

MOREY COURTS FITNESS

December 2017

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASSES 12/25 Zumba Judi 5:30-6:30a ----- Total Body Blast Jentri Kayla subs 12/18 7:45-8:45a ----- Senior Fitness Jentri Kayla subs 12/18 9:00-10:00a ----- All Level Vinyasa Mary Beth 10:15-11:15a ----- Zumba Jenifer 5:30-6:30p ----- Kettlebell Paula 6:00-7:00p	Hatha Yoga Margaret 10:15-11:15a ----- Muscle Up Cindy 5:30-6:15p ----- TRX® Paula 6:30-7:15p	Stretch & Strength Judi 5:30-6:30a ----- Total Body Blast Jennifer O 7:45-8:45a ----- Senior Fitness Jentri 9:00-9:45a ----- Booty Crunch Barb 5:30-6:30p NO CLASS 12/20 and 12/27 ----- Kettlebell Paula 6:00-7:00p ----- Pro Extreme Amy 7:15-8:15p	DDP Yoga Paula 5:30-6:15a ----- TRX® Paula 5:30-6:15p ----- STRONG by Zumba Brenda 6:30-7:30p	Total Body Blast Jentri Kayla subs 12/15 and 12/29 7:45-8:45a ----- Senior Fitness Jentri Kayla subs 12/15 and 12/29 9:00-10:00a ----- Zumba Gold Judi 10:15-11:15a ----- Hatha Yoga Margaret 11:30-12:30p ----- Zumba Judi 4:15-5:15p	December 2nd Zumba Judi 9:00-10:00a ----- December 9th STRONG by Zumba Brenda 10:45-11:45a ----- December 16th Muscle Up Cindy 9:00-10:00a ----- December 23rd NO CLASSES ----- December 30th NO CLASSES

FEES

Specialty 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

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.

DDP Yoga:DDP YOGA isn't your momma's yoga! It combines the very best of Yoga, Traditional Fitness, Sports Therapy and Dynamic Resistance to create one of the most effective fitness plans in existence today that anybody can do! Heart Rate monitor suggested. This class will start out with DVDs and turn into a regular specialty class. It will run anywhere from 30-60 minutes.

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

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*.

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:

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****

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*

Vinasa 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.