

# Class Descriptions

**Barre Burn:** This class will combine the toning and endurance of barre work with the strengthening elements of Pilates.

**Boot Camp:** An advanced high-energy cardio workout using the step, weights, bands, and floor aerobics.

**Cardio Conditioning:** Challenge your cardiovascular endurance in this fun drill-based class with a mixture of kickboxing moves and calisthenics.

**50+ Circuit:** Participants get a great and fun workout while transitioning through cardio, strength and balance work.

**Flexibility in Movement:** A gentle exercise class that promotes flexibility for all people. Specially designed for those just starting an exercise program and anyone with arthritis, autoimmune disease, or recovering from a stroke, surgery or cancer.

**Good Sets:** A high intensity class that alternates between sets of cardio and strength training. During each time based set, specific muscle groups will be targeted increasing heart rate and helping you shed fat.

**Indoor Cycle:** An indoor group cycle fitness program. A great cardiovascular workout appropriate for all levels of fitness. Space is limited; sign up at the Service Desk. First time? Please arrive 10 minutes prior to class.

**Light & Lively:** This is an easy to follow class and a favorite among our 50+ members. Class includes low impact movement with muscle conditioning.

**Not-So-X-Treme Muscle:** This class is perfect for all who want a light muscle class. You will get a full body workout on a moderate level.

**Ripped:** A full-body weight-training workout. All levels welcome!

**Shred:** This class will help you shed fat, make your muscles appear more defined and rev up your metabolism.

**Tai Chi:** Tai Chi is known as a moving meditation and is an ancient Chinese form of internal and external exercise beneficial for people of all ages. Improves strength, conditioning, coordination, and flexibility.

**Workit Circuit:** Hit every muscle group as you burn calories, get stronger and gain endurance. Partner up and cycle through stations in timed intervals for a full body workout! All levels welcome! Modifications will be given.

**X-Treme Muscle:** This class is tough! A full body muscle strength and endurance workout using weights, body bars and the step.

**Zumba:** Ditch the workout and join the party! A Latin inspired cardio dance class is so much fun you may forget it's a workout!

**Zumba Gold:** Zumba Gold was developed especially for the newcomer who might need a slightly slower pace and more instruction. It's a low-impact workout with high-octane fun! Come and sweat to fun Latin beats.

## AQUATICS

**Water Fitness:** A great cardiovascular and strength-building workout in the water. Classes feature a variety of equipment for a great total body workout without impact on the joints.

**Pre Masters Swim:** This class will improve your stroke technique, increase your speed and help you become comfortable with interval training.

**Masters Swim:** An invigorating and intense lap swim featuring stroke drills and use of the lap clock.

# Class Descriptions

## QIGONG, YOGA & PILATES MAT

**Pilates Mat:** A unique, method of mind/body conditioning. A blend of breath control, abdominal strength exercises, core stability and balance for the whole body.

**Gentle Yoga:** A calming, therapeutic class that uses props to support the body. Class focuses on floor stretching, standing poses, deep breathing, and relaxation; perfect for beginners or those recovering from illness or injury.

**Hatha Yoga:** Encompasses many different styles of yoga all of which emphasize proper alignment, core strength, flexibility, balance and breath awareness. May include some Vinyasa (flow) and use of props. All levels welcome! Please inform the instructor if you are new to class, healing an injury or pregnant.

**Hatha/Vinyasa Yoga:** Blending the benefits of these popular classes.

**Power Yoga:** A dynamic strength and flexibility building class, which combines vigorous standing poses with deep breathing and core strengthening, followed by floor stretching and relaxation. Prior Yoga experience requested.

**Yoga Challenge:** Get ready to burn lots of calories! While being mindful of movement with breath to some energetic music, this class is fast paced, high energy and challenging. Prior yoga experience is requested.

**Qigong:** Sometimes called Chinese yoga, Qigong ("chi gong") is a mind-body practice that melds slow, graceful movements, mental focus and deep abdominal breathing to boost and balance a person's vital energy, or qi.

**Restore:** A Hatha based practice that includes alignment focused standing postures, seated poses, deep stretching and relaxation. No Yoga experience necessary. Includes use of blankets, blocks and yoga straps. Perfect for beginners!

**Stretch:** Stay long and lean with a 30 minute proper stretch before or after your next class. Your body will thank you!

