

# Coronado Fitness Center

## Winter Class Schedule for **2012**

LAND CLASSES - CAPITALIZED IN BOLD PRINT; water classes - lower case in regular print

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.	<b>STRETCH &amp; TONE</b>		<b>STRETCH &amp; TONE</b>		<b>STRETCH &amp; TONE</b>	
8:00	<b>ZUMBA GOLD</b> deep water aerobics	<b>STRENGTHEN &amp; STRETCH</b> deep water aerobics	<b>GROUP INDOOR CYCLING</b> deep water aerobics	<b>STRENGTHEN &amp; STRETCH</b> deep water aerobics	<b>BALANCE</b> deep water aerobics	
9:00	<b>PILATES</b> turtles	<b>YOGA</b> turtles	<b>PILATES</b> turtles	<b>YOGA</b> turtles	<b>PILATES</b> turtles	turtles
9:30						<b>TOTAL CORE</b>
10:00	<b>STEP INTERVAL</b> shallow water aerobics		<b>STEP INTERVAL</b> shallow water aerobics		<b>STEP INTERVAL</b> shallow water aerobics	* children's swim lessons
10:30				<b>ZUMBA GOLD</b>		
11:00	<b>BASIC YOGA</b>		<b>BASIC YOGA</b>		<b>BASIC YOGA</b>	* children's swim lessons
12:00 pm	<b>GROUP INDOOR CYCLING</b>		<b>GROUP INDOOR CYCLING</b>		<b>GROUP INDOOR CYCLING</b>	
1:00	<b>CORE &amp; MORE</b>	<b>ZUMBA GOLD</b> * adult swim lessons New Swimmer	<b>CORE &amp; MORE</b>	* adult swim lessons New Swimmer	<b>CORE &amp; MORE</b>	
1:30	arthritis aquatics		arthritis aquatics		arthritis aquatics	
1:45		*adult swim lessons Stroke Develop		*adult swim lessons Stroke Develop		
2:00		<b>TAI CHI</b>	<b>BALANCE</b>			
2:30	shallow water aerobics		shallow water aerobics		shallow water aerobics	
3:00		<b>BEGINNER TAI CHI</b>				
4:00		FLSD swimmers		FLSD swimmers		
4:30	aqua Challenge		aqua Challenge			
5:00		<b>CARDIO COMBO</b>		<b>CARDIO COMBO</b>		
5:30			<b>ZUMBA GOLD</b>			
6:00	<b>GROUP INDOOR CYCLING</b>			<b>GRP INDOOR CYCLING</b>		

\*SPECIALTY CLASSES: Check for dates, times and type of classes.  
Space is limited. Sign-up and pay appropriate fee at Front Desk.

12-08-11

# *Coronado Fitness Center*

All classes are co-ed and drop-in except where indicated

## LAND CLASSES

All land classes are 50 minutes unless otherwise noted

**BALANCE:** (Friday at 8:00 a.m, Wed at 2:00 p.m.) This is a 30 minute class consisting of drills and exercises specific to help improve your balance, stability, confidence and lower body strength.

**BASIC YOGA:** (M/W/F at 11 a.m.) This class is for beginners working to intermediate level Yoga. Slow and easy stretching is suitable for any level participant.

**CARDIO COMBO:** (T/Th at 5:00 p.m.) This class blends a variety of cardio formats (step, kick, hi-lo) with body sculpting for a dynamic calorie burning workout.

**CORE & MORE:** (M/W/F AT 1:00 p.m.) A 45 minute class designed for total body strength with focus on your core as a foundation for stability, flexibility, balance and functional movements.

**GROUP INDOOR CYCLING:** (Wed. at 8:00 a.m., M/W/F at 12:00 p.m., M/Th at 6:00 p.m.) This class is done on a specialized stationary bike, simulating rides on varying terrain using cadence and resistance.

**Space is limited.** First come first served.

**PILATES:** (M/W/F at 9:00 a.m.) Improve your balance and work on stabilization using your core muscles. This class uses a mat and small apparatus.

**STEP INTERVAL:** (M/W/F at 10:00 a.m.) An aerobic step class, with strength training intervals, for a total body workout.

**STRENGTHEN & STRETCH:** (T/Th at 8:00 a.m.) This challenging class emphasizes muscle strength and flexibility.

**STRETCH & TONE:** (M/W/F at 7:00.) This flexibility and toning class is geared to increase range of motion and strengthen muscles using resistance equipment such as dumbbells and tubing.

**TAI CHI:** (T at 2:00 pm) Improves stress relief, balance, heart health, mental focus and boosts your immune system.

**TAI CHI BEGINNERS:** (T, 3:00 p.m.) Achieve longevity, stress reduction and improved health through this mind body practice.

**TOTAL CORE:** (Sat. at 9:30 a.m.) This 30-minute class will improve strength and endurance of your core muscles (abdominals, lower back and hip complex).

**YOGA:** (T/Th at 9:00 a.m.) This is a 60-minute class of intermediate level Yoga. Improve muscle strength, balance, endurance and flexibility by practicing yoga postures, stretches and relaxation.

**ZUMBA GOLD:** (Mon. at 8:00 am., Tues. at 1:00 p.m., Wed at 5:30 p.m. Thurs. at 10:30 a.m.) This class is a fun and easy to follow aerobic routine combining Latin rhythms and cardiovascular exercise.

## water classes

All water classes are 45 minutes unless otherwise noted.

**aqua challenge:** (M,W at 4:30 p.m.) This class is an intense, high energy water exercise program for the serious fitness enthusiast to maximize strength and endurance.

**arthritis aquatics:** (M/W/F at 1:30 p.m.) This class is designed to improve flexibility, joint mobility and range of motion for anyone with arthritis or recovering from illness or surgery.

**deep water aerobics:** (M/T/W/Th/F at 8:00 a.m.) Participants wear a buoyancy belt in eight feet of water for this class which integrates cardiovascular, strength training, toning and endurance conditioning.

**shallow water aerobics:** (M/W/F at 10:00 a.m. and M/W/F at 2:30 p.m.) This class is for beginners and advanced participants and offers cardiovascular conditioning, strength training and toning.

**\*adult swim lessons:** (T/Th: "New Swimmer" at 1:00 p.m.; "Stroke Development" at 1:45 p.m.)

30-minute, four week class. **Space is limited.** Check with Front Desk for class dates, fees and sign-up.

**\*children's swim lessons:** (Saturday: Beginner at 10:00 a.m.; Intermediate at 11:00 a.m.)

45-minute classes. Check with Front Desk for class dates, fees and sign-up.

\*\*\*\* *The above land and water classes are taught by Nationally Certified Instructors.* \*\*\*\*

**turtles:** (Mon.. – Sat. at 9:00 a.m.) This social interaction water class is an hour-long class using range of motion and flexibility. Turtles have their own leader or use taped routines.

**\*SPECIALTY CLASSES:** See bulletin board or front desk for details