



Fitness Class Schedule

Spring 2019 Session: April 1st – June 22nd

Subject to change due to participation, levels of interest, and break weeks. See back for class descriptions.

LAND

WATER

	LAND		WATER	
MONDAY	9:00-9:45AM 1:00-1:45PM 4:30-5:15PM 6:00-8:00PM 5:30-6:15PM 6:30-7:15PM 7:30-8:30PM	Intermediate Yoga SilverSneakers Classic Kid Zumba (ages 3-8) Shuffleboard League Zumba Body Toning PiYo	6:00-6:45AM 8:00-9:00AM 10:20-11:10AM 5:00-5:40PM 9:30-12:30PM 6:00-7:00PM <i>(See separate schedule for Advanced H2O Aerobics)</i>	Water Aerobics SilverSplash Swimming Lessons ¹ Swimming Lessons ¹ Spa closed for cleaning Advanced H2O Aerobics
TUESDAY	5:30-6:15AM 8:30-9:00AM 9:00-9:45AM 9:15-10:00AM 5:15-6:00PM 6:15-7:05PM	Beginner Indoor Cycling ² Blood Pressure Checks Senior Weight Room Zumba Step Aerobics TurboKick	9:00-9:45AM 9:45-10:15AM 10:20-11:10AM 5:00-5:40PM 6:00-7:00PM <i>(See separate schedule for Advanced H2O Aerobics)</i>	Water Walking Water Toning Swimming Lessons ¹ Swimming Lessons ¹ Advanced H2O Aerobics
WEDNESDAY	9:00-9:45AM 1:00-1:45PM 7:00-8:00PM	Intermediate Yoga SilverSneakers Classic Kickboxing ⁴	6:00-6:45AM 8:00-9:00AM 10:20-11:10AM 5:00-5:40PM 6:00-7:00PM <i>(See separate schedule for Advanced H2O Aerobics)</i>	Water Aerobics SilverSplash Swimming Lessons ¹ Swimming Lessons ¹ Advanced H2O Aerobics
THURSDAY	5:05-6:00AM 8:30-9:00AM 9:00-11:00AM 9:00-9:45AM 9:15-10:00AM 5:30-6:15PM 6:30-7:15PM	TurboKick Blood Pressure Checks Shuffleboard League Senior Weight Room Zumba Yogalates Body Toning	9:00-9:45AM 9:45-10:15AM 10:20-11:10AM 5:00-5:40PM 6:00-7:00PM <i>(See separate schedule for Advanced H2O Aerobics)</i>	Water Walking Water Toning Swimming Lessons ¹ Swimming Lessons ¹ Advanced H2O Aerobics
FRIDAY	10:00-10:45AM	Chair Yoga	6:00-6:45AM	Water Aerobics
SATURDAY	8:00-8:45AM 9:00-9:45AM	Zumba Body Toning		

¹ Registration and fee required.

² Please arrive about 10-15 minutes early and bring a water bottle to class. Sign-up for cycling class will open the day before class; call or write in your name at the Front Desk.

³ Fee for non-members: \$30 for a 12-class pass or \$4 per class. Guest waiver required.

⁴ The last day for Kickboxing will be May 29th, 2019 (until the Fall).

Classes are included with membership. Fitness class punch cards available for \$40 and good for any 8 land class sessions within a 3-month period. Individual guests may attend a class for \$7.50 per session.

Next break week is June 23rd through June 30th. Classes resume on July 1st.

Fitness Class Descriptions

Arthur & Gloria Muselman Wellness Pavilion, an outreach and service of Swiss Village Inc.

Advanced H2O Aerobics: Water based. Designed for all abilities. Come ready to work!

Beginner Indoor Cycling: Burn calories and increase endurance with this great cardio workout!

Body Toning: Full body conditioning and strengthening workout!

Blood Pressure Checks: Get your blood pressure taken by a professional during these times.

Chair Yoga: Land based. Class is taught in standing and seated positions, with options for floor positions available. Great for improved balance, flexibility and stress relief!

Intermediate Yoga: Land based. Class is taught in standing, floor, and seated positions for improved balance and flexibility. All are welcome and a chair is provided.

Kickboxing: High-energy workout to build stamina, burn calories, and tone muscle!

PiYo: Land-based total body fitness class. Combines Pilates and Yoga to help build strength and increase flexibility.

Senior Weight Room: Land based. Seniors are led through exercise machines by knowledgeable instructor.

Shuffleboard League: Free for everyone. All talent levels welcome. Just show up! Closed-toed shoes required.

SilverSneakers Classic: Land based. Designed to increase muscular strength ROM, balance and daily living skills.

SilverSplash: Shallow water moves designed to increase agility, flexibility, balance and ROM.

Step Aerobics: An intermediate level combination of low-impact and step aerobics, toning, and stretching!

Swim Lessons: Water based. Our small class size means more one on one attention. Learn to swim in our warm-water pool. All levels/ages available.

TurboKick: A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Water Aerobics: Water based. Designed for all levels. This is easy on the joints but big on calorie burning.

Water Walking: Water based. Walk in the water while reducing stress on joints and minimizing pain.

Water Toning: Water based. Class uses the water's resistance and buoyancy to improve balance and strength.

Yogalates: Land based. Class combines Yoga and Pilates. Great for strength, balance and relaxation.

Zumba: Land based. A fusion of Latin and International music, it's a great way for dance enthusiasts to get a cardio workout. No dancing ability needed!