



# Naik Family Branch—Wellness Class Schedule Spring II Session — April 22-June 16, 2019

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-7:00am Total Body Conditioning Jasmine — WS	8:00am-9:15am Step Marion — WS	6:30am-7:30am Pilates Noreen — YS	5:00am-6:00am TRX Intervals Noreen — WS	6:30am-7:30am Pilates Noreen — YS	7:00am-8:20am Brazilian Jiu-Jitsu for Women Pedro — WS	7:15am-8:30am Yoga Jasmine—YS
6:30am-7:30am Pilates Noreen — YS	8:00am-9:15am Flow Yoga Janice — YS	6:15am-7:00am Muscle Sculpt Jen — WS	6:05am-6:55am Total Body Conditioning Jasmine — WS	*7:30am-8:30am Cardiac Rehab Jasmine—WS/YS	7:30am-8:45am Baptiste Yoga Annie — YS	8:30am-9:30am Zumba Kelly—WS
*7:30am-8:30am Cardiac Rehab Marion — WS/YS	8:30am-9:30am Cross Conditioning Cheryl — Gym	*7:30am-8:30am Cardiac Rehab Marion — WS/YS	7:05am-8:00am Nei Kung Dr. Schwindt — WS	8:30am-9:20am Strength Cheryl — WS	8:30am-9:30am Step Kim—WS	10:00am-11:00am Barre Tina—WS
*8:30am-9:25am TRX Intervals Cheryl — WS	*9:30am-10:15am TRX Level I Heather — WS	8:45am-9:30am Senior Wellness Marion — Gym	8:00am-9:15am Stretch, Breath & Flow Yoga Debbie — YS	8:45am-9:30am Senior Wellness Jasmine—Gym	9:15am-10:15am Vinyasa Yoga Jasmine/Sarah — YS	10:00am-11:30am Back yoga & Gentle Movement Patricia — YS
8:45am-9:30am Senior Wellness Marion — Gym	9:30am-10:30am Gentle Yoga Janice — YS	9:00am-9:55am Vinyasa Flow Debbie — YS	8:15am-9:00am Strength & Conditioning Yolla—WS	9:00am-9:55am Slow Yoga Flow Sarah — YS		11:45am-12:45pm Guided Meditation Patricia — YS
9:35am-10:30am Cardio Dance & Tone Yolla—WS	10:30am-11:15am Strength & Conditioning Yolla — WS	9:35am-10:40am Anything Goes Marion — WS	8:30am-9:30am Cross Conditioning Cheryl — Gym	9:30am-10:25am Zumba Jill — WS	<p><b>WS = Wellness Studio</b> <b>WF = Wellness Floor</b> <b>YS = Yoga Studio</b> <b>Gym = Gymnasium</b></p> <p><b>* Indicates a Registered or Advanced Sign Up class</b></p> <p><b>SMALL GROUP TRAINING</b> 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><b>Beginner   Moderate   Advance</b></p>	
9:30am-10:30am Basic Yoga Rachna — YS	10:45am-11:45am PiYo Tanya — YS	10:05am-11:35am Back Yoga & Gentle Movement Patricia — YS	9:30am-10:30am Strength & Stretch Marion/Tanya — WS	10:35am-11:15am Barre Yolla — WS		
10:45am-11:30am Stretch & Core Yolla — YS	5:00pm-5:55pm Pilates Stacey — YS	11:45am-12:45pm Tai Chi Onassis — YS	10:45am-12:00pm Senior Yoga Barbara — YS	11:30am-12:15pm Gentle Stretch Yolla — YS		
11:45am-12:45pm Tai Chi Onassis — YS	5:00pm-5:55pm Strength Marc— WS	5:30pm-6:30pm Women's Rhythmic Yoga Jasmine—YS	4:30pm-5:30pm Running Club Jen—Outside Main Entrance	*5:00pm-6:00pm Enhance Fitness Noreen — WS		
12:30pm-1:00pm Dance Break Tina WS	6:00pm-7:00pm Body Sculpt Stacey — WS	5:30pm-6:30pm Step Kim -WS	5:00pm-6:00pm Zumba Kelly—WS			
*5:00pm-5:55pm Enhance Fitness Noreen — WS	6:00pm-7:00pm Basic Yoga Rachna—YS	6:45pm-8:00pm Limer & Tone Jasmine—WS	*5:00pm-6:00pm Interval Training on the QueenAx Cheryl—WF			
5:00-6:00pm Vinyasa Yoga Debbie — YS			5:30pm-6:00pm Roll, Release, Stretch, Lengthen Jen—YS			
*6:05pm-7:00pm TRX Interval Cheryl — WS			6:30pm-7:30pm Self Defense Tony — WS			
6:30pm-7:45pm Baptiste Yoga Annie — YS			6:30pm-7:45pm Yoga Flow Jasmine — YS			

## LOWER INTENSITY

**Tai Chi:** Slow balanced movements concentrated on developing internal power; increased circulation and overall harmony of the body.

