



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **GROUP EXERCISE SCHEDULE JAN 2018**

**Wellness Schedules  
Ages 14 and Above\***

- AOA
- Aqua Exercise
- Cardio & Strength
- Cycle
- Dance Fitness
- Yoga
- Barre, Pilates & Tai Chi

<b>KEY</b>	
<b>WS</b>	Wellness Studio
<b>RR</b>	Reflection Room
<b>CR</b>	Cycle Room
<b>THR</b>	Total Health Room
◆	Ages 8-13 Can Attend w/Adult
*	Ticket Required
\$	Fees Associated
Class Change/New Class	

Updated 11/29/2017

## ACTIVE OLDER ADULTS

M	T	W	TH	F	S	S
<b>AOA Strength</b> 7:45-8:30 AM Wali WS			<b>AOA Chair Fitness</b> 8:00-8:45 AM Jackie Gym 1	<b>AOA Step/Strength</b> 7:00-8:00 AM Bill WS		
<b>AOA Chair Fitness</b> 8:00 - 9:00 AM Jackie Gym 1	<b>AOA Yoga</b> 8:15-9:15 AM Tara RR	<b>AOA Chair Strength</b> 8:00 - 9:00 AM Sue Gym 1	<b>AOA Yoga</b> 8:15 -9:15 AM TBD RR	<b>AOA Chair Fitness</b> 8:00 - 9:00 AM Sue Gym 1		
	<b>Zumba ® Gold</b> 9:30-10:30 AM Heather Gym 2		<b>Zumba ® Gold</b> 9:30-10:30 AM Heather Gym 2			
	<b>AOA Strength</b> 10:45-11:30 AM Sue WS		<b>AOA Strength</b> 10:45-11:30 AM Sue WS			
		<b>AOA Yoga</b> 12:15 - 1:30 PM Laurel RR	<b>Stretch</b> 12:30 - 1:30 PM Laurel RR	<b>AOA Yoga</b> 11:00 - 12:00 PM Yella RR	<b>Mindfulness Meditation</b> 11:30 - 12:45 PM Carrie P RR	
<b>Zumba® Gold</b> 12:30-1:15 PM Joan WS			<b>Tai Chi</b> 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>			
<b>AOA Yoga</b> 1:45—2:45 PM Mary Ann RR	<b>Tai Chi</b> 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	<b>Tai Chi</b> 2:15 - 3:25 PM Richard WS <i>Prior Experience Recommended</i>	<b>Tai Chi First Section</b> 3:15-4:15 PM Stefanie WS			

## AQUA EXERCISE AND REHAB

M	T	W	TH	F	S	S
<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>		<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>		<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>	<b>Aqua Rehab</b> 7:45-8:45 AM Cheryl	
<b>Aqua Zumba®</b> 9:00-10:00 AM Misty	<b>Aqua Fitness</b> 9:00-10:00 AM Hsiaoling	<b>Aqua Fitness</b> 9:00-10:00 AM James	<b>Aqua Fitness</b> 9:00-10:00 AM Terrin	<b>Aqua Zumba®</b> 9:00-10:00 AM Chris L.		
<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>	<b>Aqua Zumba®</b> 12:15-1:10 PM Hsiaoling	<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>	<b>Aqua Zumba®</b> 12:15-1:10 PM Chris L.	<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>		
<b>Arthritis &amp; Injury Aqua</b> 1:15-2:15 PM Cheryl	<b>Arthritis &amp; Injury Aqua</b> 1:15-2:15 PM Ralph	<b>Arthritis &amp; Injury Aqua</b> 1:15-2:15 PM Cheryl	<b>Arthritis &amp; Injury Aqua</b> 1:15-2:15 PM Joan	<b>Arthritis &amp; Injury Aqua</b> 1:15-2:15 PM Cheryl		