**Vinyasa Yoga:** These classes are energetic, meditative and heat building, as you flow from one pose to the next. The sequenced flows offer strength, flexibility and grace to evolve into a peak pose. Variation of postures offered throughout class so that you can adapt to your particular needs. Knowledge of sun salutations recommended.

**Yoga & Meditation:** Our regular Hatha yoga class format, followed by 15 minutes of relaxation, meditation and breathing.

**A Reminder of a Few Class Policies:** Please do not wear cologne to any class. The purpose of a warm up is to prevent injury. For this reason please do not enter a class if you are more than 10 minutes late. If you are new to a class please check in with the instructor five minutes before class; they can give you suggestions on modifications for a safe and invigorating experience!

**Club hours: Mon. – Fri. 5:30am – 9:30pm  
Sat. & Sun. 7:00am – 7:00 pm**

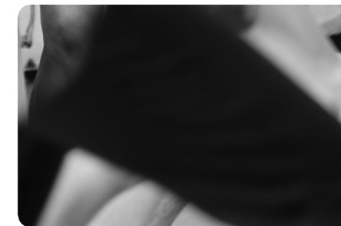
**Call the Club at (707) 528-2582 [www.airportclub.com](http://www.airportclub.com)**

**The group exercise schedule and brochures  
are available to download from our website!**

**Revised On: 12/19/2018**



## Group Exercise



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Airport Health Club

# Daily Schedule

See touch screens for changes

## Monday

		Studio	
5:45-6:30	♣ Indoor Cycle	Jennifer	2
6:00-7:00	● Pilates Mat	Alice	4
7:00-8:00	◆▲● Pre Masters Swim	Karen	P
8:00-9:00	◆● Water Fitness	Morgan	P
8:00-9:00	● Gentle Yoga	Kathy	1
9:00-10:00	◆● Water Fitness	Morgan	P
9:15-10:15	● Pilates Mat (Int/Adv)	Whitney	4
9:15-10:10	Cardio Conditioning	Anne	1
9:15-10:00	♣ Indoor Cycle	Erin	2
10:10-10:40	● Stretch	Erin	1
10:30-11:30	● Pilates Mat (Beg./Int)	Amy	4
10:45-11:45	Zumba Gold	Teresa	1
11:00-12:00	# Masters Swim	Collin	P
12:00-12:45	♣ Indoor Cycle	Lori A	2
12:00-1:00	● Hatha Yoga	Venus	4
1:30-3:00	♥ Cancer Wellness	Lori/Sue	4
4:30-5:30	● Pilates Mat	Collin	4
4:30-5:30	Good Sets	Anne	1
5:30-6:30	● Water Fitness	Jeanne	P
5:45-6:45	● Vinyasa Yoga	Heather	4
6:00-6:45	♣ Indoor Cycle	Bria	2

## Tuesday

5:45-6:30	♣ Indoor Cycle	Sarah	2
6:00-7:00	Shred	Anne	1
8:00-9:00	◆● Water Fitness	Honorah	P
8:00-9:00	● 50+ Circuit	Collin	4
9:00-10:00	● Water Fitness	Joel	P
9:05-10:05	Barre Burn	Whitney	1
9:15-10:00	●♣ Indoor Cycle	Maren	2
9:45-10:45	● Pilates Mat	Kathy	4
10:30-11:30	Zumba	Bonnie	1
11:00-12:00	● Flexibility In Movement	Shelley	4
12:00-12:45	●♣ Indoor Cycle	Bob	2
12:00-1:00	● Qigong	Josepha	4
12:00-1:00	Power Yoga	Venus	1
2:00-3:15	● Light & Lively	Paula	1
4:30-5:30	Ripped	Anne/Gretchen	1
5:30-6:30	● Water Fitness	Walter	P
5:45-6:45	Workit Circuit	Jake F.	1
5:45-7:00	▲ Masters Swim	Collin	P