**Nei Kung:** A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

**Enhance Fitness:** Evidence based 16-week program focuses on increasing cardiovascular endurance, strength, balance and flexibility to help reduce arthritis symptoms. Registration required

**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 t assist with activities of daily living.

**Stretch & Core:** Combine core strengthening, muscle toning and flexibility with a healthy dose of fellowship and fun!

**Basic Yoga /Gentle Yoga/Flow Yoga/All Levels/**

**Guided Meditation:** Our Yoga classes are taught by a variety of very skilled, caring instructors. The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

**Senior Yoga:** Help improve balance and flexibility, with the aim of increasing overall health benefits

**Cardiac Rehab:** This is an ongoing (maintenance) exercise program for the high-risk cardiac population. The program uses various exercise modalities, including treadmills, stationary bikes, walking, ellipticals, aerobic exercise, and weight training. Registration required

**Youth Yoga:** Yoga for children encourages exploration of their natural abilities while improving flexibility and increasing strength. Yoga also helps children develop confidence in a non-competitive environment. Students can expect to practice yoga-based movements and conscious breathing along with fun activities.

Ages 7 and older.

**Strength & Conditioning:** A full body muscle workout focused on functional strength, core conditioning, and flexibility

**Brazilian Jiu-Jitsu for Women:** Fundamentals of

grappling: strategies, tactics, and techniques.

A look at the body mechanics, positioning, and timing during hand-to-hand self-defense.

## MODERATE INTENSITY

**Body Sculpt:** A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

**Dance Breaks:** Take a mid-day break and move your body to up beat music with easy to follow dance moves

**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.

**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.

**Self Defense:** A class designed to successfully enable someone to resist and survive violent attacks. While providing psychological awareness and verbal skills.

**Vinyasa Yoga:** Our hour of Power yoga will appeal to people who are already quite fit, enjoy exercising, and want to work hard and work up a sweat. The focus is on building strength, becoming more flexible and balanced.

**Step :** Cross training class combining strength workouts with a heart pumping aerobics routines! Great for a variety of fitness levels!

**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!

**Guided Meditation:** Consciously using breath to move through yoga positions in gentle yet strong focused flow to release stress and increase muscle alertness. Class will be taught so that all levels will enjoy the benefits. Last 20 minutes of class includes deep relaxation and then final meditation.

**Cardio Dance & Tone:** Easy to follow dance fitness moving to a mix of different music genres.

**Limber & Tone:** A combination of gentle but effective toning exercises with complete full range movements and form, using balls, tubes, bands and natural body balancing exercises, delivering an experience within, that releases tension and the feeling of length, completing the class with a tranquil meditation.

of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout

**Baptiste Yoga:** Hot yoga focused on meditation and self-inquiry adaptable to any level of physical ability. Sticky yoga mat and towel suggested.

**PIYO:** Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages

**Strength& Stretch:** Working both upper & lower body together focusing on muscle toning and stretching while improving flexibility

**TRX LEVEL 1:** A beginner class that offers an introduction to the TRX Suspension Trainer. This is a workout system that leverages gravity and your body weight to perform hundreds of exercises while building lean muscle and endurance. Registration required

**Running Club:** Coached by an experienced runner.

Be prepared to run outside along paved roads and sidewalks. Class will meet outside at the main entrance of the building.

**Roll, Release, Stretch, Lengthen:** Learn the basics on how to properly use a foam roller to perform self-

myofascial release of trigger points in the muscles as well as performing a full body stretch sequence with a yoga flair and flow.

**Womens Rhythmic Yoga:** Combines fluid movement and nourish your mind, body and soul with music in a yoga practice

## HIGHER INTENSITY

**TRX INTERVAL:** The TRX Suspension Trainer is a workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. training and cardio! You will build lean muscle and endurance!

Registration required

**Anything Goes:** A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

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

**Total Body Conditioning:** Incorporating the balance of strength and flexibility exercises using weights, balls, bands and cardio movements to increase power and performance in a vocally guided and safe environment to promote safety and longevity as you balance the body

**Interval Training on the QueenAx:** Designed to give a full body functional workout using kettlebells, battle ropes and more. The QueenAx series pull out all the stops to optimize your outcomes, increase your metabolism through weight training and boost your endurance