

MONDAY

9:30AM-10:30AM - "LITE N' LIVELY w/BARBARA
7:00PM-8:00PM - "BODY CONDITIONING" w/LORETTA

TUESDAY

8:00AM-9:15AM - "DANCE AEROBICS" w/MARY GRACE
10:15AM-11:15AM - "AQUACISE" w/BEVERLY
7:00PM -8:00PM - "ZUMBA" w/LAUREN
8:00PM - 9:00PM—YOGA w/HELENA

WEDNESDAY

8:00AM-9:00AM - "INTERVAL TRAINING" w/MARY GRACE
12:00NOON- "ABSOLUTELY CHAIR" w/BEVERLY
7:00PM-8:00PM - "PILATES" w/DEBBIE
8:00PM-8:30PM—"CARDIO BOOT CAMP" w/DEBBIE

THURSDAY

8:00AM-9:00AM -"LOW IMPACT" w/MARY GRACE
7:00PM-8:00PM - "ZUMBA" w/LAUREN
8:00PM-9:00PM - "YOGA" w/HELENA

FRIDAY

9:30AM-10:30AM - "LITE N' LIVELY w/BARBARA

SATURDAY

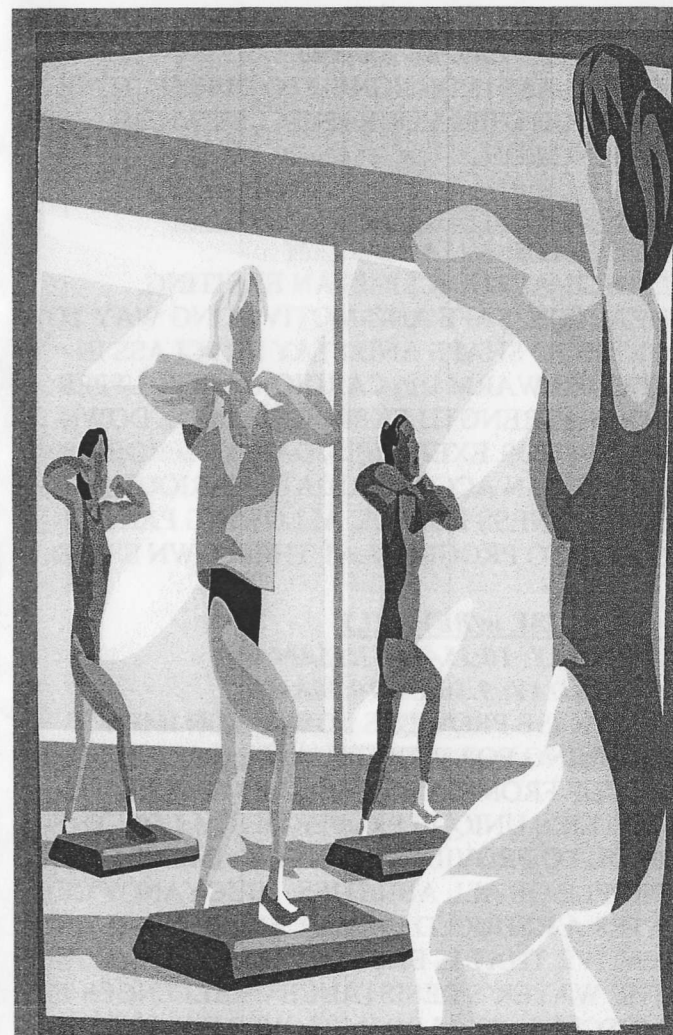
8:00AM-9:00AM - "LOW IMPACT" w/MARY GRACE
9:00AM-10:00AM - "BODY SCULPTING" w/MARY GRACE
9:30AM-10:30AM - "AQUACISE" w/BEVERLY

SUNDAY

9:00AM—10:00AM - "TAI JI" w/TING RUI CHOU

BAY CLUB SWIM & FITNESS CENTER

AEROBIC & CLASS SCHEDULE



THIS SCHEDULE IS SUBJECT TO CHANGE
WITHOUT NOTICE AT
MANAGER'S DISCRETION

LITE N' LIVELY w/ BARBARA

MONDAY & FRIDAY: 9:30AM-10:30AM

BARBARA HAS CREATED AN EXERCISE EXPERIENCE THAT BLENDS LIGHT AEROBICS AND CARDIO WITH RESISTANCE TECHNIQUES, YOGA STRETCHES, TAI CHI, AND WEIGHTS USED FOR TONING AND STRENGTHENING. HER RELAXATION FINALE IS A WONDERFUL COOL DOWN. GREAT ALL-IN-ONE CLASS WORKOUT!

BODY CONDITIONING w/LORETTA

MONDAY: 7:00PM- 8:00PM

THIS CLASS IS DESIGNED TO DEFINE, TONE & STRENGTHEN YOUR MUSCLES WHILE HAVING FUN.

DANCE AEROBICS w/MARY GRACE

TUESDAYS: 8:15AM-9:15AM

DANCE AEROBICS IS AN EXCITING, HEALTHY, SAFE AND MOTIVATING WAY TO GET INTO SHAPE AND STAY FIT. CLASS INCLUDES WARM UP, CARDIO-DANCE, UPPER BODY STRENGTH EXERCISES, COOL DOWN, AND FLOOR EXERCISES. DANCE AEROBICS CLASS CAN ACCOMMODATE VARIOUS AGES AND FITNESS LEVELS, ALLOWING PARTICIPANTS TO PROGRESS AT THEIR OWN SPEED.