## CARDIO & STENGTH

M	T	W	TH	F	S	S
<b>H.I.I.T.</b> 5:45- 6:30 AM Ryan WS	<b>Strength Training</b> 5:45 - 6:30 AM Connie WS	<b>Bootcamp</b> 5:30-6:30 AM Connie Gym 1 & 2	<b>Circuit</b> 5:30-6:30 AM Micha WS	<b>Obstacle Course Race Training</b> 5:30-6:15 AM Tracy Gym 1		
		<b>Basic Step</b> 7:00-8:00 AM Sue WS	<b>Strength Training</b> 8:00 - 9:00 AM Gretchen WS			
<b>Step Xpress</b> 8:45-9:30 AM Jo WS	<b>Strength Training</b> 8:00-9:00 AM Sue WS	<b>Power Box</b> 8:15- 9:15 AM Tracy WS		<b>Interval Training X</b> 8:00 - 8:45 AM Tracy Gym 1/WS	<b>Ripped®</b> 8:00 - 9:00 AM Kitty WS	
	<b>Insanity®</b> 8:50-9:40 AM Lucy Gym 1	<b>Step*</b> 9:30-10:30 AM Sue WS	<b>Interval Training*</b> 9:30-10:30 AM Jo WS	<b>Tabata Bootcamp*</b> 9:30 - 10:30 AM Emily WS	<b>Strength Training</b> 9:15 - 10:15 AM Christina/Wendy WS	<b>Strength Training*</b> 9:30-10:30am Kitty WS
	<b>Strength Training*</b> 9:30-10:30 AM Holly WS		<b>Insanity®</b> 9:40-10:30 AM Lucy Gym 1	<b>Core &amp; More</b> 9:30-10:15 AM Gretchen Gym 1		<b>POUND® *</b> 10:30-11:30am Kitty WS
<b>Circuit</b> 10:00-11:00 AM Holly Gym 1	<b>Circuit</b> 10:00 - 11:00 AM Tammy/Monica Gym 1	<b>Bootcamp</b> 10:00 - 11:00 AM Tracy Gym 1		<b>Bootcamp X-press</b> 10:30-11:15am Christina Gym 1		
<b>Cardio Circuit</b> 11:15-12:15 PM Lucy WS	<b>Yoga Lift</b> 5:00-6:00 PM Kathy WS	<b>H.I.I.T.*</b> 11:15-12:15 PM Lucy WS		<b>Cardio Circuit*</b> 11:15-12:15 PM Lucy WS		
<b>Step Basics</b> 5:00 - 5:45 PM Sue/Kristin WS	<b>H.I.I.T.*</b> 6:15 - 7:00 PM Ryan WS		<b>Basic Circuit</b> 5:00 - 6:00 PM Christina WS			
<b>Power Box</b> 6:00- 7:00 PM Paige WS	<b>STRONG By Zumba®</b> 6:45 - 7:45 PM Chris Gym 2	<b>R.I.P.P.E.D ®</b> 6:00 - 6:40 PM Kitty WS	<b>Boot Camp</b> 6:00 - 6:45 PM Tracy WS			
<b>Core</b> 7:00-7:30 PM Paige WS	<b>Strength Training</b> 7:15 - 8:15 PM Christine WS	<b>POUND ®</b> 6:40 - 7:20 PM Kitty WS	<b>Strength Training</b> 7:00- 8:00 PM Kitty WS			

CYCLE						
M	T	W	TH	F	S	S
<b>Cycle-All Levels*</b> 5:30-6:30 AM Connie CR	<b>Cycle-All Levels</b> 6:00-7:00 AM Gretchen CR		<b>Cycle-All Levels</b> 6:00-7:00 AM Gretchen CR	<b>Cycle-All Levels*</b> 5:30-6:30 AM Connie CR	<b>Cycle-All Levels</b> 7:15-8:15 AM Dan CR	
<b>Cycle/Core*</b> 9:30-10:30 AM Maura CR	<b>Cycle-All Levels</b> 9:30-10:30 AM Lisa H CR	<b>Cycle/Core*</b> 9:30-10:30 AM Maura CR	<b>Cycle-All Levels</b> 9:30-10:30 AM Lisa H CR	<b>Cycle-All Levels</b> 8:15-9:15 AM Gretchen CR	<b>Cycle-All Levels</b> 8:30-9:30 AM Kristy CR	<b>Cycle-All Levels</b> 8:30-9:30 AM Vicky CR
				<b>Cycle/Core</b> 9:30-10:30 AM Lisa M CR		
<b>Cycle-All Levels*</b> 6:00-7:00 PM Kristy CR	<b>Cycle-All Levels</b> 5:30-6:30 PM Tracy CR	<b>Cycle-All Levels*</b> 6:00-7:00 PM Kristy CR				

