


JULY/AUGUST COWAN CREEK FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
	Total Body 7:30 – 8:00 Marnie		Total Body 7:30 – 8:00 Marnie	
Beginner Men's Pilates 9:15 – 10:15 Nancy	Cycling 9:15 – 10:00 Jan	Beginner Men's Pilates 9:15 – 10:15 Nancy	Cycling 9:15 – 10:00 Leslie	Body Toning 9:30 – 10:15 Tammy
 Aqua Fitness 9:30 – 10:15 Jen	 Aqua Fitness 9:30 – 10:30 Luz	 Aqua Fitness 9:30 – 10:15 Beth W	 Aqua Fitness 9:30 – 10:30 Tammy	 Aqua Zumba 9:30 – 10:15 Luz
Strength 9:30 – 10:30 Sharon	Balance & Tone 9:30 – 10:15 Sharon	Strength 9:30 – 10:30 Sharon	Balance & Tone 9:30 – 10:15 Sharon	Pilates 10:30 – 11:30 Luz
NEW! Zumba 10:45 – 11:30 Vickie	 Aqua Fitness 11:00 – noon Leslie	NEW! Zumba 10:45 – 11:30 Vickie	 Aqua Fitness 11:00 – noon Leslie	 Aqua Fitness 11:00 – noon Beth W
Beginner Yoga 11:15 – 12:15 Ellen	Zumba 11:15 – 12:15 Tracey	Beginner Yoga 11:15 – 12:15 Ellen	NEW! Starts July 8 Zumba 11:15 – 12:15 Tracey	
Tai Chi 11:45 – 12:45 Ann B	Yoga 1:15 – 2:15 Jen	Step 1:15 – 2:00 Leslie	Cardio Sculpt 1:15 – 2:00 Leslie	Step 1:15 – 2:00 Leslie
Step 1:15 – 2:00 Leslie	Cardio Sculpt 1:15 – 2:00 Leslie		Chair Yoga 1:15 – 2:15 Jen	
Gentle Breath Centered Yoga 2:15 – 3:15 Joy	Strength & Stretch 2:30 – 3:15 Jan			
	Active Yoga 3:15 – 4:15 Ellen			

Class Descriptions

Active Yoga 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

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 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

Balance & Tone Core work, balance and stretching done on a mat with no other equipment. This class is designed to tone, strengthen, and increase your flexibility. 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.

60 min. Level 2

Body Toning This low-impact class promotes increased flexibility, balance, and coordination while developing & building muscular strength & endurance. 45 min. Level 2-4.

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

Chair Yoga Gentle yoga postures in or near a chair to increase range of motion for injury prevention.

60 min. Level 2 – 3

Cycling Joint-friendly workout using stationary bicycles to improve muscular & cardiovascular fitness.

45 min. Level 2 – 4

Gentle Breath Centered Yoga Thoughtfully sequenced yoga guided by the rhythm of your breath.

Consider this class if your practice has progressed to a place where learning to be gentle and kind to yourself is essential. 60 min. Level 2

Pilates Develop balance, flexibility, and core strength with focus on abdominals and back while improving posture.

60 min. Level 2 – 3

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

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, and core work. Must be able to get up and down from the floor several times. 60 min. Level 3

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

Zumba Dance your way to a strong core and cardiovascular fitness in this fun, Latin-based dance class.

60 min. Level 2 – 4

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced