

# SPRING BREAK GROUP FITNESS DEMO WEEK-

**Monday, March 29th, Thursday, April 1st, Friday, April 2nd**



ATTENTION MEMBERS: JOIN US FOR A GREAT TIME IN GROUP FITNESS.....

ALL THE CLASSES DURING THIS WEEK ARE **FREE TO EVERYONE!**

SEE HOW FUN GROUP FITNESS CAN BE....

JUST SHOW UP....AND WORKOUT!



## **MONDAY: March 29th**

**6:30 am Army Boot Camp with Steve:** Join Steve for high intensity interval training based upon core movements used by today's military to provide strength conditioning that will result in fat loss and improved physical fitness. All Fitness Levels Welcome.

**9am Cardio and Core with Donna M:** 1 hour class including 45 mins of diverse cardiovascular exercise followed by 15 minutes of Core concentration. Cardio includes, but not limited to, STEP, KICKBOXING, LOW IMPACT & LATIN AEROBICS, PLYOMETRICS, SPIN and more. Utilization of various fitness equipment will be used to enhance this Cardio and Core challenge. All fitness levels welcome!

**10:45 am Senior Strength & Muscular Endurance with Donna M:** A senior class on the land that uses free weights, bands and balls for strength training. Participants vary from sitting to standing positions during class.

**12 Long & Lean with Jill:** Join Jill for a mind-body workout that will leave you feeling "long & lean". Warm up with Tai Chi, then build strength and increase flexibility with a variety of yoga poses. Pilates-inspired ab and back work helps to strengthen the core. Finish class with a calming meditation. Modifications are given throughout class, so all levels are welcome!

## **THURSDAY: April 1st**

**6:15 am Spin with Jane:** A 45-minute indoor cycling class in which, state-of-the-art Keiser M3 Spin Bikes are utilized. J-Spin takes you through simulated riding conditions. Join us for a journey through hills, straight-aways, sprints, jumps, and cycling drills to help your lower body obtain maximum results in definition and strength and increase your overall cardiovascular endurance. All fitness levels welcome.

**9:30am J-Spin & Sculpt with Shari:** This class is split into two 30-minute sections; 30-minutes spent indoor cycling and then 30-minutes for sculpting the body using body bars, free weights and balls. A great class for all fitness levels.

**10:45am Senior Splash with Shari:** Class that include cardio and resistance training using noodles and kickboards.

**4-4:45pm Spring Kids Fitness Grades 2-4 with Shari:** A 45-minute class designed just for kids to make them move.

**6:30 pm Shinken Jujutsu with Sensei Alessandro:** JuJutsu is a traditional Japanese Martial Art that was developed primarily for self defense purposes. JuJutsu has been traced back as far as 2000 years. It is based on neutralizing your opponent by using throwing, joint locking and grappling techniques. Shinken means "true fist or true sword". Our mission is to bring you true self defense that works anytime anywhere.

**7:30pm Krav Maga with Kirstin:** An explosive form of self defense and hand-to-hand combat, developed in the late 1930's for both civilian and military use. Krav Maga blends boxing, wrestling, and street fighting into an aggressive self defense system that utilizes simultaneous defensive and offensive techniques to neutralize a threat. Both men and women participate in intense aerobic and anaerobic workouts, and drill techniques addressing real-life scenarios.

**8:30pm Mixed Martial Arts with Jay:** MMA is a collaboration of various techniques from boxing, kickboxing, Brazilian Jiu Jitsu, Judo and wrestling. This class will focus on learning boxing, Muay Thai kickboxing, and Brazilian Jiu Jitsu in order to improve overall fitness.

## **FRIDAY, April 2nd:**

**7:30 am Spin with Gina:** See description as above

**9:30 Spin with Joy:** See description as above.

**10:45 Senior Yoga with Bonnie:** This Senior Yoga class will move the body through a series of seated and standing yoga poses. Chair support is offered so that participants may safely perform a variety of postures.

**12 Noon Killer Sculpt with Joy:** Join Joy for a one-hour total body workout using weighted bars and dumbbells. This class tones and sculpts body parts in a fun environment, ideal for all fitness levels.