DANCE FITNESS						
M	T	W	TH	F	S	S
<b>Zumba®</b> 9:30-10:30 AM Hsiaoling Gym 2 ◆	<b>Zumba® Gold</b> 9:30-10:30 AM Heather Gym 2 ◆	<b>Zumba®</b> 9:30-10:30 AM Chris L. Gym 2 ◆	<b>Zumba® Gold</b> 9:30-10:30 AM Heather Gym 2 ◆	<b>Zumba®/ Rizzmic®</b> 9:30-10:30AM Heather Gym 2 ◆	<b>Zumba®</b> 9:30 - 10:30 AM Kitty Gym 2 ◆	<b>Zumba®</b> 9:30-10:30 AM Lea Gym 2 ◆
<b>Zumba® Toning</b> 10:30-11:00 AM Hsiaoling Gym 2 ◆			<b>Zumba® Toning</b> 10:45-11:45 AM Hsiaoling Gym 2 ◆			
<b>Zumba® Gold</b> 12:30-1:15 PM Joan WS	<b>Latin Dance Breakdown</b> 1:00-2:00pm Kristin WS 1st & 3rd of the month ◆					
	<b>Line Dancing</b> 1:00-2:00pm Yu-San WS 2nd & 4th of the month ◆	<b>Hip Hop Kids</b> 4:15-5:00 PM Kendra WS <i>Ages 3 and up</i>				
<b>Zumba®</b> 6:15-7:15 PM Kristin Gym 2 ◆		<b>Bollywood</b> 6:15-7:15 PM Kavita Gym 2 ◆	<b>Zumba®</b> 6:45-7:45 PM Hsiaoling Gym 2 ◆	<b>Hip Hop Dance</b> 6:15-7:15 PM Kendra Gym 2 ◆		

# YOGA

M	T	W	TH	F	S	S
	<b>AOA Yoga</b> 7:00- 8:00 AM Wali RR			<b>Yoga-Alignment Based</b> 7:00-8:00 AM Sanjyot RR		
<b>Classic Yoga</b> 8:30 - 9:30 AM Arti RR	<b>AOA Yoga</b> 8:15- 9:15 AM Tara RR	<b>Yoga-Hatha*</b> 8:00-9:15 AM Andrew RR	<b>AOA Yoga</b> 8:15 - 9:15 AM TBD RR	<b>Yoga-Alignment Based*</b> 8:15 - 9:15 AM Sanjyot RR	<b>Yoga-Power*</b> 8:30-9:45 AM Marcos RR	<b>Yoga-Restorative</b> 8:30-9:45 AM Kathy RR
<b>Yoga-Power*</b> 9:45 - 11:00 AM Candice RR		<b>Yoga-Power*</b> 9:45 - 11:00 AM Candice RR		<b>Yoga-Hatha/ Fusion*</b> 9:50-10:50 AM Yella RR	<b>Classic Vinyasa *</b> 10:00-11:15 AM Marcos RR	<b>Yoga-Hatha Fusion*</b> 10:10-11:25 AM Kathy RR
	<b>Vinyasa</b> 11:00 - 12:15 PM Marcos RR	<b>AOA Yoga</b> 12:15- 1:30PM Laurel RR	<b>Yoga-Power*</b> 11:00-12:15 PM Mary Ann RR	<b>AOA Yoga</b> 11:00 - 12:00 PM Yella RR	<b>Mindfulness Meditation</b> 11:30- 12:45 PM Carrie RR	<b>Yoga 101</b> 11:35-12:35 PM Kathy RR
<b>Yoga-Hatha/ Fusion*</b> 12:15-1:30 PM Yella RR	<b>Vinyasa Restorative</b> 12:30 - 1:45 PM Marcos RR	<b>Classic Yoga</b> 1:45 - 3:00 PM Arti RR	<b>Stretch</b> 12:30-1:30 PM Laurel RR			
<b>AOA Yoga *</b> 1:45 - 2:45 PM MaryAnn RR	<b>Yoga Lift</b> 5:00-6:00 PM Kathy WS		<b>Pretzel &amp; Twist</b> 4:00-4:45 PM Mary Ann RR <b>Ages 8 &amp; up</b> <b>Starts Sept 14</b>			
<b>Yoga-Alignment Based</b> 5:30-6:45 PM Tara RR			<b>Yoga-Restorative</b> 5:00 - 6:15 PM Kathy RR			
	<b>Yoga-Fusion</b> 6:45-8:00 PM Kathy RR	<b>Yoga-Alignment Based*</b> 7:00-8:15 PM Wali RR	<b>Yoga-Hatha/ Fusion</b> 6:30 -7:45 PM Kathy RR	<b>Yoga-Restorative</b> 7:00- 8:00 PM Tiffany/Sarah RR		

