

SUMMER 2011
GROUP FITNESS and
WELLNESS SCHEDULE
June 20th –August 26th



MONDAY

6:30-7:30a **Sunrise Yoga**-Cheryl-Board Rm.
8:30-9:30a **Zumba**-Alejandra-Studio
9:00-10:00a **Spin**-Perry
9:30-10:30a Cardio/Strength-Diana-Studio
10:30-11:30a **Vinyasa Yoga**-Jody-Studio
10:30-11:15a MELT Hand+Foot-Board.Rm.
11:15-11:45a 30 min Stretch-Shelley-Board Rm.
6:00-7:00p **Zumba**-Fran-Studio
7:00-8:00p Total Body Conditioning-Mackenzie Studio

TUESDAY

5:40-6:40a-**Spin**-Patty
8:15-9:30a **Hatha Yoga**-Leslie-Bresslin Rm.
8:30-9:30a-Shake your Soul-Dena-Studio
9:15-10:15a Stretch and Strength-Shelley-UGym
9:30-10:30a **Zumba Combo**-Beth-Studio
10:00-11:00a **Pilates Mix**-Pam-Bresslin Rm.
10:30-10:45a 15 min Abs-Shelley-Stretch Rm.
10:45-11:45a Ballet Barre Workout-Lisa-Studio
1:30-2:30p **Yoga for All**-Steve-Studio
6:00-7:00p **Pilates Mat**-Pam-Bedford Rm.
7:00-7:45p **Spin**-Shelly
7:00-8:00p **Vinyasa Flow**-Kathy-Board Rm.

WEDNESDAY

6:30-7:30a **Sunrise Yoga**-Cheryl-Board Rm.
9:00-10:00a **Spin**-Vicki
8:30-9:30a Dance Fusion-Gayle-Studio
9:30-10:30a Summer Sweat-Judy/Shelley-Studio
10:00-10:15a 15 min Yoga Stretch-Leslie-Stretch R.
10:30-11:45a **Hatha Yoga**-Leslie-Bresslin Rm.
10:45-11:45a **Pilates Mat**-Vicki-Studio
12:00-1:00p Feldenkrais-Leigh-Bresslin Rm.
5:30-6:30p **Vinyasa Yoga**-Matan-Board Rm.
6:30-7:30p **Zumba**-Mary Lynn-Studio
6:30-7:15p **Spin**- Brandon
7:30-8:30p Core Plus-Mackenzie-Studio

THURSDAY

5:40-6:40a **Spin**-Perry/Sara
8:30-9:30a Qigong-Michele-Studio
9:00-10:00a **Spin**-Judy
9:15-10:00a Light, Low and Lively-Shelley Bresslin Rm.
9:30-10:30a **Zumba**-Diana-Studio
10:00-11:00a **Pilates Mat**-Christina-UGym
10:15-10:30a 15 min Abs-Shelley-Stretch Rm.
10:30 Farmers Market Walk
6:00-7:00p **Pilates Mix**-Pam-Bedford Rm.
7:00-8:00p **Vinyasa Yoga**-Cheryl-Board Rm.
7:00-8:00p Kickbox Conditioning-Gerald-Studio

FRIDAY

8:30-9:30a **Spin and Sculpt**-Lory
8:30-9:30a Dance Fusion-Gayle
9:30-10:30a Step- Diana-Studio
9:30-10:30a Total Body Conditioning-Judy-UGym
10:30-11:45a **Yoga**-Greg-Board Rm.
11:00-12:00p **Zumba Gold**-Diana-Studio
5:30-6:30p **Kripalu Yoga**-Maria-Board Rm.

SATURDAY

8:15-9:15-**Spin**-Sara
8:30-9:30a **Zumba**-Karen-Studio
9:30-10:30a **Pilates Mat**-Jane-Studio
9:30-10:30a **Gentle Yoga**- Katy-Board Rm.
11:00-12:15p **Vinyasa Flow**-Cheryl-Board Rm.

SUNDAY

9:15-10:15a **Spin**-Staff
9:30-10:30a **Zumba**-Diana-Studio
10:30-11:30a **Pilates Mix**-Pam-Studio
11:30-12:30a **Yoga**-Nancy-Board Rm.

If you arrive late for class, please be respectful of your fellow classmates. Look for an open spot toward the back of the room. Ages 12 and up are welcome in Group Fitness Classes.

15 minute Abs: If time is a factor, try our 15 minute class targeting the core muscles.

15 minute Yoga Stretch: Basic Yoga stretches to improve your flexibility.

30 minute Stretch: Increase your flexibility and loosen up those joints.

Anusara Yoga: A powerful, dynamic, alignment oriented style of yoga. This form is practiced using the body's strength to keep the muscles engaged while stretching. The class uses basic poses with the breath throughout each posture, ending with a nice relaxation piece. It is well suited for the beginner as well as the experienced participant.

Ballet Barre Workout: Traditional Ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding will help the beginner through advanced dancer improve with ease.

Cardio/Strength: Fulfill your fitness needs in one class. Get your heart pumping and your muscles moving in this total body workout.
Core Plus: This class will focus on strengthening the core as well as using weights for a full body workout.

Dance Fusion: Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

Feldenkrais: Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

Farmers Market Walk: Meet at the pool lobby and we'll walk over to the Farmer's Market to pick up some healthy food for the weekend.

Gentle Yoga: This class will explore asana (postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

Hatha Yoga: In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and more sensitive to how energy moves through our body. All levels welcome.

Kripalu Yoga: Incorporates three stages of development – postural alignment, meditation with longer posture holding, meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

Light Low and Lively: Light intensity, low impact and lively music. This class is paced for those looking for an easy to follow, lighter cardio workout.

MELT Hand and Foot: Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age.

Kickbox Conditioning: Learn to kick, punch and jab with proper form for a great workout.

Pilates Mat: A Pilates certified instructor helps you to accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

Pilates Mix: A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

Qigong: An ancient Taoist self-healing technique that generates a healthy flow of qi between people and nature. It is this exchange of qi that creates an energy that brings about health in living beings and in the environment. All fitness levels will benefit from this practice. No previous experience necessary.

Shake your Soul: People of all ages and levels of dance or movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

Spin: Spinning is an indoor cycling class designed for people of all ages and abilities. The focus is improving cardiovascular fitness. You can ride at your own pace as an instructor guides you on a journey.

Step: High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced Levels.

Stretch and Strength: Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate

Summer Sweat: Two instructors challenging you to bring your fitness level up a notch. This fun cardio/strength interval class gets the job done.

Sunrise Yoga: Begin your morning with vinyasa yoga and be ready to face the day ahead.

Total Body Conditioning: A strength conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

Vinyasa Yoga: This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and bring more focus and balance to one's life.

Yoga Dance: People of all ages and levels of dance or movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

Yoga for All: This class is geared toward all ages and levels. Whether you're new to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

Zumba: A dynamic and exciting class full of Latin and exotic music flavors.

The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

Zumba Combo: A little zumba, a little strength and a little basic cardio for one big workout.

Zumba Gold: This class is designed for the active older adult as well as beginners and those looking for a lighter intensity Zumba class.

For more information call 226-8981 x 198 or email Shelley Moll at smoll@westportv.org. Class schedule is subject to change.