Coronado Fitness Center

Class Schedule

All classes are drop-in and included in your membership dues.

Hours of Operations
Monday-Friday 6am-8pm
Saturday 8am-5pm
Sunday- Closed.

501-922-1230/
501.922.9800

Amy Holloway, Operations Coordinator.
Email: Aholloway@hsvpoa.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 a.m.	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	
7:00 a.m.	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	
8:00 a.m.	BASIC YOGA	STEP INTERVAL	BASIC YOGA	STEP INTERVAL		
9:00 a.m.	GROUP INDOOR CYCLING TAI CHI: Held at CCC	SHALLOW WATER AEROBICS 9:15 AM POOL CLASS BARRE	GROUP INDOOR CYCLING	SHALLOW WATER AEROBICS 9:15 AM POOL CLASS BARRE		HATHA YOGA
10:00 a.m.	BASIC YOGA JOYFUL MOVEMENT: Held at CCC	DANCE FITNESS	BASIC YOGA	DANCE FITNESS	BASIC YOGA	
11:00 a.m.	PILATES	PUMPING IRON	PILATES	PUMPING IRON	*New* CORE & MORE (SIX-WEEK CLASS)	
12:00 p.m.	SILVER SNEAKERS CLASSIC		SILVER SNEAKERS CLASSIC			
1:00 p.m.				LSD Yoga		
2:00 p.m.		TAI CHI				
3:00 p.m.	*3:30 p.m. Saber Fencing		*3:30 p.m Saber Fencing			
4:00 p.m.						
5:00 p.m.			HATHA YOGA (5:30)			
6:00 p.m.	LATIN & BALLROOM DANCE					
7:00p.m.	LATIN & BALLROOM DANCE					

All LAND CLASSES are 50 minutes unless otherwise noted.

BARRE: (TUE/THUR at 9am) Low impact, fitness method that uses ballet inspired movements, Pilates, Yoga, and strength training.

BASIC YOGA: **(M/W at 8am and M/W/F at 10:00am)** Slow and easy stretching put into perfect flow.

CORE AND MORE: SIX-WEEK CLASS (FRIDAY AT 11AM) BUILD ABDOMINAL AND LOWER BACK STRENGTH WHILE CONDITIONING YOUR ENTIRE BODY.

DANCE FITNESS: (TUE/THUR at 10am and Wednesdays at 4pm)) Designed for all skill levels. Combining a blend of fitness, movement and music.

GROUP INDOOR CYCLING: (M/Wat 9:00am) This class is done on a specialized stationary bike, simulating rides on varying terrain using cadence and resistance. Anyone at any age and fitness level are welcome.
Bikes are limited.

HATHA YOGA: (Wednesday at 5:30pm & Saturday at 9:00am) Focuses on breathing exercises, physical poses to improve balance, flexibility and strength. Followed by a short period of meditation to align and calm the body, mind, and spirit.

JOYFUL MOVEMENT: (Monday at 10:00am) A freestyle movement. This workout draws inspiration from many types of dances. It's effective and fun. Anyone of any age and fitness level are welcome. This class is held at Coronado Community Center; must check in at the Coronado Fitness Center.

LATIN & BALLROOM DANCE: (Monday at 6:00pm& 7pm) Learn a new, fun, and energetic dance each month!

LSD Yoga: (Thursday at 1:00pm to 1:15pm) Stands for Long, Slow, Deep. AKA Yin Yoga. Holding poses for an extended period. Participants should bring (if they have them): 2 yoga blocks, a strap, and a yoga blanket.

PILATES: (M/W at 11:00am) A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

PUMPING IRON: (Thur.at 11:00am) This class is for those who are interested in strength training and learning the correct form. Focus on muscular strength and endurance to improve body and muscle mass.

SABER FENCING: (M/W at 3:30) Learn military saber fencing from the 1800s. You will learn footwork, attack and defense skills, strategy, and eventually fencing in armor similar to Olympic fencing gear. Safety and a positive, fun attitude are guiding principles of this class. Everyone is welcome, this class meets at the Coronado Community Center.

SILVER SNEAKERS CLASSIC: (M/W at 12:00pm) A total body workout modified in the chair or using the chair for stability. Various small equipment will be used. Friday's class ends with seated Tai Chi.

STEP INTERVAL: (T/Th at 8:00am) Let's get that heart rate up with a variety of cardio movements using a platform and segments of weight training!

STRENGTH & CONDITIONING: (M/W/F at 6:15am and 7:00am) A low impact workout that is designed to increase physical strength through weight-bearing and resistance exercises.

TAI CHI: **(Mondays at 9:00am and Tuesdays at 2:00pm)** Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. The class is centered around gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Monday at 9am, held at the Coronado Community Center.

SHALLOW WATER AEROBICS: **(T/Th at 9:15am to 10:15am) One hour class** Reach your fitness goals with low-impact and multi-level intensity workouts designed to benefit various fitness levels. Working in either shallow or deep water, the focus is on aerobic endurance, resistance training, as well as stretching and toning while in the pool.

Coronado Fitness Center
Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	CLOSED
7:00 AM	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	CLOSED
8:00-8:30AM	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Lap Swim Only (5 lanes)	Recreation Swim
8:30 AM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
9:00 AM	Recreation Swim	***SHALLOW WATER AEROBICS 9:15-10:15***		***SHALLOW WATER AEROBICS 9:15-10:15***	Recreation Swim	Recreation Swim
10:00 AM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
10:30 AM	Recreation Swim	**HARRIS&RENSHAW PHYSICAL THERAPY 10:30-1PM (1 LANE)**	Recreation Swim	**HARRIS&RENSHAW PHYSICAL THERAPY 10:30-1PM (1 LANE)**	Recreation Swim	Recreation Swim
11:00 AM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
12:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
1:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
2:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
3:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
4:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
5:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	CLOSED
6:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	CLOSED
7:00 PM	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	CLOSED