## BARRE, PILATES, AND TAI CHI

M	T	W	TH	F	S	S
<b>Mat Pilates</b> 6:45-7:45 AM Marti RR	<b>Above The Barre</b> 6:45-7:45 PM Julie WS	<b>Mat Pilates</b> 6:45-7:45 AM Marti RR	<b>Above The Barre</b> 5:45- 6:30 AM Connie RR	<b>Mat Pilates</b> 6:00-6:45 AM Maura RR		
			<b>Mat Pilates</b> 6:45-7:45 AM Marti RR			
<b>Above the Barre*</b> 9:45-10:45 AM Julie WS	<b>Mat Pilates*</b> 9:45 - 10:45 AM MaryAnn RR		<b>Mat Pilates*</b> 9:45-10:45 AM Marti RR			
<b>Above The Barre</b> 11:15-12:00 PM Julile RR		<b>Above the Barre *</b> 11:15-12:00 PM Heather RR		<b>Above The Barre*</b> 12:15-1:15 PM Heather RR		<b>Tai Chi Series</b> 11:45-12:45 PM Stefanie WS
	<b>Tai Chi</b> 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	<b>Tai Chi</b> 2:15-3:25 PM Richard WS <i>Prior experience is recommended.</i>	<b>Tai Chi</b> 2:00 - 3:00 PM Stefanie WS <i>All Levels</i>			<b>Tai Chi Series</b> 1:00-2:00 PM Stefanie WS
<b>Above the Barre</b> 7:00-8:00 PM Rosemary RR	<b>Above The Barre</b> 5:30 - 6:30 PM Julie RR		<b>Tai Chi First Section</b> 3:15-4:15 PM Stefanie WS			

## NET SPORTS

M	T	W	TH	F	S	S
<b>Adult Pickleball</b> By Request (4+) 7:00 - 8:30 AM Gym 1	<b>Adult Basketball</b> 6:00 - 7:00 AM Gym 1					<b>Badminton</b> 8:00—11:45 AM Gym 1
	<b>Table Tennis</b> 11:15 - 2:15 PM Gym 2			<b>Adult Pickleball</b> By Request 11:00 - 1:00 PM Gym 1		<b>Adult Pickleball</b> 12:00 - 3:00 PM Gym 1
<b>Pick up Basketball</b> 18+ 6:00 - 9:45 PM Gym 1	<b>Power Volleyball (14+)</b> 8:00 - 9:45 PM Gym 1	<b>Pick up Basketball</b> 18+ 6:00 - 9:45 PM Gym 1	<b>Open Volleyball (14+)</b> By Request(6+) 8:00- 9:45 PM Gym 1	<b>Table Tennis</b> 4:00 - 9:00 PM WS		<b>Table Tennis</b> 2:30 - 5:00 PM WS
	<b>Pick up Basketball</b> 16+ 8:00 - 9:45 PM Gym 2	<b>Table Tennis</b> 7:30 - 9:30 PM WS	<b>Pick up Basketball</b> 16+ 8:00 - 9:45 PM Gym 2	<b>Teen Basketball</b> Ages 11-16 8:30-9:45 PM Gym 1		<b>Family Pickleball</b> 3:00 - 4:00 PM Gym 1

## ACTIVE OLDER ADULTS

**AOA CHAIR FITNESS** Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills. Light weights, bands, and exercise ball are offered for resistance and a chair is used for seated and/or standing support.

**AOA STEP** Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

**AOA STRENGTH** Move to the music through a variety of chair based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**AOA STEP/STRENGTH** This class is a combination of AOA Step and AOA Strength.

