

# MOREY COURTS FITNESS

## September 2018

### GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Zumba Vanisa 5:30-6:30a <b>NO CLASS 9/3</b></p> <p>-----</p> <p>Senior Fitness Kenny 7:00-7:30a <b>NO CLASS 9/3</b></p> <p>-----</p> <p>Total Body Blast Taylor 7:30-8:30a <b>NO CLASS 9/3</b></p> <p>-----</p> <p>Senior Fitness Jentri 9:00-9:45a <b>NO CLASS 9/3</b></p> <p>-----</p> <p><b>All Level Vinyasa</b> Mary Beth 10:15-11:15a <b>NO CLASS 9/3</b></p> <p>-----</p> <p>Zumba Jenifer 5:30-6:30p <b>NO CLASS 9/3</b></p>	<p>HIIT Taylor 7:30-8:15a</p> <p>-----</p> <p>Zumba Noelle 9:00-9:30a</p> <p><b>Hatha Yoga</b> Margaret 10:15-11:15a</p> <p>-----</p> <p>Muscle Up Cindy 5:30-6:15p</p> <p><b>TRX®</b> Paula 6:30-7:15p</p> <p style="text-align: center;">-</p>	<p>Senior Fitness Kenny 7:00-7:30a</p> <p>-----</p> <p>Total Body Blast Jennifer 7:45-8:45a</p> <p>-----</p> <p>Senior Fitness Jentri 9:00-9:45a</p> <p>-----</p> <p>Zumba Vanisa 4:15-5:15p</p> <p>-----</p> <p>Booty &amp; Body Sculpt Barb 5:30-6:15p</p>	<p>HIIT Kenny 7:30-8:15a</p> <p>-----</p> <p>Zumba Noelle 9:00-9:30a</p> <p>-----</p> <p>Barre Noelle 9:45-10:30a</p> <p><b>TRX®</b> Paula 5:30-6:15p</p> <p>-----</p> <p><b>STRONG by Zumba</b> Brenda 6:30-7:30p</p>	<p>Senior Fitness Kenny 7:00-7:30a</p> <p>-----</p> <p>Total Body Blast Jentri 7:45-8:45a</p> <p>-----</p> <p>Senior Fitness Jentri 9:00-9:45a</p> <p>-----</p> <p>Zumba Gold Vanisa 10:15-11:15a</p> <p><b>Hatha Yoga</b> Margaret 11:30-12:30p</p> <p>-----</p> <p>Zumba Ashley 4:15-5:15p</p>	<p>September 1st <b>NO CLASS</b> 9:00-10:00a</p> <p>-----</p> <p>September 8th <b>TRX®</b> Paula 9:15-10:00a</p> <p>-----</p> <p><b>STRONG by Zumba</b> Brenda 10:45-11:45a</p> <p>-----</p> <p>September 15th Zumba Noelle 9:00-10:00a</p> <p>-----</p> <p><b>STRONG by Zumba</b> Brenda 10:45-11:45a</p> <p>-----</p> <p>September 22nd Muscle Up Cindy 9:00-10:00a</p> <p>-----</p> <p>September 29th Zumba Noelle 9:00-10:00a</p> <p>-----</p> <p><b>STRONG by Zumba</b> Brenda 10:45-11:45a</p>

#### 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

### Signature Classes:

**Barre:** is based on ballet barre exercises designed to strengthen 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!

**Booty and Body Sculpt:** A faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. Great for core strength, balance, and flexibility. **All Levels**

**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

**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.

**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**

**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.