

# Dunedin Community Center

## Group Exercise Schedule

### January 2017



## Class Descriptions

**BLT:** Tighten those glutes, strengthen those legs and firm up those abs. This class will consist of low impact exercises and resistance training to improve and lean out your muscles. Get that body bathing suit fit.

**Full-Body Workout:** This one hour overall body workout consists of warm up and conditioning exercises for all fitness levels. After a full body warm up, get ready to improve your coordination, body strength and cardio endurance. Don't forget to bring your water and exercise mat.

**Hot Hula:** Hot Hula fitness is a fun, exciting Polynesian style dance workout. Hot Hula fitness isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads, and arms.

**Indoor Cycling:** Train for a triathlon or channel your inner Lance. Our instructors will push you toward fitness unlike your average spin/cycling class.

**Laughter for Health:** Laughter Yoga promotes a strong union between those who laugh together resulting in a family-like bond. Laughing also helps boost the immune system and helps increase circulation. Laughter makes us feel good, creates positive energy, and helps build self-confidence.

**"Move It" Monday:** Set your weekly mood with a motivating workout! This class includes safe and effective strength training routines in combination with high cardio blasts to release those built up endorphins.

**Pilates:** Build strength without "bulking up". Pilates elongates and strengthens muscles, improving flexibility and joint mobility. Increase strength throughout the "core" muscles to help improve posture and balance.

**Sunrise Spin & Stretch:** This class is an all levels, energizing Group Cycling Class followed by an enriched deep stretch. Class will be energizing, clarifying, and balancing. Be sure to grab your bike pass at the front desk!

**Tai Chi:** Tai Chi Chuan is a Chinese art practiced slowly. Moving Meditation teaches us to relax, and to connect with our body allowing spirit and body to become one. Tai Chi enables us to leave our routine and slow down, deliberately exhaling stress, tension, and fear.

**Train like Champions:** With gloves and mitts get ready to feel the burn in this high-intensity boxing class. The instructor will lead you through a professional boxer workout with extreme fitness drills.

**Tone Up/Tone Down:** Incorporates cardio training with toning exercises for the upper and lower body. This calorie burning class will help you get into your fat burning zone and will be followed by a relaxing full body stretch.

**Tone Up/Tone Down—Lite:** Join us in this low-impact, intense total body toning workout suitable for all levels of fitness. You will strengthen your body, improve balance, increase flexibility, and enhance your stamina. This class will help get you in the fat burning zone and will be followed by a relaxing full body stretch.

**Yin Yoga:** Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

**Yoga:** Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

**Yoga-lates:** Can't decide between Yoga and Pilates? Then try Yoga-lates, a blend of the two methods that involve attaining specific postures and emphasizing correct breathing.

**Red Warrior:** The R.E.D. Warrior® Workout is designed for all ages and fitness levels. Taught in rounds followed by short periods of active recovery, the workout fuses the mentality and movement of martial arts with the physicality of functional fitness. Each five-minute round represents one form of martial arts or bootcamp/military training, and also includes motivational guidance to help participants overcome their self-imposed limitations and realize their potential physically and mentally.

**Zumba:** A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of interval training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

**Zumba Gold:** This program is designed for participants with very little experience, individuals that have physical limitations or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

**Zumba Gold Toning:** The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners.

**20/20/20—Cardio Fusion:** Low impact cardio exercises designed to get your heart rate up. This class will also include upper body strength and core training all mixed into one workout. Come for all or just one 20-minute segment. Appropriate for all fitness levels.

**6-Pack Abs:** Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40-7:40am <b>Sunrise Spin</b>	8:00-8:50am <b>Tone Up / Tone Down- Lite</b>	6:40-7:40am <b>Sunrise Spin</b>	8:00-8:50am <b>Tone Up / Tone Down- Lite</b>	6:40-7:40am <b>Sunrise Spin</b>
8:00-8:50am <b>Yoga-lates</b>		8:00-8:50am <b>Yoga-lates</b>		8:00-9:00am <b>Pilates</b>
9:00-10:00am <b>Hot Hula</b>	9:00-10:00am <b>Yoga</b>	9:00-10:00am <b>Full Body Workout</b>	9:00-10:00am <b>Yoga</b>	9:00-10:00am <b>Indoor Cycling</b> <i>(Community Room)</i>
				9:00-10:00am <b>Zumba Gold Toning</b>
				10:00-11:00am <b>BLT</b>
				11:00-12:00pm <i>Jazzercise Low Impact</i>
10:00-11:00am <i>Jazzercise Low Impact</i>	10:00-11:00am <b>Zumba Gold</b>	10:00-11:00am <i>Jazzercise Low Impact</i>	10:00-11:00am <b>Zumba Gold</b>	<b>SATURDAY</b>
11:10-12:00pm <b>Zumba Gold Toning</b>	11:00am-12:00pm <i>Tai Chi</i>	11:00-11:45am <b>Laughter for Health</b>	11:00am-12:00pm <i>Tai Chi</i>	8:45-9:45am <i>Zumba</i> <i>Drop-In</i> \$5 Drop-In w/ Card \$7 No Card
<b>Maintain Don't Gain</b> <b>Weigh-in by Tuesday 1/10</b> <b>for chance to WIN!</b>				10:00-11:00am <i>Jazzercise</i> <i>(Dance Studio)</i>
5:00-6:00pm <i>Jazzercise</i> <i>Dance Mixx</i>	5:00-6:00pm <i>Jazzercise</i> <i>Dance Mixx</i>	<b>NEW</b> **4:00-5:00pm** <b>Yin Yoga</b>	5:00-6:00pm <i>Jazzercise</i> <i>Dance Mixx</i>	
5:40-6:30pm <b>"Move It" Monday</b>	5:40-6:30pm <b>Tone Up / Tone Down</b>	5:00-6:00pm <b>20/ 20/ 20—Fusion</b>	6:00-7:00pm <b>Red Warrior</b>	11:00am-12:00pm <i>Tai Chi</i>
6:35-6:50pm <b>6-Pack Abs</b>	6:00-7:00pm <i>Jazzercise</i> <i>Dance Mixx</i>	6:00-7:00pm <b>Yoga</b>	6:00-7:00pm <i>Jazzercise</i> <i>Interval Dance</i>	
6:15-7:00pm <i>Jazzercise</i> <i>Strength 45</i>	6:35-6:50pm <b>6-Pack Abs</b>	7:00-8:00pm <b>Zumba</b>		
7:00-8:00pm <b>Red Warrior</b>	6:00-6:50pm <b>Indoor Cycling</b> <i>(Community Room)</i>	<b>NEW</b> **8:00-9:00pm** <b>Train Like</b> <b>Champions</b>	6:00-6:50pm <b>Indoor Cycling</b> <i>(Community Room)</i>	<b>BOLDED &amp; UNDERLINED</b>
	7:00-8:00pm <b>Pilates</b>		7:00-8:00pm <b>Pilates</b>	Classes are Part of "GEX" and "Fitness+" Monthly Combo Options