal	Pool
	11:00am	Stretch & Align I	Peggy	Jade
	6:00pm	Zumba®	Mandy	Studio 2
<b>Tuesdays</b>	9:15am	Hatha I	Malissa	Jade
	11:00am	Buff Bones	Alexis	Studio 2
	5:00pm	Zumba®	Tonya L.	Studio 1
	5:30pm	Pilates Mat P1-3	Rife	Studio 2
	6:00pm	Basic Vinyasa	Chris	Jade
	7:00pm	Yin/Meditation	Malissa	Jade
<b>Wednesdays</b>	8:00am	Total Body Fit	Drew	Studio 2
	9:15am	Aqua Fit	Marlene	Pool
	11:00am	Stretch & Align II	Drew	Jade
	12:00pm	Basic Vinyasa	Malissa	Jade
	6:00pm	Zumba®	Jeru	Studio 2
<b>Thursdays</b>	9:15am	Hatha II	Carisa	Jade
	10:45am	Zumba®	Kathy	Studio 1
	5:00pm	Zumba®	Tonya L.	Studio 1
	6:00pm	Basic Vinyasa	Lara	Studio 2
	7:00pm	Yin/Meditation	Laurel	Jade
<b>Fridays</b>	9:15am	Aqua Fit	Teresa	Pool
	11:00am	Stretch & Align I	Peggy	Jade
	4:30pm	Yin/Meditation	Brianne	Jade
<b>Saturdays</b>	8:00am	Pilates Mat P1-3	Team	Studio 2
	11:00am	Yin/Meditation	Laurel	Jade
<b>Sundays</b>	11:30am	Zumba®	Kathy	Studio 1
	4:00pm	Candlelight Vinyasa	Brianne	Jade

**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.



## GROUP FITNESS



**GREENWOOD ATHLETIC AND TENNIS CLUB**

THE *Best* PART OF *Your Day!*®

# CLASS DESCRIPTIONS

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## **All Aqua Classes**

A full body workout in the shallow portion of the pool. Designed for all levels of fitness, participants may use toys such as noodles, hydro cuffs, and hydrofit dumbbells to achieve an invigorating cardiovascular and strengthening workout—impact free!

## **Basic Vinyasa**

The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

## **Buff Bones®**

Combines Pilates, functional movement, strength training and therapeutic exercise to tone your arms, hips, back and abs. Adaptable for all levels.

## **Candlelight Vinyasa**

Start your week with this slow paced candlelight Vinyasa class- suitable for all levels.

## **Hatha I / II**

Designed to balance opposing parts of the body through supported postural alignment, guided pranayama (breath) and meditation. Hatha I is more suitable for beginners; Hatha II offers options to progress into more difficult postures and techniques.

## **Pilates Mat**

A movement system for everyBODY to lengthen, strengthen and realign through a series of functional movements for the entire body. The exercises are the perfect complement to your daily activities and favorite sport. Classes with props are indicated with a P next to the level.

## **Restorative Yoga**

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

## **Rise and Shine**

Stretch and strengthen with this 30 minute yoga class designed to wake up your entire body. The perfect start to your day!

## **Stretch & Align I / II**

A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture. Level II incorporates more challenging core and balance work.

## **Total Body Fit**

This 60 minute class combines cardio, strength and balance work for the perfect total body workout. All levels welcome.

## **Yin/Meditation**

Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

## **ZUMBA®**

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