**AOA YOGA** This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques.

## AQUA EXERCISE AND REHABILITATION

**AQUA FITNESS** A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

**AQUA ZUMBA®** Splash your way into shape with an invigorating, low-impact aquatic exercise. Known as the Zumba® 'pool party,' the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blend it all together in to a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Aqua shoes recommended but not required.

**AQUA ARTHRITIS & INJURY** This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

## CARDIO AND STRENGTH

**BOOTCAMP** Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

- **TABATA BOOTCAMP** High energy class designed to boost your after exercise caloric burn using intervals with a variety of cardio and strength drills.
- **BOOTCAMP X-PRESS** Get your extreme workout in 45minutes! Bootcamp xpress will give you all the same benefits of our boot camp class in a shorter time frame.

**CIRCUIT TRAINING** Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

**CORE & MORE** Non-aerobic muscle-toning class that incorporates a variety of exercises used to target your abs, glutes and hips.

**H.I.I.T.** High Intensity Interval Training is a great way to burn fat! Moderate intensity intervals are alternated with high intensity intervals for a full body workout.

**INSANITY®** Insanity LIVE is a high intensity cardio-conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designed for all levels, moves can be modified.

**INTERVAL TRAINING** A dynamic class combining high energy, cardio drills and strength training.

**KIDS FIT** A class created just for kids! Come play games that will keep your kids moving. This class will be using different types of equipment to develop skills at every level. Fresh new ideas every week will keep kids wanting to come back.

**OBSTACLE COURSE RACE TRAINING** Train for your next race or to the next level of your fitness journey. You will be doing specific exercises to prepare you for obstacles that might be on a racing course.

**POUND®** Using Ripstix® (lightly weighted drumsticks) you will become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

**POWERBOX** Take cardio kickboxing to the next level with punching and kicking drills against a bag. All levels, no experience needed. Hand

wraps, kickboxing or boxing gloves are required. Limited gloves are available for new participants.

**R.I.P.P.E.D.** A constantly changing format that combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

**STEP** Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

**STRENGTH TRAINING** - Strengthen and tone your muscles using weights and other resistance equipment.

**STRONG by Zumba®** - STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

## CYCLE

**ALL LEVELS** Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike.

**CYCLE CORE** 45 minutes of all levels cycle followed by 10 min. of core work done on the floor.

## DANCE FITNES

**HIP HOP DANCE** Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned.

**HIP HOP KIDS** Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned. Ages 3 and up.

**BOLLYWOOD DANCE** Inspired by the high energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit, all at the same time!

**RIZMIC®** An exhilarating new dance fitness experience dedicated to American music and dance styles from early generations to today's biggest dance crazes.

**ZUMBA®** A Latin-inspired dance fitness class!

Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

**ZUMBA® GOLD** Just as fun, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners.

**ZUMBA® TONING** Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

**LATIN DANCE BREAKDOWN** This class was created for people new to Latin dancing or want to increase their knowledge. You will learn the basics in the Latin dance moves which are performed in Zumba including Salsa, Cha-Cha, Merengue & more.

## YOGA

**MEDITATION** Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

**PRETZEL & TWIST (Ages 8+)** Growth spurts can contribute to stiff muscles for kids. Stretching helps prevent injuries and keeps kids flexible and performing at their best.. Not to mention, stretching just feels good! (During the school year.)

## YOGA

- **ALIGNMENT BASED** Yoga using props in the Iyengar tradition to help ensure proper alignment in poses, reducing the risk of injury and contributing to overall mind/body wellness.
- **BREATH & ALIGNMENT** Focus A blend of poses focusing on breathing techniques and alignment poses.
- **HATHA Balancing**, standing, seated, supine, prone postures.
- **HATHA/FUSION** A blend of poses focusing on strengthening the upper body and core as well as opening the back and shoulders.
- **POWER** A fitness-based approach to yoga balancing strength and flexibility for those with previous yoga experience.
- **RESTORATIVE** A passive style of yoga with longer hold times. Allows for deeper



relaxation and calmer mind.

- **VINYASA** Basic yoga postures-sequencing with breathing technique.
- **VINYASA FUSION FLOW** Cardio yoga with a mix of Tai Chi and Chiqung Postures.
- **YOGA LIFT** Vinyasa yoga with weights.

