

JAN/FEB 2023 COWAN CREEK FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Total Body 7:30–8:00 Marnie/ Upstairs	Yoga Stretch for Golf 6:45–7:45 Kathy/ Salado	Total Body 7:30–8:00 Marnie/ Upstairs	Awakenings Yoga 6:45–7:45 Kathy/ Salado	Cycling 8:15–9:00 Leslie
Cycling 7:30–8:15 Marnie	Cycling 7:30–8:15 Jan	Cycling 7:30–8:15 Marnie	Cycling 7:30–8:15 Jan	Cycling 7:30–8:15 Marnie	Cardio Sculpt 8:15–9:00 Steve
Beginner Yoga 8:00–9:00 Ellen/ Salado	Yoga Gentle Stretch 8:00–8:45 Heidi/ Salado	Beginner Yoga 8:00–9:00 Ellen/ Salado	Yoga Gentle Stretch 8:00–8:45 Heidi/ Salado	Vinyasa Flow 8:00–9:00 Winnie/ Salado	Yoga Flow 8:30–9:30 Marivic/ Salado
			Cycling 9:00–9:45 Leslie		Step & Tone 9:15–10:15 Leslie/ Stairs
Beginner Pilates 9:15–10:15 Marnie/ Salado	Sr Boot Camp 9:30–10:30 Leslie/ Upstairs	Beginner Men's Pilates 9:15–10:15 Winnie/ Salado	Groove Dance 9:15–10:00 Valerie/ Upstairs	Better Bones 9:15–10:00 Winnie/ Salado	Zumba 10:30–11:15 Elke/ Upstairs
 Aqua Fitness 9:30–10:15 Jen	 Aqua Fitness 9:30–10:30 Luz	 Aqua Fitness 9:30–10:15 Beth	 Aqua Fitness 9:30–10:30 Tammy	 Aqua Zumba 9:30–10:15 Luz	
Strength 9:30–10:30 Sharon/ Upstairs	Balance & Tone 9:30–10:15 Sharon/ Salado	Strength 9:30–10:30 Sharon/ Upstairs	Balance & Tone 9:30–10:15 Sharon/ Salado	Ballet Barre 9:00–10:00 Marnie/ Upstairs	
Zumba 10:45–11:45 Vickie/ Upstairs	Beginner Strength 10:30–11:00 Kathy/ Upstairs	Zumba 10:45–11:45 Vickie/ Upstairs	Beginner Strength 10:30–11:00 Sharon/ Upstairs		
 Coached Lap Swim 11:00–noon David	 Aqua Fitness 11:00–noon Cherub	 Coached Lap Swim 11:00–noon David	 Aqua Fitness 11:00–noon Leslie		
Tai Chi 11:45–12:45 Ann/ Salado	Zumba 11:15–12:15 Tracey/ Upstairs		Zumba 11:15–12:15 Tracey/ Upstairs		
	Beginner Cycle 11:30–12:00 Kathy	Slow Yoga Flow 1:15–2:15 Ki/ Salado	Strong Backs 11:30–12:15 Kathy/ Salado		
Step 1:15–2:00 Leslie/ Upstairs	Cardio Sculpt 1:15–2:00 Leslie/ Upstairs	Step 1:15–2:00 Leslie/ Upstairs	Cardio Sculpt 1:15–2:00 Leslie/ Upstairs	Step 1:15–2:00 Leslie/ Upstairs	
Gentle Yoga 2:15–3:15 Melissa/ Salado	Strength & Stretch 2:30–3:15 Jan/ Upstairs	Chair Yoga 2:30–3:30 Ki/ Salado		Fired Up Fit 3:15–3:45 Steve/ Upstairs	
Cross Training 5:00–5:45 Steve/ Upstairs	Beginner Ballet Barre 3:30–4:15 Caroline/ Upstairs	Cross Training 5:00–5:45 Steve/ Upstairs			

Aqua Fitness Various cardio and strength training exercises using resistance equipment to increase heart and lung function.

Classes end with cool down and stretching exercises to improve flexibility. 45 or 60-min. Level 2 – 4

Aqua Zumba Dance your way to a strong core and cardiovascular fitness in this fun, Latin-based class. 45 min. Level 2-4

Awakenings Yoga Early morning flow to start the day and get moving with a light vinyasa flow. 60 min. level 2-4

Balance & Tone Core work, balance and stretching done on a mat, band and balls may be used. This class is designed to tone, strengthen, and increase your flexibility. Balance and relaxation will complete the class. 45 min. Level 2 – 4

Beginner Cycle: Learn the basic set up and proper form on the cycle bike. Easier for beginners new to cycle. 30 min Level 2-4

Beginner Ballet Barre Ballet exercises done at the barre at a slower pace designed to create balance and strength. 45 min. Level 2.

