



# SEPTEMBER

## 2022 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLASS TIME: 7:00 AM</b>			<b>SGT POWER HOUR</b> MARIPOSA ROOM WITH TOM		<b>KETTLEBELLS</b> PALOMA ROOM WITH STEVE SESSION BASED	
<b>CLASS TIME: 8:00 AM</b>	<b>FLOW &amp; RESTORE</b> MV BALLROOM WITH TANYA <b>SGT - TRX L1</b> MARIPOSA ROOM WITH JEANNETTE	<b>STRENGTH</b> MARIPOSA ROOM WITH JEANNETTE	<b>YOGA FLOW</b> MV BALLROOM WITH TANYA	<b>STRENGTH</b> MARIPOSA ROOM WITH JEANNETTE / YVONNE	<b>YOGA FOR A HEALTHY BACK</b> MV BALLROOM WITH JEANNETTE	<b>STRENGTH</b> MARIPOSA ROOM WITH MARICA
<b>CLASS TIME: 9:15 AM</b>	<b>POPJAM</b> MARIPOSA ROOM WITH YVONNE	<b>BARRE FITNESS</b> MARIPOSA ROOM WITH TANYA	<b>POPJAM</b> MARIPOSA ROOM WITH YVONNE	<b>BARRE FITNESS</b> MARIPOSA ROOM WITH TANYA	<b>CARDIO DANCE BLAST</b> MARIPOSA ROOM WITH MICHELE	<b>HATHA YOGA</b> MARIPOSA ROOM WITH TANYA
<b>CLASS TIME: 9:30 AM</b>	PARKINSON'S CLASS PALOMA ROOM WITH MARCIA STARTS SEPT. 12		PARKINSON'S CLASS PALOMA ROOM WITH MARCIA		PARKINSON'S CLASS PALOMA ROOM WITH MARCIA	
<b>CLASS TIME: 10:30 AM</b>	<b>MAT PILATES</b> MARIPOSA ROOM WITH YVONNE	<b>SGT - BALANCE &amp; FALL PREVENTION</b> MARIPOSA ROOM WITH MICHELE	<b>SGT - TRX L1</b> MARIPOSA ROOM WITH TOM	<b>SGT - BALANCE &amp; FALL PREVENTION</b> MARIPOSA ROOM WITH MICHELE	<b>MAT PILATES</b> MARIPOSA ROOM WITH YVONNE	
<b>CLASS TIME: 11:00 AM</b>			<b>TAI CHI II</b> PALOMA ROOM WITH MARCIA SESSION BASED			
<b>CLASS TIME: 1:00 PM</b>			<b>KETTLEBELLS</b> PALOMA ROOM WITH STEVE SESSION BASED	<b>AM I DOING THIS RIGHT? YOGA</b> SERIES MARIPOSA ROOM WITH TANYA		
<b>CLASS TIME: 4:30 PM</b>		<b>HATHA YOGA</b> MARIPOSA ROOM WITH TANYA		<b>SLOW FLOW YOGA</b> MARIPOSA ROOM WITH JEANNETTE STARTS SEPT. 8		

### CLASS DESCRIPTIONS ON THE REVERSE SIDE

### HOA2 FITNESS CLASSES ARE \$7

Pay by Member Charge or Unlimited Monthly Fitness Class Pass (workshops, seminars & DV cycling classes excluded, passes are non-transferable & guests not included).

SGT Classes are \$10 and not included with the Unlimited Fitness Class Pass. | Session Based Classes vary per class and not included with the Unlimited Fitness Class Pass.



# SADDLE BROOKE TWO

## 2022 FITNESS CLASSES

### CLASS DESCRIPTIONS

**FLOW & RESTORE YOGA:** Class will begin with gentle flow to warm the body & class will culminate with restorative yoga. Restorative yoga holds poses much longer than conventional yoga & often uses props such as blankets, bolsters, and blocks.

**HATHA YOGA:** Explore the connection of breath, body, and mind in this yoga class. We will go through a series of poses (asanas), connect with our breath (pranayama) and perform simple meditations (dhyana).

**CARDIO DANCE BLAST:** Move your body to upbeat music with joint-friendly, low-impact cardio! The first half of class includes easy to learn steps to strengthen your cardiorespiratory system! The second half of class covers strength training to work all muscle groups. It's so much fun you won't know you're working out.

**PARKINSON'S CLASS:** Parkinson's Recovery Certified Trainer Marcia Pirie will teach members how to gain strength, flexibility and move more freely.

**STRENGTH CLASS:** Use weights & bands in this functional strength training class to improve bone density and muscle mass. Everyday activities become easier when stronger.

**SGT - BALANCE & FALL PREVENTION:** SGT is a great way to learn how to help prevent falls & improve balance. Get more individualized attention while enjoying a class atmosphere.

**POPJAM:** This cardiovascular class make you move to the hits of Pitbull, J'Lo, Bruno Mars & more! Burn calories and get in 700 steps in this fun filled class. If you like to dance & sing, this class will not disappoint!

**SGT - TRX L1:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

**YOGA FOR A HEALTHY BACK:** Strengthen & stretch your back with a series of poses which are gentle yet effective.

**SGT - POWER HOUR:** Not for the beginner exerciser. Come ready to increase physical strength through weight-bearing and resistance exercise utilizing TRX, bands, and dumbbells. All major muscle groups are worked from head to toe. Focus will be on proper form and full range of motion during exercise. 'Challenge yourself to move out of your comfort zone and break through your personal fitness barriers.

**KETTLEBELLS WITH STEVE:** In this SESSION-BASED CLASS we will progress each class meeting and learn how to incorporate kettlebells into your workout routine. Using kettlebells will increase power in your movement and build stabilization in your joints. There is also a cardiorespiratory component to kettlebell training which allows for strength and cardio training to be done at the same time.

**MAT PILATES:** Improve your core stability, postural alignment, balance and flexibility with Pilates mat floor exercises. Different modalities such as weights, balls, rings, and barre may be used to give you a full body workout.

**BARRE FITNESS:** Get great results from a total body workout in one hour. This class will strengthen, tone, and lengthen muscles using the barre, ball, weights and more!