**STRETCHING** Stretch your muscles, calm your mind, help with injuries, and soothe tension. Inspiring music guides gentle moves coordinated with your breathing while practicing poses from yoga, dance, and fitness. Open to all levels.

### **BARRE, PILATES, TAI CHI**

**ABOVE THE BARRE** A challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. Use your own body weight and light free weights to define and tone. Meant to be done barefoot, but not required.

**MAT PILATES** This class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining, or standing position.

*Bring your own mat.*

### **TAI CHI**

- **Tai Chi First Section** - for those beginning their study of Traditional Yang Family Tai Chi Chuan.
- **Tai Chi Second Section** - for all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission
- **Tai Chi Third Section** - for those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission
- **Tai Chi Practice** - for all those who have studied all Three Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission

**FELDENKRAIS WORKSHOP** Using gentle movement sequences and directed attention, habitual neuromuscular patterns are revealed and alternative movements are explored that improve performance in all areas of your life. Seasonal class.

### **NET SPORTS**

**Adult Pick-up Basketball** Enjoy friendly competition and practice your basketball skills with other players.

**Adult Pickleball** Enjoy friendly competition and practice your Pickleball skills with other players.

**BADMITTON** Enjoy some family fun and and practice your badminton skills.

**FAMILY PICKLEBALL** Enjoy some family fun and and practice your pickleball skills together.

**PICK UP BASKETBALL (60+,18+, 16+)** Enjoy friendly competition and practice your basketball skills with other players.

**OPEN VOLLEYBALL (14+)** Come join the fun. Both beginner and intermediate times are available. Available by Request (6+ Required)

**PICKLEBALL (All Ages)** Enjoy some family fun and practice your pickleball skills together. Available by Request (4+ Required)

**POWER VOLLEYBALL (14+)** For experienced players, bring your best game and up level your volleyball skills with other players.

**TABLE TENNIS (All Ages)** Enjoy some family fun and practice your table tennis skills together.

**TEEN BASKETBALL** Learn basketball basics, drills, and sportsmanship with other teens 12-18 years old.

<b>KEY</b>
<b>WS</b> Wellness Studio
<b>RR</b> Reflection Room
<b>CR</b> Cycle Room
<b>THR</b> Total Health Room
* Ticket Required
\$ Fees Associated
Class Change/New Class

# JANUARY HEALTH EVENTS/WORKSHOPS AND IMPORTANT DATES

<b>Monday</b>	<b>1</b>	Facility is Closed
<b>Tuesday</b>	<b>2</b>	
<b>Wednesday</b>	<b>3</b>	
<b>Thursday</b>	<b>4</b>	
<b>Friday</b>	<b>5</b>	
<b>Saturday</b>	<b>6</b>	
<b>Sunday</b>	<b>7</b>	
<b>Monday</b>	<b>8</b>	
<b>Tuesday</b>	<b>9</b>	
<b>Wednesday</b>	<b>10</b>	
<b>Thursday</b>	<b>11</b>	
<b>Friday</b>	<b>12</b>	
<b>Saturday</b>	<b>13</b>	
<b>Sunday</b>	<b>14</b>	
<b>Monday</b>	<b>15</b>	
<b>Tuesday</b>	<b>16</b>	
<b>Wednesday</b>	<b>17</b>	
<b>Thursday</b>	<b>18</b>	Cooking Demo—Fish Five Ways 11am-1pm
<b>Friday</b>	<b>19</b>	
<b>Saturday</b>	<b>20</b>	Fitness Expo 9-11am
<b>Sunday</b>	<b>21</b>	Mind Body Workshop 1-2:30pm
<b>Monday</b>	<b>22</b>	
<b>Tuesday</b>	<b>23</b>	
<b>Wednesday</b>	<b>24</b>	Mind Body Workshop 5-6:30pm   Lose to Win Winter Starts! 6:15pm-7:15pm
<b>Thursday</b>	<b>25</b>	ACT! Winter Starts 5:30pm –7pm
<b>Friday</b>	<b>26</b>	
<b>Saturday</b>	<b>27</b>	
<b>Sunday</b>	<b>28</b>	
<b>Monday</b>	<b>29</b>	Lose to Win Winter Starts! 10:30am-11:30am
<b>Tuesday</b>	<b>30</b>	
<b>Wednesday</b>	<b>31</b>	