Ballet Barre Easy to follow Ballet exercises at the Barre. Exercises progress and develop in intensity; designed to lengthen and strengthen the body. 60 min. Level 2-4

Beginner Men's Pilates Develop balance, flexibility, and core strength with a focus on abdominals and back while improving posture. 60 min. Level 2-3

Beginner Strength A full-body strength workout using various resistance equipment. 30 min. Level 2

Beginner Yoga Learn the basic yoga postures, poses, breathing techniques, stretching, and alignment. 60 min. Level 2

Better Bones Participants must be able to get down and up off the mat easily. The exercises are designed to strengthen bones and improve balance. 45 min. Level 2-3

Groove Dance your way to fitness. Choreographed dance movements to enhance cardiovascular, coordination and rhythm. 60 min. Level 2-4.

Cardio Sculpt Aerobics and strength training with core work and a stretch. 45 - 60 min. Level 2 – 4

Chair Yoga Easy yoga postures in the chair to build strength and stamina. Class closes with a 20-minute guided relaxation to get you grounded and balanced. 60 min. Level 1-3

Coached Lap Swim Improve their swimming technique with drills that work on endurance plus technique for freestyle, backstroke, and breaststroke. You must know how to swim the basic strokes and swim 50 yards without stopping. 60 min. Level 3 – 4

Cross Training Looking to take your training to the next level? This class offers a variety of exercises to test muscular and cardiovascular endurance, strength, agility, core, balance, and overall fitness. Whether you are new to working out or not, you select the intensity of this class to improve your fitness level. 45 min. Level 2 – 5

Cycling Joint-friendly workout using stationary bicycles to improve muscular & cardiovascular fitness. 45 min. Level 2 – 3

Fired Up Fit

Gentle Yoga This class will move at a slow and steady pace. Poses are a combination of floor-based, reclined or seated focusing on joint mobility and stretching. Gentle standing asana (poses) will be utilized for strength and balance. Props are available and encouraged. You will work, but at a low-intensity level. 60 min. Level 2 – 4

Grove Dance An innovated dance-fitness class that begins with basic movement or rhythm concept infused with your own creative style. You don't need experience to Groove, you cannot get it wrong.45 min. Level 2 to 5.

Senior Boot Camp Class includes walking on the track, climbing stairs, strength training and indoor cycling. 60 min. Level 2 -4

Slow Flow Students must be able to get up and down off the mat easily. We will incorporate teachings on yoga postures, yoga sutras, balancing chakras, and practical methods for staying balanced. A guided meditation closes each class. 60 min. Level 2 - 4

Step Choreographed step aerobics to improve cardiovascular fitness. 45 min. Level 3 – 4

Step & toneStep aerobics for 45 minutes with 15 minutes of toning. 60 min. Level 3-5

Strength Total body exercises to build strength and muscular endurance. Followed by stretch and cool down. 60 min. Level 2 – 4

Strength & Stretch Light cardio, strength using weights, resistance bands, medicine balls, balance work, strong core, and cardiovascular fitness. 45 min. Level 2 – 4

Strong Backs Strength work for core and back with 15 minutes of stretch specifically for your back. Level 1-4, 45 min

Tai Chi a Chinese practice designed to exercise the mind and the body through a series of gentle, flowing postures (Choreographed movements). This class focuses on the Yang Style, 24 Form. 60 min. Level 2 - 4

Total Body Work all muscle groups to build strength, increase bone density, and decrease body fat by increasing lean muscle. 30 min. Level 2 – 4

Yoga Flow A flow of poses that will generate heat, increase range of motion, raise your heartrate, strengthen your muscles, and challenge your balance. Modifications offered to raise or lower the intensity. For this class you will need to be able to get down onto your mat and back up repetitively. 60 min, Level 3-4

Yoga Stretch for Golf Standing yoga postures for balance and flexibility with floor stretches geared for the golfer. 60 min. Level 2-5

Yoga Gentle Stretch Class will lead you through active and passive stretching to stimulate deep connective tissues while incorporating core work, standing balances, twisting, and back bending to improve your mobility, strength and focus.45 min. Level 2-4

Zumba Dance your way to a strong core and cardiovascular fitness in this fun, Latin-based dance class. 45- or 60-min. Level 4

Class Levels

Level 1 Recovering or overcoming physical limitations **Level 2** Beginner **Level 3** Intermediate **Level 4** Advanced **Level 5** Advanced II