

MOREY COURTS FITNESS

February 2018

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Judi 5:30-6:30a -----	HIIT Brent 7:30-8:00a -----	Stretch & Strength Judi 5:30-6:30a -----	HIIT Brent 7:30-8:00a -----	Senior Fitness Holly 7:00-7:30a -----	February 3rd Zumba Noelle 9:00-10:00a -----
Senior Fitness Holly 7:00-7:30a -----	Zumba Noelle 9:00-9:30a -----	Senior Fitness Holly 7:00-7:30a -----	Zumba Noelle 9:00-9:30a -----	Total Body Blast Jentri 7:45-8:45a -----	Cardio Boxing Fernando 10:15-11:15a -----
Total Body Blast Holly 7:45-8:45a -----	Hatha Yoga Margaret 10:15-11:15a -----	Total Body Blast Jennifer 7:45-8:45a -----	HIIT @ Lunch Brent 12:15-1:00p -----	Senior Fitness Jentri 9:00-10:00a -----	February 10th Total Body Blast Holly 9:00-10:00a -----
Senior Fitness Jentri 9:00-10:00a -----	HIIT @ Lunch Brent 12:15-1:00p -----	Senior Fitness Jentri 9:00-9:45a -----	<i>PreExtreme</i> Holly 1:00-2:00p -----	Zumba Gold Judi 10:15-11:15a -----	Cardio Boxing Fernando 10:15-11:15a -----
All Level Vinyasa Mary Beth 10:15-11:15a -----	Muscle Up Cindy 5:30-6:15p -----	WERQ Maria 4:00-5:00p -----	TRX@ Paula 5:30-6:15p -----	Hatha Yoga Margaret 11:30-12:30p -----	February 17th Zumba Noelle 9:00-10:00a -----
WERQ Maria 4:00-5:00p -----	TRX@ Paula 6:30-7:15p -----	Booty Crunch Barb 5:30-6:30p -----	<i>STRONG by Zumba</i> Brenda 6:30-7:30p -----	Zumba Judi 4:15-5:15p -----	Cardio Boxing Fernando 10:15-11:15a -----
Zumba Jenifer 5:30-6:30p -----		Kettlebell Paula 6:00-7:00p -----			<i>STRONG by Zumba</i> Brenda 11:30-12:30p -----
Kettlebell Paula 6:00-7:00p -----					February 24th Muscle Up Cindy 9:00-10:00a -----
Power Vinyasa Yoga Sierra 6:45-7:45p -----					ProExtreme Amy 9:00-10:00a -----
					Cardio Boxing Fernando 10:15-11:15a -----

FEES

Specialty Classes/Pro Classes ALL Members: \$3.00/class Nonmembers: \$8.00/class Senior Nonmembers: \$5.00/class Nonmember Punch card: 12 for \$84.00	Signature Classes: ALL Members: Free Nonmember: \$5.00/class Senior Nonmembers: \$3.00/class Nonmember Punch card: 10 Sessions(Adult): \$40.00
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Signature Classes:

Booty Crunch – is a mixture of body movement and dynamic moves using mostly your body and with no or very little product. Working deep core and glutes engaging in various movements. A little shaking and dancing involved to empower the cardio workout and mind. Always evolving and each class changes and is different and unique in its own way.

HIIT @ Lunch-High intensity interval training (HIIT) that will involve periods of high intensity exercises with low intensity active recovery. Various forms of training will be used from plyometric exercise to balance work, all working together to maximize increases in strength and cardiovascular endurance.

Muscle Up: A total-body workout, weights mixed with cardiovascular intervals. *All levels*

PreExtreme: A High Intensity Interval Training (HIIT) class designed for those new to HIIT training. Classes will consist of low impact plyometric movement, and active recovery. Every class will be a total body workout that challenges the cardiovascular system designed to help you reach maximum benefits for your time. HIIT training is just as mentally challenging as physically, every class is full of energy and support from all those involved. Workouts may consist of challenging movements that include but are not limited to utilization of resistance bands, cardio variety equipment, plyometric, balance, and coordination movements. This is a beginner level class meant to prepare you for the workouts in the ProExtreme advanced class.

Senior Fitness: Have fun while staying active! Designed with the senior in mind, all aspects of physical fitness are incorporated in order to keep you at your best so you can keep doing the things that you enjoy! **ALL FITNESS LEVELS**

Step/Sculpt: Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Look for this class on Saturdays, too! *Moderate/Advanced*

STRONG by Zumba: is a HIIT style class that combines body weight, muscle condition, cardio and plyometric training moved synced to music that has been specifically designed to match every single move. This one hour class will help you burn calories while also toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Please bring your own yoga mat and some water for this sweat fest!

Total Body Blast: Maximize your workout with this cardio and muscle strength interval class. The intervals will include short cardio bursts followed by strength training and sculpting. A variety of equipment will be utilized". *All Levels.*

WERQ! :WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music". *All Levels*

Zumba: a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. *All Levels*

Zumba Gold: This class is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that many need modifications for success. *Beginner*

Specialty Classes

Cardio Boxing: This hour class will focus on balance, power, strength and stamina using a variety of equipment such as Mitts, speed bag, heavy bag, and a double end bag. It will also include push-ups, sit ups, shuffling, and foot work. **Need to bring your own hand wraps.** *All Levels*

Hatha Yoga: Is a combination of pranayama (breathing exercises), asana (yoga poses) and meditation. It focuses on flexibility, strength and stamina of the body and the mind. A gentle, slower pace than Vinyasa yoga, it is appropriate for people of all ages and physical conditions.

Kettlebell: A Kettlebell is a traditional Russian cast iron weight that resembles a cannonball with a handle. This class will incorporate a variety of exercises to enhance one's muscular and cardiovascular fitness. You will be carefully transitioned and instructed on how to perform each exercise. *All Levels* ****Participants must attend an Intro to Kettlebell class before attending this class****

Power Vinyasa Yoga: This energizing yoga class will provide challenging poses with a focus on improving balance, strength, and flexibility. All levels of experience welcome!

ProExtreme: High Intensity Interval Training (HIIT) class designed to give you maximum cardio benefits in minimal time spent. Low impact and high impact polymeric movements will be performed in intervals with short rest periods. Each class will be primarily cardiovascular in design with resistance training as a bonus. Our class will be a community environment in which members both support and challenge one another. Our goal will be to exercise the body in scenarios where strength is being challenged, weaknesses in coordination or balance are being addressed, and mental fortitude and awareness are working together to guide the body to greater gains and success in order to break through physical plateaus. *Advanced level*

TRX®: This class utilizes the TRX Suspension Training System for a complete resistance, cardio, core, balance and flexibility workout. The TRX is a strap with two handles that is suspended from above. *All Levels*

Vinyasa Yoga: Enjoy this active journey that will feature challenging poses with a focus on increasing energy with the mind/muscle connection brought through breathing and mental awareness. Classes are vinyasa style with a focus on improving flexibility, strength and balance.