

Woodloch Springs Sports Complex

September 6 - October 30

MON	TUES	WED	THURS	FRI	SAT
9am-9:45am Ballet Tone and Stretch <i>w/ Retta</i>	9am-9:45am Pilates <i>w/ Melissa</i>	9am-9:45am Cardio Dance Fusion <i>w/ Retta</i>	9am-10am Tap Dance <i>w/ Blake</i> <i>Pre-registration required</i> <i>Additional fee applied</i>	9am-9:45am Elegant Strength & Movement <i>w/ Erika</i>	8:30am—9:15am Strength Training And Tabeta Training <i>w/ Erika</i> 9:15am-10am Water Aerobics <i>w/ Erika or Marcia</i>
10am-10:45am Aquasize <i>w/ Residents</i>	10am-10:45am Water Aerobics <i>w/ Erika</i>		9am-10am Yoga <i>w/ Kelly</i> <i>Multi-purpose room</i>	10am-10:45am Aquasize <i>w/ Residents</i>	
			10:15am-11am Alternating Class Gentle Stretch/ Gracefully Aging <i>Erika and Kelly</i>		
6:30pm—7:15pm Zumba <i>w/ Dorothy</i> No Zumba on 9/20, 10/4, & 10/11 Strength Training w/Tabeta Training	6:30pm– 7:30pm Tap Dance w/Blake <i>Pre-registration required</i> <i>Additional fee applied</i>	6:30pm-7:15pm Yoga <i>w/ Blake</i>			

Check out all of our upcoming events and programs on our Website:
www.woodlochsportscomplex.com

Ballet Tone and Stretch: Ballet Tone and Stretch incorporates Ballet moves to increase your muscle tone and flexibility.

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!

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. This class will be taught by three instructors: Blake, Erika and Marcia.

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, dumbbells, tubes, and more! Be prepared to strengthen and tone all muscles.

Tabata Training: This is an intense form of cardiovascular exercise. Only 4 minutes! But a tough 4-minutes. 4-minutes of interval training; 20 seconds of intense compound cardio moves followed by 10 seconds of rest, repeated until you reach 4 minutes. This form of workout is equivalent to 30-minutes of moderate cardio training.

Cardio Dance Fusion: This low intensity cardio DANCE workout is easy to follow and easy on the joints (no jumping or intense moves here). If you love to dance at a slower pace, then this class is for you!

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

“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.

Gentle Stretch: 45-minutes of gentle stretching designed to increase your flexibility and make you feel good.

9/ 9—Gentle Stretch	10/7—Gentle Stretch
9/16—Gracefully Aging	10/14—Gracefully Aging
9/23—Gentle Stretch	10/21—Gentle Stretch
9/30—Gracefully Aging	10/28—Gracefully Aging

Elegant Strength and Movement: De-Stress with this uplifting free flowing workout. Strengthen and stretch as you move to the music. This class is sure to increase your flexibility, balance, and strength.

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!