

COLONIAL HERITAGE
FEBRUARY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT Combo Athletic Club or https://us02web.zoom.us/j/82425239030 8:30 AM. - 9:20 AM Julie	Resistance Training Athletic Club 8:00 AM - 8:50 AM Julie	Yoga Fit Athletic Club or https://us02web.zoom.us/j/86016701326 8:30 AM. - 9:25 AM Julie	Resistance Training Athletic Club or https://us02web.zoom.us/j/83336326658 8:30 AM. - 9:20 AM Carey	Boot Camp Athletic Club or https://us02web.zoom.us/j/81209022512 8:30 AM - 9:20 AM Carey	INDOOR POOL RESERVATIONS https://yourcourts.com/ 9:00AM TO 4:00: PM
Aqua Muscular Indoor Pool 8:00 AM - 8:50 AM Amy	Aqua Cardio & Core Indoor Pool 9:00 AM - 9:50 AM Debra	Aqua Muscular Indoor Pool 8:00 AM - 8:50 AM Amy	Aqua Combo Indoor Pool 9:00 AM - 9:50 AM Julie	Aqua Cardio & Core Indoor Pool 9:00 AM - 9:50 AM Amy	Aqua Combo Indoor Pool 9:00 AM - 9:50 AM Debra
Bender Ball Athletic Club 9:30 AM - 10:20 AM Amy	Classic Fitness Athletic Club 9:00 AM -9:50 AM Amy	Barre Above Athletic Club or https://us02web.zoom.us/j/89585501550 9:30 AM - 10:20 AM Julie	Classic Fitness Athletic Club 9:30 AM - 10:20 AM Carey	Stretch & Sculpt Athletic Club or https://us02web.zoom.us/j/89483750957 9:30 AM - 10:20 AM Carey	
Classic Fitness Athletic Club 10:30 AM- 11:20 AM Amy	Pilate Athletic Club 10:00 AM -10:50 AM Debra	Zumba Athletic Club 10:30 AM- 11:20 AM Shannon		Functional Fitness Athletic Club 10:30 AM - 11:20 AM Julie	Pilate Athletic Club 10:00 AM TO 10:50:AM Debra
	Hatha Yoga Athletic Club 3:00 PM - 4:00 PM Joseph		Hatha Yoga Athletic Club 3:00 PM - 4:00 PM Joseph		
Tai Chi Flow Athletic Club 4:00 PM - 4:50 PM Beverly	Qigong practice Athletic Club 4:45 PM - 5:30 PM Laura	Chair Yoga Athletic Club 4:00 PM - 5:00 PM Debra		Qigong practice Athletic Club 4:45 PM - 5:30 PM Laura	

The Description of the classes & Intensity Levels for the classes.

Low (L), Low/Medium (L/M), Medium (M), Medium/High (M/H) and All Levels.

Aqua Cardio & Core: The class will start off with a combination of upper-body moves with aerobic exercises to gradually bring up the heart rate to a desirable target heart rate. During the cardio phase of the workout the intensity will increase using speed, range of motion, suspended moves, power, travel, or rebounding so that the heart rate stays at a desirable heart rate. Resistance tools like a noodle, kickboard or dumbbells will be used for the core phase of the class. (M - H)
Aqua Muscular Fitness: The objective of this class is to work on muscular strength by using water dumbbells, noodle, or a kickboard (L-M)
Barre Above Plus: is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. You must be able to get down and up off the floor without any assistance. (M-H)
Bender Ball: This class will be incorporated into a variety of exercises to work the whole body using a Bender Ball. You must be able to get down and up off the floor without any assistance. (L-M)
Boot Camp: A class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. (M-H)
Chair Yoga: This class is based on simple, functional, and repetitive poses that will help improve posture, balance and functional strength, with gentle range of motion movement for all joints along with relaxation & breathing techniques. Designed to improve daily functionality of the body & mind. Expect to hold Yoga poses for 3-5 breaths while seated in a chair or standing back a chair. (L)
Classic Fitness: Muscular Strength and Range of Movement: Have fun and move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. (L)
Functional Fitness: Will be focusing on the integrate movement patterns (train all 3 planes) to prepare for our daily functional demands like reaching, bending, leaning, turning ,balancing , twisting, stooping and changes directions constantly throughout our day. All exercises will be performed standing and when working on balance exercises a chair will be available for assistance. (L-M)
Hatha Yoga: Hatha yoga is set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body—especially the main channel, the spine—so that energy can flow freely from bottom of your feet to top of your head. You must be able to get down and up off the floor without any assistance. (L-M)
HIIT Combo: Alternating short bouts of high -intensity exercise (modifications will be offered when need) followed by a working recovery, the working recovery will be a resistance exercise or exercises. (M-H)
Pilate: Is a repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. You must be able to get down and up off the floor without any assistance. (L-M)
Qigong practice: includes movement, meditation, sound, visualization, breathwork and self-massage. Most practices are done standing but can be done in chairs as well. Please allow 45 minutes for practice. We use mats to stand on for stability. (All Levels)
Resistance Training: A total body muscle strengthening and toning workout using dumbbells to improve your daily activities. (M-H)
Stretch & Sculpt: This class uses a stability ball to hone and tone all the tricky areas of the body and increase your core strength by conditioning the abdominal and back. The exercises for this class are designed to tighten, trim and tone your core and flexibility exercises are incorporated to release and stretch the muscles. Floor exercises will be used in this class so participants must be able to get down and up off their mats. Stability ball is recommended for the class. You must be able to get down and up off the floor without any assistance. (M)
Tai chi Flow: offers just the right combination of challenge and relaxation. You will be guided into the mind/body aspect of flow control with the incorporation of breath through various Qigong forms. Tai chi flow is a preventative low impact style of exercise which improves balance, strength, flexibility, blood circulation, cognitive function & mental health all through gentle arm movements and weight shifting. This is a preferred class for recovering injuries and previous surgeries. . (All Levels)
Yoga Fit: In this class we will use a blend of traditional hatha yoga poses drawn from Iyengar, Ashtanga, Vinyasa, and Viniyoga practices. The class will be designed to use the YogaFit Three Mountain format of warm-up-work-cool down in a flowing format and a total mind-body workout features cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation. You must be able to get down and up off the floor without any assistance. (M-H)
Zumba: Blend of Latin and international music to create a dynamic, fun, and effective cardio workout. The class is designed to utilize an interval format, combining various rhythms with movements that tone and sculpt the body. (All Levels)