AQUACISE w/BEVERLY

TUESDAY: 10:15AM-11:15AM and

SATURDAY: 9:30AM-10:30AM

AQUACISE PROVIDES LOW & NON IMPACT TRAINING FOR INDIVIDUALS LOOKING FOR RELIEF FROM LAND BASED EXERCISE. THE WATER'S UNIQUE PROPERTIES ALLOW THE POOL TO PROVIDE AN ENVIRONMENT FOR PEOPLE OF ALL ABILITIES. BUOYANCY CREATES A REDUCED IMPACT EXERCISE ALTERNATIVE THAT IS EASY ON THE JOINTS, WHILE THE WATER'S RESISTANCE CHALLENGES THE MUSCLES. IT ALSO IMPROVES BALANCE & CORE STRENGTH. WATER LENDS ITSELF TO A WELL-BALANCED WORKOUT THAT IMPROVES ALL MAJOR COMPONENTS OF PHYSICAL FITNESS—AEROBIC TRAINING, MUSCULAR

STRENGTH AND ENDURANCE, FLEXIBILITY AND BODY COMPOSITION. IT IS AN ESPECIALLY GOOD WORKOUT FOR THE OBESSE & PHYSICALLY CHALLENGED.

"ZUMBA" w/LAUREN

TUESDAY & THURSDAY: 7:00PM-8:00PM

IN THIS CLASS WE DO DANCE BASED MOVES TO BREAK A SWEAT. WORKOUTS INCLUDE SALSA, MERENGE, CUMBIA & BELLY DANCING. NON STOP MOVING FOR ALL FITNESS LEVELS. ALL ARE WELCOME TO JOIN US.

YOGA w/HELENA

TUESDAY & THURSDAY: 8:00PM-9:00PM

A SMOOTH-FLOWING SERIES OF YOGA POSES AND STRETCHES (SUCH AS: SUN SALUTATION, DOWN DOG, CHILD'S POSE, WARRIOR, ETC..) THE IDEAL WAY TO TRANSIT YOURSELF FROM BUSY DAY TO QUIET YOURSELF. CLASS STARTS WITH STANDING MOVES AND FINISHES WITH ACTIVE/PASSIVE LYING STRETCHES DESIGNED TO END THE DAY CALM, RELAXED AND READY FOR A GOOD NIGHT'S SLEEP.

INTERVAL TRAINING w/MARY GRACE

WEDNESDAY: 8:15AM-9:30AM

INTERVAL TRAINING INVOLVES ALTERNATING SHORT BURSTS OF INTENSE ACTIVITY WITH WHAT IS CALLED ACTIVE RECOVERY, WHICH IS TYPICALLY A LESS-INTENSE FORM OF THE ORIGINAL ACTIVITY. THIS CLASS COMBINES A CARDIOVASCULAR WORKOUT WITH FREE WEIGHTS.

PILATES w/DEBBIE

WEDNESDAY: 7:00PM-8:00PM

A CORE WORKOUT FOCUSING ON ABDOMINAL & BACK STRENGTH BASED UPON METHODOLOGIES DEVELOPED BY JOSEPH A. PILATES. ORIGINALLY USED AS A REHABILITATION METHOD & NOW USED TO LENGTHEN & TONE THE BODY.

CARDIO BOOT CAMP w/DEBBIE

WEDNESDAY: 8:00PM-8:30PM

1/2 HOUR OF INTENSE CARDIO TRAINING. CLASS STRUCTURE CONSISTS OF BASIC STEP TRAINING, MEDIUM TO LIGHT WEIGHTS IN COORDINATION WITH BALANCE MOVES, TRAINING USING YOUR BODY; AS IN SPEED SQUATS, MOUNTAIN CLIMBING & KNEE RAISES, AND KICK BOXING AND BOXING SEQUENCES.

LOW IMPACT w/MARY GRACE

THURSDAY: 8:15AM-9:15AM and

SATURDAY: 8:00AM-9:00AM

WARM-UP, HIGH ENERGY/LOW IMPACT CARDIOVASCULAR WORKOUT WITH/WITHOUT A STEP BENCH. LOW IMPACT EXERCISE CLASS VIGOROUS ENOUGH TO INCREASE THE HEART RATE & KEEP IT ELEVATED TO IMPROVE CARDIOVASCULAR STRENGTH WHILE BURNING CALORIES. FOLLOWED BY A STANDING COOL DOWN.

BODY SCULPTING w/MARY GRACE

SATURDAY: 9:00AM-10:00AM

BODY SCULPTING IS A STRENGTH TRAINING WORKOUT THAT COMBINES FLEXIBILITY & CARDIOVASCULAR CONDITIONING USING FREE WEIGHTS. WARM UP FOLLOWED BY UPPER & LOWER BODY WORKOUT & FLOOR WORK LAST 15 MINUTES. BODY SCULPTING IS DESIGNED TO SHAPE THE BODY WITHOUT BUILDING MUSCULAR SIZE OR BULK. ANY FITNESS LEVEL CAN ENROLL.

TAI JI w/TING RUI CHOU

SUNDAY: 9:00AM-10:00AM

THE STUDY OF TAI JI PRIMARILY INVOLVES 3 ASPECTS: HEALTH, MEDITATION & MARTIAL ARTS. TAI JI'S HEALTH TRAINING CONCENTRATES ON RELIEVING THE PHYSICAL EFFECTS OF STRESS ON THE BODY AND MIND. THE FOCUS & CALMNESS CULTIVATED BY THE MEDITATIVE ASPECT OF TAI JI IS SEEN AS NECESSARY IN MAINTAINING OPTIMUM HEALTH (RELIEVING STRESS) IN THE FORM OF SOFT STYLE MARTIAL ART. TAI JI MARTIALLY IS THE STUDY OF APPROPRIATE CHANGE IN THE RESPONSE TO OUTSIDE FORCES.

UPDATED FEBRUARY 2013