## Wednesday

		Studio	
5:45-6:30	♣ Indoor Cycle	Bria	2
6:00-7:00	● Hatha Yoga	Melissa	4
6:00-7:00	Ripped	Laura/Collin	1
7:00-8:00	◆▲● Pre Masters Swim	Ann	P
8:00-9:00	◆● Water Fitness	Judy	P
8:00-9:00	◆● Water Fitness	Judy	P
9:00-10:00	♣ Indoor Cycle	Carol	2
9:15-10:00	● Pilates Mat	Whitney	4
9:15-10:15	X-Treme Muscle	Anne	1
10:30-11:30	● Pilates Mat	Gwen	4
10:45-11:45	● Not-So-X-Treme Muscle	Caryl	1
11:00-12:00	# Masters Swim	Karen	P
12:00-12:45	●♣ Indoor Cycle	Sue	2
12:00-1:00	● Hatha Yoga	Vickie	4
1:30-3:00	♥ Cancer Wellness	Lori/Sue	4
2:00-3:15	● Gentle Yoga	Kathy	1
4:30-5:30	● Barre Burn	Whitney	1
4:30-5:30	● Pilates Mat	Sarah	4
5:30-6:30	● Water Fitness	Miriam	P
5:45-6:45	Yoga Challenge	Hediyeh	1
6:00-7:00	♣ Indoor Cycle	Traci	2

## Thursday

5:45-6:30	♣ Indoor Cycle	Brandon	2
6:00-7:00	Workit Circuit	Jake F.	1
8:00-9:00	◆● Water Fitness	Honorah	P
8:00-9:00	● 50+ Circuit	Kathy	4
9:00-10:00	● Water Fitness	Joel	P
9:05-10:05	Boot Camp	Anne	1
9:15-10:00	♣ Indoor Cycle	Carol	2
9:15-10:15	● Qigong	Josepha	4
10:15-10:45	● Tai Chi	Josepha	4
10:30-11:30	● Zumba	Tina	1
11:00-12:00	● Flexibility In Movement	Shelley	4
12:00-12:45	●♣ Indoor Cycle	Bob	2
12:15-1:15	● Hatha Yoga	Shoshana	1
12:00-1:00	● Pilates Mat	Amy	4
2:00-3:15	● Light and Lively	Sue	1
5:30-6:30	Ripped	Laura/Traci	1
5:30-6:30	◆● Water Fitness	Jeanne	P
5:30-6:45	● Hatha Yoga & Meditation	Melissa	4
5:45-7:00	▲ Masters Swim	Karen	P
6:00-6:45	Indoor Cycle	Maren	2

## Friday

		Studio	
5:45-6:30	♣ Indoor Cycle	Sarah	2
6:00-7:00	● Pilates Mat	Sherrese	4
7:00-8:00	◆▲ Pre-Masters Swim	Katelyn	P
8:00-9:00	◆● Water Fitness	Judy	P
8:00-9:00	Not-So-X-Treme Muscle	Maggie	1
9:00-10:00	◆● Water Fitness	Judy	P
9:00-10:00	● Pilates Mat	Kathy	4
9:15-10:00	♣ Indoor Cycle	Layne	2
9:15-10:15	X-Treme Muscle	Anne	1
10:45-11:45	● Zumba Gold	Bonnie	1
11:00-12:00	# Masters Swim	Karen	P
12:00-12:45	Indoor Cycle	Traci/Sarah	2
12:45-2:00	● Restore Yoga	Kathy	4
1:00-2:00	Workit Circuit	Jake F.	1
5:30-6:30	Vinyasa Yoga	Courtney	1

## Saturday

7:30-8:30	● Water Fitness	Tami	P
7:45-8:45	● Pilates Mat (Beg/Int.)	Alice	4
8:30-9:30	● Water Fitness	Tami	P
8:30-9:30	Boot Camp	Anne	1
8:30-9:30	♣ Indoor Cycle	Lori/Jennifer	2
8:30-9:30	● Pilates Mat (Int./Adv.)	Alice	4
9:00-10:00	● Vinyasa Yoga	Lori C	1

## Sunday

8:30-9:30	● Zumba	Tina	1
8:45-9:45	● Pilates Mat	Whitney	4
9:15-10:15	♣ Indoor Cycle	Carol/Sarah	2
10:00-11:30	● Hatha/Vinyasa Yoga	Courtney	1
3:00-4:00	● Vinyasa Yoga	Doug	1

### Indoor Cycle Cancellation Policy

All 5:45AM classes must be cancelled by 9:30PM the night before to avoid a \$10.00 cancellation fee. All other classes must be cancelled 2hrs prior to the class.

### Classes Subject to Change / Cancellation

See touch screens or the Service Desk for class or instructor changes.

- ♥ Must pre-register with Lori 521-2443
- ♣ Space is limited sign up at the Service Desk
- # Pool is closed during class time
- ▲ One lane open for non-Master Swimmers
- These classes are suitable for our 50+ members
- ◆ These classes are recommended for beginners

**Group Fitness Director**  
**Lori Ennis (707) 521-2443**