




We're NOT your typical health & fitness center!
BECOMING CENTER CLASS SCHEDULE
WINTER 2012

Bonus Week: 1/2/12 through 1/7/12

Session: 1/9/12 - 3/31/12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
\$ 115 for 12 Week session 2x/wk						
AQUATICS						
Advanced Arthritis	11:00 - 11:45 am		11:00 - 11:45 am		11:00 - 11:45 am	
Arthritis Basics	1:00 - 1:45 pm 2:00 - 2:45 pm	10:35 - 11:20am	1:00 - 1:45 pm 2:00 - 2:45 pm	10:35 - 11:20am	1:00 - 1:45 pm 2:00 - 2:45 pm	
H2O Aerobics	5:45 - 6:45pm	8:00 - 8:45 am 9:45 - 10:30am 515- 6:00 pm	5:45 - 6:45pm	8:00 - 8:45 am 9:45 - 10:30am 6:00 - 6:50 pm		
Gentle Waves	6:45 - 7:30pm			6:50 - 7:35pm		
Saturday Surprise						9:00 - 9:50 am
Water Tai Chi/ Ai Chi		8:50 - 9:35 am		8:50 - 9:35am		
AquaAbs		6:05 - 6:50pm				
\$ 120 for 12 Week session 1x/wk						
YOGA						
Yoga Level I		7:45 - 8:45am 6:00 - 7:00pm		7:45 - 8:45 am		
YOGA FLOW			6:30 - 7:45 pm			
Yoga Level II		7:00 - 8:00pm	7:45 - 8:45 am	9:00 - 10:00am 6:00 - 7:00 pm		
Yoga Level III		9:00 - 10:00 am		7:00 - 8:00 pm		
Experienced Yoga	6:30 - 7:45 pm					
\$ 120 for 12 Week session 1x/wk						
Tai Chi						
Tai Chi Level I		11:15 - 12:15pm		11:15 - 12:15pm		
Tai Chi Level II		12:30 - 1:30pm		12:30 - 1:30pm		
Tai Chi Level III		1:45 - 2:45 pm		1:45 - 2:45 pm		
\$ 115 for 12 Week session 2x/wk						
LAND CLASSES						
Stay F.I.T.	9:30 - 10:15 am		9:30 - 10:15 am		9:30 - 10:15 am	
Muscular Strength & ROM ** SS	10:20 - 11:05 am		4:15 - 5:00 pm			
Strength & Stretch					10:20 - 11:05am	
ZUMBA® Gold	11:15 - 12:00pm		5:45 - 6:25 pm			
Balance Challenge			 11:30-12:30pm		11:30 - 12:30pm	
Cranium Crunch	1:00 - 2:00 PM					
Saturday Challenge						 9:00 - 10:00am
Yoga Stretch **SS			10:20 - 11:05 am			
Muscle Challenge	5:30 - 6:30 pm		5:00 - 5:45 pm			
Butts & Gutts	8:45 - 9:30am	5:00 - 5:45pm			8:45 - 9:30	
Pilates		10:00 - 11:00am	8:50 - 9:30am	10:00 - 11:00 am		
Meditation Class		10 - 10:30 am	1:15 - 1:45 pm	10 - 10:30 am 5:30 - 6pm		

** SS SilverSneakers® Program Class



New Time/New Class

Aquatic Classes

Arthritis Classes: Class members are led through flexibility, range of motion, muscle strengthening exercises and endurance building activities developed by the Arthritis Foundation and the Aquatic Exercise Association. Classes vary from Intro to Arthritis to Advanced depending on your experience and comfort level in the water. New members are encouraged to attend either the 1pm or 2pm class sessions.

Low Impact H2O: A water class focusing on range of motion, muscle endurance and flexibility exercises. This class offers low impact water exercise without the impact on your joints!

Gentle Waves: A combination of therapeutic exercise with low level aerobic intensity.

H2O Aerobics: A moderate to high intensity aquatic aerobic class ending with arthritis range of motion exercises as a cool down.

Water Tai Chi: A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well being, with breathing, meditation and relaxation techniques.

AQUA ABS: This class provides core strengthening and stretching for the whole body.

YOGA

Yoga Classes: a progression of stretching and meditative breathing techniques available for all levels of expertise

YOGA FLOW: Flow from one yoga pose to another using breath and strength. This class focuses on mindful breathing with poses to bring you peace, strength and flexibility. You will learn how to deepen the pose as you breath and align your body within the pose. Mats are available for use. 1 1/4 hr Intermediate/Advanced class.

Experienced Yoga- Going Deeper: For experienced yogis who would like to enhance their practice by moving deeper into the silence and energy within each pose for spiritual enlightenment. This practice will bring health and wellness to your body, mind, and spirit. Gentle enough for winding down to the close of the day, and deep enough to bring peace into your heart.

Land Classes

Stay F.I.T.: This class offers a variety of high energy low impact aerobics and body toning all in one class.

Muscle Challenge: This class will strengthen and tone every part of your body. You will utilize weighted exercises and core strengthening to give you that overall body toning you need.

Abs Class: Abdominal strengthening class guaranteed to work all abdominal muscle groups. The A.M. classes also combine lower extremity strengthening exercises to give you a complete body workout!

Tai Chi: Tai Chi Chuan is a Chinese Internal martial art that teaches one how to cultivate the internal energy or Chi. Tai Chi Kung will provide such benefits as increased energy, improved mental focus, balance, flexibility and an inner calmness. Tai Chi Chuan can show you the way to attain harmony and balance in your life. ***Registrations are limited to the first 2 weeks of class due to difficulty of material.**

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support. Please be sure to BRING WATER TO CLASS!

Silver Sneakers® Yoga Stretch: Get ready, get set, breathe! This class will utilize a chair or mat to stretch and lengthen your body. We will be doing breathing exercises and will end the class with a brief meditation leaving you feeling refreshed and renewed.

Butts & Gutts: Abs class with attitude! Here you will focus on your abdominals, back and Butt!

Pilates: Variable resistance exercises for anyone of any level of fitness to benefit from improved posture, tension release, heightened strength and balance, and overall body toning and conditioning.

Meditation Class: This Prayer and Meditation Class will offer opportunities to explore your Spiritual being through the many modes of prayer and through the power of meditation-including guided imagery, visualization, pure silence and Reiki. Take a few minutes out of your busy day and just be present. It could change your life. We look forward to being present with you.

ZUMBA GOLD®: basic international dance- easy to follow moves to get you dancing and sweating to the beat*

Cranium Crunch: Challenge your brain and your memory with this fun interactive brain aerobics class.

We will focus on the development of positive mind stimulation & brain fitness!

Balance Challenge: Challenge your balance in this fun interactive class that will focus on the main areas that affect balance such as strength, flexibility, agility and coordination.

Saturday Challenge: This class will strengthen and tone every part of your body. You will utilize weighted exercises and core strengthening to give you the overall body toning you need. The instructors will vary week to week.