# Woodloch Springs Sports Complex

## May 7, 2012—June 30, 2012

| MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|
| 9am-9:45am<br>**WISE WORKOUT**<br>*w/Retta*<br><br>9:50am-10:30am<br>**Pilates**<br>*w/Alicia* | 9am-9:45am<br>**Zumba**<br>*w/Mary Katherine* | 9am-9:45am<br>***Alternating Class***<br>**Let's Have a Ball Or Stretch**<br>*w/Retta* | 9am-10am<br>**Yoga**<br>*w/Kelly*<br><br>9:15am-10am<br>**Zumba Gold + Sit and Be Fit**<br>*w/Erika* | 9am-10am<br>**Kettlebell + Stretch**<br>*w/Erika* | 8:30am-9:10am<br>**Alternating Class**<br>*TBA* |
| 10am-10:45am<br>**Aquasize**<br>*Lead by Residents* | 10am-10:45am<br>**Water Aerobics**<br>*w/Erika* | 9:45am-10am<br>**"Just Dance"**<br>w/Retta | 10:15am-11am<br>**Water Walking + Stretch**<br>*w/Erika* | 10am-10:45am<br>**Aquasize**<br>*Lead by Residents* | 9:15am-10am<br>**Water Aerobics**<br>*TBA* |
| 5pm-5:45pm<br>**Zumba**<br>*w/Mary Katherine* | 4:15pm-5pm<br>**Strength Training**<br>*w/Paula* | | 4:15pm-5pm<br>**Men's Boot Camp**<br>*w/Brandon*<br><br>4:15pm—5pm<br>**Women's Boot Camp**<br>*w/Erika or Marcia* | | |
| | 5:30pm-6:30pm<br>**Yoga**<br>*w/Alicia* | 6pm-6:45pm<br>**Water Aerobics**<br>*w/Marcia*<br><br>6:30pm<br>**"Healing with Jean"**<br>Additional fee applies<br>*Registration is required* | 5pm<br>**Volleyball Play**<br>Outside on the Sand Courts | | |

**Class Special: 7 Aerobic Classes for $55**
**For information on classes and events, check out our website: www.woodlochsportscomplex.com**

**Need some extra motivation?… Join the 2nd Annual Lazy Man's/Women's Triathlon Event Swim, Bike and Run/Walk *(at your own pace).* The event begins April 30 and will end on Sunday, June 3. You have 5-weeks to complete a 3-mile swim, a 40-mile bike and a 30-mile run/walk. Compete individually or on a team of 3. Finish your last 3-miles competing in the BK Hope Cures Run/Walk on June 3.**

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### Ladies Night Out

**Thursday, May 10**
**We're Celebrating You LADIES!**
**Special Classes: partner yoga or yoga in the water, chair massages, wine and appetizers, great vendors, health and beauty products, jewelry, and more.**
**Invite your family and friends and make it a special night out.**
**You deserve it!**

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**Don't forget to bring a guest for FREE on May 10 and June 10! We're still celebrating our 10th Anniversary.**

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**Group Swim Lessons will resume on Saturday, May 12. Please be aware of busy pool times.**

**Aquasize w/the Residents:** This class is lead by the Woodloch Springs Residents, non-certified water aerobics instructors. Participants must sign a liability form before taking the class.

**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.

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

**Wednesday's Alternating Class:** Retta will alternate a class from week to week. The class will either be a stretch class or a Let's Have a Ball Class. Check the dry erase board in the lobby to confirm.

**Kettlebell + Stretch:** Kettlebells have stood the test of time and have proven themselves over and over to be an amazing piece of exercise equipment that is versatile, portable, can be used anywhere and it is devastatingly effective! This strange exercise tool that resembles a cannon ball with a handle on it is an intense and powerful way to lose weight, gain muscle, build up fitness and get energized and healthy. We will spend the last 15-20 minutes stretching.

**WISE Workout:** ***W***ork-out to ***I***mprove ***S***elf esteem through ***E***xercise. Through positivity and empowerment, become fit & focused during this total mind/body routine featuring cardio, strength training segments, finishing with a cool down that incorporates a brief discussion on health and fitness related topics, and personal goal setting.

**Men's Boot Camp:** Calling all Men...You'll do it all in the 45-minute full-body workout! Push-ups, jump rope, planks, and much more. This is for the inter-mediate participant!

**Ladies Boot Camp:** Calling all women...You'll do it all in this workout! And if the weather cooperates we will spending the majority of our time outside for this workout! Check out a complete list of exercises/ workout routine located at the front desk.

**Strength Training:** This class is designed to strengthen and tone all the major muscles in your body. During this class, the instructor will mix it up by using your own body weight, the Resist-a-Balls, dumb-bells, tubes, and more! Be prepared to strengthen and tone all muscles!

**Just Dance:** It's a combination of all dances; Flirty Girl, Zumba, Cha-cha, Party Line Dance, Latin Spice and more! Be prepared to dance it up!

**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!

**Zumba:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. You'll get hooked on this fun dance workout!

**Zumba Gold®** This program was designed for the older active adult, a person who hasn't been exercising in a long time, or individuals who may be limited physically. Zumba Gold utilizes the same great Latin styles of music and dance at a much lower intensity. It's just as much fun, just not as fast. **Sit and Be Fit:** A class specifically designed for seniors to help improve balance, strength, and flexibility. The majority of the class is spent in a chair using dumbbells and/or your body weight to increase your strength, flexibility, posture, and core strength. These exercises can be done sitting or standing.

**Volleyball:** As the weather starts to break let's have some fun outside! Volleyball on the sand court can be a great workout and a lot of FUN.

**Water Walking and Stretch:** Walking in the water is a great way to increase your strength, balance, and flexibility. Walk forward and back, side to side, with kicks, ham curls, knees up and more. All moves can be modified to make the class more challenging or less challenging.

**"Healing with Jean":** Every week, Jean will be providing a different healing session which will be posted at the Front Desk. Registration is required.