









MARCH COWAN CREEK FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner Men's Pilates 9:15 – 10:15 Nancy	Total Body 7:30 – 8:00 Marnie	Beginner Men's Pilates 9:15 – 10:15 Nancy	Total Body 7:30 – 8:00 Marnie	Body Toning 9:30 – 10:15 Tammy
 Aqua Fitness 9:15 – 10:00 Howie	 Aqua Fitness 9:30 – 10:15 Luz	Strength 9:30 – 10:15 Sharon	 Aqua Fitness 9:30 – 10:15 Tammy	 Aqua Fitness 11:15 – noon Howie
Strength 9:30 – 10:15 Sharon	Balance & Tone 9:30 – 10:15 Sharon	 Coached Lap Swim 11:15 – noon Donna	Balance & Tone 9:30 – 10:15 Sharon	
 Coached Lap Swim 11:15 – noon Donna	 Aqua Fitness 11:15 – noon Tammy	Beginner Yoga 11:30 – 12:15 Ellen	 Aqua Fitness 11:15 – noon Leslie	
Beginner Yoga 11:30 – 12:15 Ellen				
Tai Chi 11:45 – 12:25 Ann	Yoga 1:15 – 2:15 Jen Meigs		Chair Yoga 1:15 – 2:15 Jen Meigs	
Step 1:15 – 2:00 Leslie	Yoga 3:15 – 4:00 Ellen			

Aqua Fitness Various cardio and strength training exercises using resistance equipment to increase heart and lung function. All classes end with cool down and stretching exercises to improve flexibility. 45 min. Level 2 – 4

Balance & Tone Core work, balance and stretching done on a mat with no other equipment. This class is designed to tone, strengthen and stretch our major muscles. Balance and relaxation will complete the class. 45 min. Level 2 - 4

Beginner Men's Pilates This class is for absolute beginners as well as for those who would like to go back to the basics. Strengthen core muscles, improve flexibility, balance, and posture by learning the Pilates method of exercise. 60 min. Level 2

Beginner Yoga Learn the basic yoga postures, poses, breathing techniques, stretching, and alignment. 45 min. Level 2

Body Toning This low-impact class promotes increased flexibility, balance, and coordination while developing & building muscular strength & endurance. 45 min. Level 2-3.

Chair Yoga Gentle yoga postures in or near a chair to increase range of motion for injury prevention. Develop main muscle groups to improve overall health and maintain your independence. Practice simple breathing techniques for stress management and mindfulness. 45 min. Level 2 – 3

Coached Lap Swim Improve 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. 45 min. Level 3 – 4

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

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 10 and 24 Forms. 40 min. Level 2 - 4

Total Body Work all your muscle groups in this class designed to build strength, add definition, increase bone density, and decrease body fat by increasing lean muscle. 30 min. Level 2 – 4

Yoga Class includes multiple levels of various yoga postures to enhance strength and flexibility. 60 min. Level 2 - 4

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced

