



Naik Family Branch—Wellness Class Schedule Fall Session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:00am Spin Tim — SS		5:15am-6:00am Spin Jen — SS				
		6:30am-7:15am Pilates Noreen — YS				
				8:00am-8:45am Spin Heather — SS		7:30am-8:15am Spin Heather — SS
8:00am-8:45am Barre Yolla — WS	8:00am-8:45am Total Body Conditioning Yolla — Gym	8:00am-8:45am Senior Wellness Marion — Gym	8:00am-8:45am Total Body Conditioning Yolla — Gym	8:00am-8:45am Senior Wellness Jasmine — Gym		
	9:00am-9:45am Stretch Yolla — YS		9:00am-9:45am Stretch Yolla — YS		9:00am-9:45am Spin Bill— SS	
				9:30am-10:30am Zumba Jill— Gym		
					<p>WS = Wellness Studio YS = Yoga Studio SS = Spin Studio Gym = Gymnasium B = Beach CR = Community Room</p> <p>* Indicates a Registered or Advanced Sign Up class</p> <p>SMALL GROUP TRAINING Personal Training is taken to a new level with the group option! Gather two or three of your friends for a cost effective method to personal training!</p> <p>Beginner Moderate Advance All Levels</p>	
			5:00pm-6:15pm Basic Yoga Rachna — B/CR			
	5:00pm-5:45pm Spin Kris-Anne — SS	5:00pm-6:00pm Zumba Kelly— Gym	5:00pm-5:45pm Spin Billi-Jean — SS			
6:00pm-7:00pm Strength Cheryl —Gym	6:00pm-7:00pm Pound Regina— Gym					

LOWER INTENSITY

Senior Wellness Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

Stretch Combine core strengthening, muscle toning and flexibility.

Basic Yoga The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

MODERATE INTENSITY

Barre: This workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

Pound: Channel your inner rock star with this full-body cardio-jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Total Body Conditioning A full body muscle workout focused on functional strength, core conditioning, and flexibility

Pilates: Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises

Zumba: Come Join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!

HIGH INTENSITY

Strength: Challenge yourself, build strength, develop endurance, and improve balance and coordination in a variety of strength training exercises

All Levels

Spin: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.