

# MOREY COURTS FITNESS

## GROUP EXERCISE SCHEDULE

### March 2020

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|---|--|--|
| <b>Pro Extreme</b><br>Amy<br>5:45-6:30a<br>-----<br><b>Senior Fitness</b><br>Kenny<br>7:00-7:30a<br>-----<br><b>Total Body Blast</b><br>Kenz<br>7:45-8:45a<br>-----<br><b>Senior Fitness</b><br>Kenny<br>9:00-10:00a<br>-----<br><b>Senior Fitness 2</b><br>Kenny<br>10:15-11:15a<br>-----<br><b>Kettlebell</b><br>Paula<br>5:30-6:30p<br>-----<br><b>Zumba</b><br>Jenifer<br>5:30-6:30p | <b>HIIT</b><br>Kenz<br>7:45-8:30a<br>-----<br><b>Zumba</b><br>Noelle<br>9:00-10:00a<br>-----<br><b>Hatha Yoga</b><br>Margaret<br>10:15-11:15a<br>-----<br><b>Muscle Up</b><br>Cindy<br>5:30-6:15p<br>-----<br><b>TRX®</b><br>Paula<br>6:30-7:15p<br>-----<br><b>Aikido</b><br>Scott<br>7:30-9:00p<br>-----<br>- | <b>Pro Extreme</b><br>Amy<br>5:45-6:30a<br>-----<br><b>Senior Fitness</b><br>Kenny<br>7:00-7:30a<br>-----<br><b>Total Body Blast</b><br>Olivia<br>7:45-8:45a<br><b>NO CLASS 3/11</b><br>-----<br><b>Senior Fitness</b><br>Kenny<br>9:00-10:00a<br>-----<br><b>Senior Fitness 2</b><br>Kenny<br>10:15-11:15a<br>-----<br><b>Zumba</b><br>Vanisa<br>4:15-5:15p<br>-----<br><b>Total Body Blast</b><br>Barb<br>5:30-6:15p | <b>HIIT</b><br>Kenz<br>7:45-8:30a<br><b>NO CLASS 3/12</b><br>-----<br><b>Zumba</b><br>Noelle<br>9:00-10:00a<br>-----<br><b>TRX®</b><br>Paula<br>5:30-6:15p<br>-----<br><b>Aikido</b><br>Scott<br>6:30-8:30p | <b>Pro Extreme</b><br>Amy<br>5:45-6:30a<br>-----<br><b>Senior Fitness</b><br>Kenny<br>7:00-7:30a<br>-----<br><b>Total Body Blast</b><br>Olivia<br>7:45-8:45a<br><b>NO CLASS 3/13</b><br>-----<br><b>Senior Fitness</b><br>Kenny<br>9:00-10:00a<br>-----<br><b>Senior Fitness 2</b><br>Kenny<br>10:15-11:15a<br><b>3/13 @ McLaren</b><br><b>10:30-11:30a</b><br>-----<br><b>Zumba Gold</b><br>Vanisa<br>10:15-11:15a<br>-----<br><b>Hatha Yoga</b><br>Margaret<br>11:30-12:30p<br>-----<br><b>Zumba</b><br>Ashley<br>5:00-6:00p | <b>March 7<sup>th</sup></b><br>Total Body Blast<br>Jennifer J<br>9:00-10:00a<br>-----<br><b>STRONG by Zumba</b><br>Brenda<br>10:45-11:45a<br>-----<br><b>March 14<sup>th</sup></b><br>Zumba<br>Noelle<br>9:00-10:00a<br>-----<br><b>March 21<sup>st</sup></b><br>Muscle Up<br>Cindy<br>9:00-10:00a<br>-----<br><b>STRONG by Zumba</b><br>Brenda<br>10:45-11:45a<br>-----<br><b>March 28<sup>th</sup></b><br>Zumba<br>Noelle<br>9:00-10:00a |

Class descriptions on back

#### 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: (Free to Members)

**Aikido:** A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. **Moderate.** <http://www.shinki-aikido.com> or <https://www.facebook.com/Shinki-Aikido-Mt-Pleasant-Dojo-137336394073>

**HIIT:** High intensity interval training is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. **Moderate/Advanced**

**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.**

**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**

**Zumba/Zumba Step:** 30 minutes Zumba® /30 minutes Zumba® step Zumba® where we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Step combines the awesome toning and strengthening power of Step aerobics, with the fun-fitness party that only Zumba® brings to the dance-floor.

**Zumba//Zumba Toning:** 30 minutes combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused moves to create a total body strength workout. 30 minutes combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class

## 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**

**Yoga Fit: is** the perfect afternoon pick up. A shortened 45-minute class will focus on strength training, flexibility, and core work while maintaining the traditions of yoga. An emphasis on the safe alignment of poses will ensure you get the most out of this class. This class will serve as a workout for your whole body, and leave you feeling energized and ready to take on the rest of the day!