

# MOREY COURTS FITNESS GROUP EXERCISE SCHEDULE January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior Fitness</b> Kenny 7:00-7:30a ----- <b>Total Body Blast</b> Kenny 7:45-8:45a ----- <b>Senior Fitness</b> Jentri 9:00-9:45a ----- <b>All Level Vinyasa</b> MaryBeth 10:15-11:15a ----- <b>Zumba</b> Jenifer 5:30-6:30p	<b>HIIT</b> Paula 7:30-8:15a <b>NO CLASS 1/1</b> ----- <b>Zumba</b> Noelle 9:00-9:45a ----- <b>Hatha Yoga</b> Margaret 10:15-11:15a ----- <b>Muscle Up</b> Cindy 5:30-6:15p <b>NO CLASS 1/1</b> ----- <b>TRX@</b> Paula 6:30-7:15p <b>NO CLASS 1/1</b> ----- -	<b>Senior Fitness</b> Kenny 7:00-7:30a ----- <b>Total Body Blast</b> Jennifer 7:45-8:45a ----- <b>Senior Fitness</b> Jentri 9:00-9:45a ----- <b>Zumba</b> Vanisa 4:15-5:15p ----- <b>Total Body Blast</b> Barb 5:30-6:15p	<b>HIIT</b> Kenny 7:30-8:15a ----- <b>Zumba</b> Noelle 9:00-9:45a ----- <b>Barre</b> Noelle 9:45-10:30a ----- <b>TRX@</b> Paula 5:30-6:15p	<b>Senior Fitness</b> Kenny 7:00-7:30a ----- <b>Total Body Blast</b> Jentri 7:45-8:45a ----- <b>Senior Fitness</b> Jentri 9:00-9:45a ----- <b>Zumba Gold</b> Vanisa 10:15-11:15a ----- <b>Hatha Yoga</b> Margaret 11:30-12:30p <b>NO CLASS 1/25</b> ----- <b>Zumba</b> Ashley 4:15-5:15p	<b>January 5th</b> Zumba Noelle 9:00-10:00a ----- <b>Cardio Boxing</b> Fernando 10:15-11:30a ----- <b>January 12th</b> Muscle Up Cindy 9:00-10:00a ----- <b>Cardio Boxing</b> Fernando 10:15-11:30a ----- <b>January 19th</b> Zumba Noelle 9:00-10:00a ----- <b>Cardio Boxing</b> Fernando 10:15-11:30a ----- <b>January 26th</b> Stretch Smart Taylor 9:00-10:00a ----- <b>Cardio Boxing</b> Fernando 10:15-11:30a

## FEES

<b>Specialty Classes/Pro Classes</b> ALL Members: \$3.00/class Nonmembers: \$8.00/class Senior Nonmembers: \$5.00/class Nonmember Punch card: 12 for \$84.00	<b>Signature Classes:</b> 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:

**Barre:** is based on ballet barre exercises designed to strengthened and tone the body creating long, lean muscles. Barre is low impact on joints and high impact on burning fat. Previous ballet experience is not required!

**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*

**Stretch Smart:** This class will offer different ways to stretch those sore areas from previous workouts. It also will help with client flexibility and muscle knowledge so that clients can not only learn but feel confident in stretching on their own time.

**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*.

**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*

**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.

**Vinvasa 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.