

# Balance Fitness Class Schedule

## Monday

### **Low Intensity Boot Camp with Russell—10:00am to 10:45am (Exercise Intensity: 🌊🌊🌊🌊🌊)**

This is a low intensity class that is designed to increase muscular strength, range of movement, and activities for daily living. The first part consists of warm-ups with balance and agility-focused movements before getting into the resistance part of the functional strength training. Hand-held weights, Thera-band, elastic resistance tubing with handles and a small, inflated fit-ball are offered for resistance. This class is specifically designed for the senior population but would also be great for anyone that is starting a new fitness journey.

### **Cardio HIIT with Nena—12:00pm to 1:00pm (Exercise Intensity: 🌊🌊🌊🌊🌊🌊)**

This is a high intensity interval training class that combines bursts of cardio with “boot camp” style full body conditioning, guaranteed to make you sweat. It builds cardiovascular fitness while improving muscular strength and endurance. While the full intensity of Cardio HIIT is high, the class can be modified based on your specific cardiovascular endurance and needs.

### **Zumba with Angie—5:50pm to 6:50pm (Exercise Intensity: 🌊🌊🌊🌊🌊)**

Monday’s Zumba class will focus on legs and shoulders, using a resistance band and bar. Zumba takes the “work” out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Ditch the workout and join the party! Burn calories while doing aerobics to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco, and more.

### **Yin Yoga with Carole—7:00pm to 8:00pm (Exercise Intensity: 🌊🌊🌊🌊🌊)**

Instead of stretching and stimulating the muscles, Yin yoga focuses on stimulating the connective tissues and joints, improving the flow of Chi or Prana through these areas. This is accomplished through passive holding of specific postures for 3-5 minutes, using the breath to ease the body further into the pose. This helps to bring openness and greater flexibility, as the stretch moves through our muscles and into our connective tissue. This is a slower-paced class, open to all levels of experience. It is a space of non-judgement, and all are celebrated.

## Tuesday

### **Boot Camp with Nena—12:00pm to 1:00pm (Exercise Intensity: 🌊🌊🌊🌊🌊)**

A mix of traditional calisthenics and body weight exercises with interval training and strength training. This class is designed in a way that pushes you harder than you would push yourself! It is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You keep moving and burning fat the entire time. The workouts are never the same, so your body won’t hit a plateau.

### **Vinyasa Yoga with Lisa—1:45pm to 2:145pm (Exercise Intensity: 🌊🌊🌊🌊🌊)**

Enjoy a mid-day Vinyasa flow break where movements are linked to breath. Vinyasa yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. This becomes a moving meditation that creates strength, freedom and fluidity in the body and mind. These poses are designed to increase flexibility, balance and stamina to complement every other fitness and health goal you’re tackling.

### **Zumba with Angie—6:00pm to 7:00pm (Exercise Intensity: 🌊🌊🌊🌊🌊)**

Tuesday’s Zumba class will focus on arms and back, using small dumbbells. Zumba takes the “work” out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Ditch the workout and join the party! Burn calories while doing aerobics to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco, and more.

## Wednesday

### **Low Intensity Boot Camp with Russell—10:00am to 10:45am (Exercise Intensity: 🌐🌐🌐🌐🌐)**

This is a low intensity class that is designed to increase muscular strength, range of movement, and activities for daily living. The first part consists of warm-ups with balance and agility-focused movements before getting into the resistance part of the functional strength training. Hand-held weights, Thera-band, elastic resistance tubing with handles and a small, inflated fit-ball are offered for resistance. This class is specifically designed for the senior population but would also be great for anyone that is starting a new fitness journey.

## Thursday

### **Zumba with Angie—5:20pm to 6:20pm (Exercise Intensity: 🌐🌐🌐🌐🌐)**

Thursday's Zumba class will incorporate elements of Zumba Strong, to work out the whole body and make you sweat! Zumba takes the "work" out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Ditch the workout and join the party! Burn calories while doing aerobics to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco, and more.

### **Eddie's Booty Camp with Eddie—6:30pm to 7:30pm (Exercise Intensity: 🌐🌐🌐🌐🌐)**

Enjoy a leg burning, booty blast with certified personal trainer and fitness instructor, Built By Eddie™! This is a boot-camp style workout, set up in stations of different booty and leg workouts, giving you 20-30 seconds of rest in between each workout, and designed to keep your heart rate at a fat-burning level. Target the quads, hamstrings, and most importantly, the glutes, in this intense, lower body workout!

## Friday

### **Low Intensity Boot Camp with Russell—10:00am to 10:45am (Exercise Intensity: 🌐🌐🌐🌐🌐)**

This is a low intensity class that is designed to increase muscular strength, range of movement, and activities for daily living. The first part consists of warm-ups with balance and agility-focused movements before getting into the resistance part of the functional strength training. Hand-held weights, Thera-band, elastic resistance tubing with handles and a small, inflated fit-ball are offered for resistance. This class is specifically designed for the senior population but would also be great for anyone that is starting a new fitness journey.

### **Yoga for Flexibility with Carole—11:30am to 12:00pm (Exercise Intensity: 🌐🌐🌐🌐🌐)**

Based on Yin yoga, Yoga for Flexibility is that half hour of time you NEED for yourself on your busy work day. Take this time to breathe, stretch and be present to the needs and wisdom of your body. We move mindfully into and out of poses, and hold each one a bit longer than in other forms of yoga. This helps to bring openness and greater flexibility, as the stretch moves through our muscles and into our connective tissue. This is a slower-paced class, open to all levels of experience. It is a space of non-judgement, and all are celebrated.

## Saturday

### **Zumba with Angie—9:00am to 10:00am (Exercise Intensity: 🌐🌐🌐🌐🌐)**

Saturday's Zumba class will incorporate elements of all other Zumba classes earlier in the week: using small dumbbells for upper body, a resistance band for legs, and elements of Zumba Strong, to work out the whole body and make you sweat! Zumba takes the "work" out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Ditch the workout and join the party! Burn calories while doing aerobics to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco, and more.