

November Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycling 5:30 - 6:15 AM	Express Cycling 5:00 - 5:30 AM	Power Yoga 6:00-6:40 AM	Express Cycling 5:00 - 5:30 AM	Cycling 7:30 - 8:30 AM
Zumba 7:30-8:30 AM	Weight Training 5:30 - 6:20 AM	Cycling 7:30 - 8:30 AM	Weight Training 5:30 - 6:20 AM	Stretch & Core 7:30 AM - 8:15 AM
Cycling 7:30 - 8:30 AM	Weight Training 7:25 - 8:25 AM	Dance Mix 7:30 - 8:30 AM	Floor Work 7:25 - 8:25 AM	Zumba 8:30 - 9:30 AM
Weight Training 8:30 - 9:30 AM	Cycling 8:30 - 9:30 AM	Cycling 8:40 - 9:40 AM	Cardio Core 8:35 - 9:35 AM	Cycling 8:40 - 9:40 AM
Cycling 8:40 - 9:40 AM	Cardio Core 8:35 - 9:35 AM	Stroller Fitness 9:00 - 9:45 AM	Weight Training 9:45 - 10:45 AM	Cardio Tennis 8:30 - 9:30 AM
Yoga All Levels 9:45 - 10:45 AM	Cardio Kick & Tone 9:45 - 10:45 AM	Yoga All Levels 9:45 - 10:45 AM	Gentle Yoga / Core Fusion 11:00 - 11:50 AM	Yin Yoga 9:45 - 10:45 AM
Stretch & Core 11:00 - 11:45 AM	Gentle Yoga 11:00 - 11:50 AM	Chair Strength 11:00 - 11:45 AM	Yoga with Tracy 12:00 - 1:00 PM	Booty Ballet 10:00 - 10:45 AM
Pilates Mat Work 12:00 - 12:45 PM	Brazilian Butt 5:30-6:30 PM	Pilates Mat Work 12:00 - 12:45 PM	Weight Training 5:30 - 6:15 PM	Cardio/Tone/Stretch 11:00 - 11:45 AM
Weight Training 4:30 - 5:15 PM	Cardio Tennis 6:00 - 7:00 PM	Weight Training 4:30 - 5:15 PM	Cycling 5:30 - 6:30 PM	SATURDAY
Tween Fit Series 4:15-5:15 PM		Zumba 5:30 - 6:30 PM	Total Body 6:30-7:30 PM	Cycling 8:00- 8:50 AM
Cycling 5:30 - 6:15 PM		Yin Meditation 6:45 - 7:45 PM		Zumba 8:00 - 9:00 AM
Barre Toning 5:40 - 6:30 PM				Cycling 9:00- 10:00 AM
Gentle Yoga 6:45 - 7:30 PM				Brazilian Butt 9:00 - 10:00 AM
				Cardio Kick & Tone 10:00 - 10:50 AM
			SUNDAY	Yoga All Levels 11:00 - 12:00 PM
			Cycling 3:00 - 4:00 PM	

FITNESS CLASS DESCRIPTIONS: Addition or Change

Barre Toning: Isometric strength training combined with high reps of small range-of motion movements

Brazilian Butt: A combination of Standing-work and Floor-work focused on the glutes. The butt will become rounder and lifted, the inner and outer thighs get firmer and toned. Class combines cardio moves from Capoeira (Brazilian martial art). Fun, fast and effective, your butt will never look better

Booty Ballet: A fun, safe, low-impact barre style class based on Yoga, Pilates and Ballet techniques to tone areas women struggle with: arms, abdominals, seat, hips and thighs. The class is designed for all ages and body types, beginners and advanced alike. Aims to increase flexibility, muscle definition and improve posture.

Butts & Guts: The most rewarding butt kicking, gut wrenching hour ever spent on problematic areas

Cardio Tennis: A complimentary group tennis class set to music. Meet at the tennis courts.

Cardio Core: The perfect combination to change your fitness plateau by training intervals for cardio endurance and muscle strength. A fun-filled, calorie burning class with weights, tubing, stability ball & abs.

Cardio/Tone/Stretch: 15 minutes of cardio, 15 minutes of toning and 15 minutes of stretching.

Cardio Kick & Tone: Weight training and cardio kickboxing drills. Expect to leave the class drenched.

Chair Strength: Increase mobility and strength from a seated position using free weights and resistance bands to increase core stability.

Cycling: A scientifically based indoor cycling program set to music, using a variety of techniques to mimic outdoor terrains. All fitness levels welcome. Heart rate monitors & gel seats recommended.

Gentle Yoga/Core Fusion: Core work using light weights, bands, and stability balls that infuse gentle yoga postures. Extra emphasis on abs, glutes, and stretching for all levels.

Pilates Mat Work: A series of controlled movements engaging your mind and body toward the goal of overall fitness through core muscle strengthening. Pilates promotes physical harmony and balance for people of all ages. A towel or mat is needed.

