

# NORTHSIDE HEALTH & FITNESS CENTER

## JULY CLASS SCHEDULE

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30-7:30	SPIN Anne		Spin Anne		Spin Anne		
7:30-9:00	YOGA Laura	BOOTCAMP 7:30-8:45	YOGA JODI	BOOTCAMP 7:30-8:45	YOGA Jayne		
<b>TIMES LISTED BELOW CLASS IN THIS ROW</b>	No-nonsense 9:05-10:05 2 <sup>nd</sup> half 10:05-11:00* Tristin	Easy Does It Yoga 9:05-10:30  Jodi	Core & More 9:05-10:55  Tristin	Easy Does It Yoga 9:05-10:30  Jayne		SPIN 9:15-10:15 Lindsey	Yoga Monica At 9:00-10:00
10:30-11:30				Gyrokinesis 10:45-11:45		FELDENDRAIS JUDITH	
11:00-12:00	FIT & FABULOUS CHER...		FIT & FABULOUS CHER		FIT & FABULOUS CHER		
12:00-1:00	ZUMBA Tina	SPIN Lindsey		SPIN Lindsey			
12:15 – 1:00	<b>ZUMBA For KIDS 1:00-2:00</b>		Silver Sneakers Muscular Strength Cher	DANCE IMPROV 1:15-2:30 Jodi	Silver SneakersR Muscular Strength Cher		
2:30-3:30	SILVER SNEAKERS						
4:30-5:00		FUSION Dance 4:00-5:15	Aerial Fabric 4:00-6:00 Christina				
5:00-6:00							
5:30-6:30		ZUMBA 5:30-6:30 Tina		ZUMBA 5:30-6:30 Tina	YOGA 6:00-7:00 Monica		
6:30-8:00	YOGA Monica		Integrated Yoga LISA				

### Water Class Schedule (reserves the pool)

Class	Monday	Tuesday	Wed	Thurs	Friday	Saturday
<b>9:30-10:30</b>	Aquatics Winifred	Water Aerobics Pauline	Aquatics Cher	Water Aerobics Pauline	Water Aerobics Winnie	Aquatics Winnie/Pauline
<b>10:45-11:45</b>	Taos Pueblo Paula		Taos Pueblo Paula			
<b>5:45-6:45</b>		Water Aerobics Paula		Water Aerobics Paula		

## DESCRIPTION OF CLASSES

**Aquatics:** A blend of aerobics, spot toning, strength training and yoga. Emphasis on firming abs and thighs and improving flexibility.

**Water Aerobics:** Sweat in the water. Minimum ½ cardio workout, coupled with weight training, isometric muscle and joint strengthening exercises. Good for those with arthritis and autoimmune diseases. Students work at their own pace but to their limits.

**Fit & Fabulous:** Non-step. Low impact aerobics, strength and core training with balls, weights and floor exercises, and slow stretches.

**Feldenkrais:** A sequence of movements designed to introduce new options, new ways of moving (being) to the nervous system.

**NoNonsense Monday:** This is a two-hour class (stay for both or come in for the first or second half) that involves circuit training, strength and core work.

If you want to challenge yourself take this class

**ZUMBA-:** Inspiring,calorie burning,full body workout ,loads of fun!!!!!!!!!!

**Spinning:** Forty-five to sixty minutes of cardio vascular workout. Includes riding on flats, seated climbs, hill climbs, jumps and sprinting.

**Core on the floor:** Balance, core, stabilization and strength. All levels welcome.

**Jivamukti Yoga with Jayne:** Yoga for Jivans (mortals) where the goal of the practice is to seek enlightenment and that goal is remembered during the practice. (all levels)

**Hatha Yoga with Monica:** Using the breath and allowing the body to be where it is. We do a series of postures that develop strength, flexibility, will, concentration & balance. With a presence of mind, body & spirit (breath) we work both the muscles of the body as well as the internal organs & systems in the body.

**Aerial Fabric:** This is a core strengthening class! Aerial Fabric and the circus arts are used to inspire and awaken the body in space.