

MOREY COURTS FITNESS

May 2018

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Zumba Judi 5:30-6:30a NO CLASS 5/7 and 5/28</p> <p>-----</p> <p>Senior Fitness Holly 7:00-7:30a 5/7 ONLY</p> <p>-----</p> <p>Total Body Blast Holly 5/7 Taylor 7:45-8:45a NO CLASS 5/28</p> <p>-----</p> <p>Senior Fitness Jentri 9:00-9:45a NO CLASS 5/28</p> <p>-----</p> <p>All Level Vinyasa Mary Beth 10:15-11:15a NO CLASS 5/28</p> <p>-----</p> <p>Zumba Jenifer 5:30-6:30p NO CLASS 5/28</p> <p>-----</p> <p>Kettlebell Paula 6:00-7:00p NO CLASS 5/28</p> <p>-----</p> <p>Power Vinyasa Yoga Margaret ??? 6:45-7:45p NO CLASS 5/28</p>	<p>HIIT Holly 5/1 and 5/8 Taylor 7:30-8:00a</p> <p>-----</p> <p>Zumba Noelle 9:00-9:30a</p> <p>Hatha Yoga Margaret 10:15-11:15a</p> <p>-----</p> <p>Muscle Up Cindy 5:30-6:15p</p> <p>-----</p> <p>TRX® Paula 6:30-7:15p</p>	<p>Stretch & Strength Judi 5:30-6:30a</p> <p>-----</p> <p>Senior Fitness Holly 7:00-7:30a 5/2 and 5/9 ONLY</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>Booty Crunch Barb 5:30-6:30p</p> <p>-----</p> <p>Kettlebell Paula 6:00-7:00p</p>	<p>HIIT Holly 5/3 and 5/10 Taylor 7:30-8:00a</p> <p>-----</p> <p>Zumba Noelle 9:00-9:30a</p> <p>-----</p> <p>Barre Noelle 9:45-10:30a</p> <p>-----</p> <p>TRX® Paula 5:30-6:15p</p> <p>-----</p> <p>STRONG by Zumba Brenda 6:30-7:30p NO CLASS 5/24</p>	<p>Senior Fitness Holly 7:00-7:30a 5/4 and 5/11 ONLY</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 Judi 10:15-11:15a</p> <p>-----</p> <p>Hatha Yoga Margaret 11:30-12:30p</p> <p>-----</p> <p>Zumba Judi 5/18 and 5/25 Ashley 5/4 and 5/11 4:15-5:15p</p>	<p>May 5th HIIT Holly 9:00-10:00a</p> <p>-----</p> <p>Cardio Boxing Fernando 10:15-11:30a</p> <p>-----</p> <p>May 12th Zumba Noelle 9:00-10:00a</p> <p>-----</p> <p>Cardio Boxing Fernando 10:15-11:30a</p> <p>-----</p> <p>May 19th Muscle Up Cindy 9:00-10:00a</p> <p>-----</p> <p>Cardio Boxing Fernando 10:15-11:30a</p> <p>-----</p> <p>May 26th Zumba Noelle 9:00-10:00a</p> <p>-----</p> <p>Cardio Boxing Fernando 10:15-11:30a</p>

FEES

<p>Specialty Classes/Pro Classes ALL Members: \$3.00/class Nonmembers: \$8.00/class Senior Nonmembers: \$5.00/class</p>	<p>Signature Classes: ALL Members: Free Nonmember: \$5.00/class Senior Nonmembers: \$3.00/class</p>
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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 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.

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.

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!

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.