Power Yoga: Power Yoga is great for strength training because you will be consistently lifting and lowering your entire body weight. Incorporates a number of Vinyasas that will get your entire body into gear.

Stretch & Core: It's time for a great ease, comfort and capability in daily life. If you've been feeling tight, stiff, stressed or anxious then this is the class for you!

Stroller Fitness: A functional, total body conditioning workout designed for moms with kids in tow. Each 60-minute workout will focus on cardio, core restoration and strength training, all while entertaining little ones with activities, songs and fun!

Total Body: A functional circuit training class designed to help you add lean muscle, burn fat and increase your cardiovascular endurance. Stationary Bicycles are used between workouts. Combines upper and lower body exercises with core strength.

Tween Fit Series: This class strives to increase the total health and fitness levels in a fun, motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, circuits and more..

Weight Training: Gain strength, condition your muscles & tone your body.

Yoga with Tracy: See Yoga All Levels Description

Yin Yoga: Stretches the deeper connective tissues of the ligaments, fascia, joints and bones by using long-held, passive postures and deep breathing techniques. It is appropriate for all ages and all levels of physical capabilities.

Yin Meditation Yoga: A slow-paced style of yoga which stretches the deep connective tissues of the ligaments, tendons, and bones. Postures are held for three to five minutes with slow, full breaths.

Yoga All Levels: Utilizes many different yoga styles to achieve balance, strength and flexibility

Zumba: Fusion of Latin and International music - dance themes creating a dynamic, exciting and effective fitness workout. The routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

***Classes are subject to change.

YOUTH FITNESS SCHEDULE

Classes are FREE with your Child's Membership. If your child is not listed as a Member a \$15 guest fee will be applied.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tween Fit Series Ages 7-12 4:15 - 5:15 PM <i>Group Exercise Room</i>	FitKids Ages 4-7 4:30 - 5:15 PM KidzPower Ages 7-12 5:15 - 6:00 PM		FitKids Ages 4-7 4:30 - 5:15 PM KidzPower Ages 7-12 5:15 - 6:00 PM		Open Class Ages 4-12 9:00 - 9:45 AM 9:45-10:30 AM <i>Kids Club</i>



Tara Owens
Youth Fitness Dir.

CLASS DESCRIPTIONS

TWEEN FIT SERIES

This class strives to increase the total health and fitness levels in a fun, motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, circuits and more. The mission is to instill a love of fitness at an early age that will last a lifetime.

KIDZPOWER

A unique children's fitness program conducted in the Kid's Club gym at the City Club for children. It is taught by dynamic instructors with age appropriate equipment, music and motivation/education every step of the way! Cardio, strength training, yoga, Pilates, obstacle course and lots of fun!

FITKIDS

Incorporates fun-filled fitness experiences using props & music.

THE KIDS CLUB NEWS

We will have extended hours during fall break from 8:30-11:00 AM on November 19th, 20th, 21st & 23rd.

- * Children should be picked up at the Kids' Club at the end of class.
- * Children are at their own risk once youth classes end.
- * Children are limited to 1 youth exercise class per day.

ADULT TENNIS PROGRAMS

Cardio Tennis

Tuesdays, 6:00 - 7:00 PM and
 Fridays, 8:30 - 9:30 am
 A complimentary group tennis class set to music.

Men's Tennis Morning

Saturdays, 9:00 - 11:00 am
 Round robin play on Saturdays.
 This event is Complimentary!

YOUTH TENNIS

RED BALLS

Ages 4-7 (All Levels) | Offered Year Round

Fun! Movement and Tennis Shapes. Great prep for preschool, impulse control, physical skills. Important for all sports. A parent is required to attend each lesson.

Instructor: Chase Rhoney

Times: Monday & Wednesday, 5:00-6:00 PM

Racquet Size: 17-19 Inches

Cost: \$15 per session

ORANGE BALLS

Ages 8-10 | Offered Year Round

Learn to serve, rally and play!

Instructor: Chase Rhoney

Times: Monday & Wednesday, 5:00-6:00 PM

Cost: \$15 per session

INTERMEDIATE

Ages 9-12 | Offered Year Round

This is a class for kids who have learned the basics and are ready to try competition. Class will focus on point construction, mental choices and styles of play.

Instructor: Ashley Rhoney

Times: Tuesdays & Thursdays, 5:00-6:00 PM

Cost: \$20 per session

VARSITY CLINIC

Ages 13-16 | Offered Year Round

Clinic will focus on developing the junior player who wants to improve their game in preparation for tournaments & school teams. Clinic will include conditioning, tennis drills, strategy & match play.

Instructor: Kirk Harrison

Times: Tuesdays 4-5:30 PM on Hard Courts

Cost: \$25.00 per session | Offered All Year

More Information & Registration

337-216-6588