

Woodloch Springs Sports Complex

January 4 - March 13

MON	TUES	WED	THURS	FRI	SAT
9am~9:45am Latin Spice <i>w/ Retta</i>	9am~9:45am Elegant Strength <i>w/ Erika</i>	9am~9:45am Dance Fusion <i>w/ Retta</i>	8:30am~9:30am Yoga/ Meditation <i>w/ Kelly</i>	9am~9:45am Pilates <i>w/ Dorothy</i>	8:30am~9:15am Alternating Class <i>w/ Erika</i>
9:45am~10:15am Extreme Physique Challenge <i>w/ Erika</i>	10:15am~11am “Gracefully Aging” Class <i>w/ Erika</i>	10am~10:30am Fitness Swim <i>w/ Katie</i>	9:45am~10:30am Water Aerobics <i>w/ Kelly</i>	10am-10:45am Snow Shoeing <i>w/ Erika</i>	9:30am~10:15am Water Aerobics <i>w/ Marcia</i>
10am~10:45 Aquasize <i>Residents</i>				10am-10:45am Aquasize <i>Residents</i>	
	4:15pm~4:45pm Extreme Physique Challenge <i>w/ Erika</i>				
6:30pm~7:15pm Zumba <i>w/ Dorothy</i>	6:30pm~7:15pm Water Aerobics <i>w/ Marcia</i>	6:30pm~7:15pm Yoga <i>w/ Blake</i>	6:30pm~7:15pm Tai Chi <i>w/ Dorothy</i>		

Join the 5th Annual Face Off Competition starting January 11, 2010

Must get weighed and measured by January 10

Kick-Off Party (Meet your team mates) January 7

For more information check out our website: www.woodlochsports.com

Aquasize w/the Residents: This class is taught by the Woodloch Springs Residents. Participants must sign a liability form before taking the class.

Yoga: A relaxing blend of meditation, gentle flowing yoga and soothing stretches. Get all of Yoga's well-known benefits: balance, flexibility, and strength.

Pilates: This class is a safe sensible exercise system using a floor mat and your own body weight. Pilates builds strength without building bulk, improves flexibility and agility and helps prevent injury. No matter what your condition, Pilates can work for you!

Latin Spice Dance: A Dance class full of mambo's and cha—cha's and **Lots of FUN!** A great dance class that will make you sizzle.

Water Aerobics: A low-impact cardio workout that combines a series of aerobic moves such as jumping jacks, running, jogging, ham curls, etc in both the shallow and deep ends of the pool. All moves can be modified for the beginners or advanced fitness levels

Elegant Strength: This class will combine the worlds of Yoga, Ballet, and Pilates to strengthen your muscles.

Dance Fusion: A fun aerobic class with lots of fun dance patterns such as grapevines, mambos, and shuffles, sure to get your heart pounding.

Gracefully Aging: a class specifically designed for seniors to help improve balance, strength, and flexibility. The first 10 minutes of the class is spent increasing your heart rate with marches, taps, and side steps, while the majority of the class is spent in a chair using dumbbells and your body weight to increase your strength. Please pre-register for this class.

Tai Chi: Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements. You perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Zumba: Exercise in disguise! Enjoy this fun, cardio workout in a party atmosphere setting. It is DIFFERENT: the music, the steps, the moves, and the feel. This class makes you feel like you are stepping into a "party" ...you don't even realize you are working out!

Fitness Swim: (Intermediate and Beginner) These classes are designed to help improve your swim strokes and maximize your time in the water in order to receive a good swim workout.

Alternating Class: This class will be posted from week to week. We will be alternating between Elegant Strength, Bosu Ball, and Extreme Physique Challenge.

Extreme Physique Challenge: This class is designed to strengthen your muscles by overloading the each muscle group. It is a fast paced, intense workout that will work your cardiovascular system and create long lean muscles.

Snow Shoe: If weather permits, we will be snow shoeing every Friday morning around and on the golf course. If you do not have snow shoes, you can borrow a pair at the Sports complex. Please pre-register from week to week in order to reserve your snow shoes.