

COOMES RECREATION CENTER



GROUP FITNESS SCHEDULE 2023 – Q1 – January 3-April 8, 2023 ** No Classes April 2-8, 2023 **

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Spintensity 6:15-7:05 AM <i>Stephanie</i>		Spintensity 6:15-7:05 AM <i>Stephanie</i>		Weekend Warrior 8:15-9:15 AM <i>Valerie</i>
	Pulse 8:15-9:15 AM <i>Libby</i>	Vinyasa Flow 8:30-9:30 A.M. <i>Alison</i>	Pulse 8:15-9:15 A.M. <i>Libby</i>		Pulse 8:15-9:15 AM <i>Libby</i>
	COREeography 8:15-9:15 AM <i>Valerie</i>				LIFT 9:30-10:30 AM <i>Libby</i>
Chair Yoga Flow 11 AM-12 PM <i>Karen B.</i>	Timeless Yoga 11 AM-12 PM <i>Carol</i>	Weighted Yoga Wednesday 11 AM-12 PM <i>Karen B.</i>	Timeless Yoga 11 AM-12 PM <i>Carol</i>		
		Mindful Flow 4:15-5:15 PM <i>Jacqui</i>			
PowerUp 5:45-6:45 PM <i>Mary</i>	HIIT Strength 5:45-6:45 PM <i>Karen K.</i>	PowerUp 5:45-6:45 PM <i>Mary</i>	HiPi 6-7 PM <i>Valerie</i>		

Classroom Key:

Room A
Spin Studio

Fitness Classes are available to members with a Platinum Membership or with the purchase of a fitness pass.

Fitness passes are \$25/month and include unlimited classes. Passes may be purchased at the front desk.

We recommend participants, particularly those new to the class, to come 5-10 minutes early to set up and receive any necessary instructions from the class's instructor.

Please note: Timeless Yoga will not begin until February 7, 2023.

Class Descriptions listed on the back.

Chair Yoga Flow – Our practice will begin in our chairs for meditation and breath work. We will transition to standing floor asana to strengthen our core and major muscle groups for better balance and stability. This class includes seated, standing balance with the assist of a chair, and moderate yoga flow sequencing. Yoga mats and smiles are welcome!

COREography – Do you wish to have a stronger core and become more toned and flexible? Then this class is for you! Each class is different, as variety is the spice of life!

HIIT Strength – A rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Suitable for all fitness levels, as modifications are shown.

HiPi – High intensity interval training coupled with Pilates. Come join Valerie for head-to-toe toning and heart pumping fun!

LIFT – Build strength, add definition, increase bone density, and decrease body fat by INCREASING lean muscle. Using a variety of weight training equipment and techniques, change the shape of your body – every muscle, every Saturday, in one hour.

Mindful Flow Yoga – Experience the relaxing and healing effects of mindful movement through flow yoga, and take with you helpful tips for the deepening of your own mindful practice on and off the mat.

Mindful Monday – Take a well-deserved break and practice self-care for mind and body. No previous yoga experience is necessary. Explore breath work along with slow and gentle yoga and mindfulness practices. Calm the mind, relax, stretch, and strengthen the body, while enhancing your overall well-being.

PowerUp – Power up all your muscles, including your heart, in this workout! Shape, tone, and strengthen your body with weight training, and up your calorie burn with aerobic exercises.

Pulse (Spin Class) – Ride to the rhythm. This class mixes a variety of tempos and drills over one hour of great music!

Spintensity (Spin Class) – Be ready to push yourself to the max with sprints, climbs, surges, jumps, jogs, and combos. This class will rev up your heart and get your day started right! Suitable for all fitness levels.

Timeless Yoga (Chair Yoga) – This class is designed for people of all ages with limited range of motion and mobility. Participants will practice techniques to improve breathing capacity, concentration, flexibility, strength, and relaxation. Exercises are done with the use of chairs and blankets or cushions.

Vinyasa Flow – Vinyasa flow yoga is the movement of the breath with a dynamic sequence of connected yoga postures, which are joined together in a smooth flowing way. The breath is an important component of this class. You will be instructed to move from one pose to the next on an inhale or an exhale. The class is centered around present, non-judgemental awareness. Participants have an opportunity to explore their own experience, using body and breath to calm and center the mind. Benefits include: strength, balance, stress relief, and learning to rest the mind in the moment.

Weekend Warrior – A fusion of yoga and Pilates, this class will help jumpstart your weekend. Become more toned and flexible, while improving your balance.

Weighted Yoga Wednesday – Come join us for a unique chair yoga practice that incorporates breath work, seated asana with an interval use of light hand weights, and standing balance. This class will bring a new perspective to your yoga practice by building endurance, flexibility, and strength.