

COWAN CREEK FITNESS CLASS SCHEDULE: Nov 30 – Dec 31

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	
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	Beginner Pilates 1:30 – 2:15 Marnie	Meditation 1:15 – 2:15 Jen Meigs	

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. 45 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.

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

Meditation Discover how to quiet your mind chatter. Learn relaxation techniques that can dissolve anxiety, improve inner peace and effectively transform your outlook. Meditation has proven benefits in reducing symptoms of every disease as well as restoring upliftment. If you feel like something is missing in your life, I would assert it's the deep inner peace that is found from meditation. 60 min. Levels 2 - 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

