

Woodloch Springs Sports Complex

March 22 - May 1

MON	TUES	WED	THURS	FRI	SAT
9am-9:45am Latin Spice <i>w/ Retta</i>	9am-9:45am Water Aerobics <i>w/ Erika</i>	9am-9:45am Belly Dance <i>w/ Retta</i>	9am-10am Yoga/ Meditation <i>w/ Kelly/ Blake</i>	9am-9:45am "Love Your Body" <i>w/ Dorothy</i>	8:30am-9:15am Alternating Class
9:45am-10:15am Extreme Physique Challenge <i>w/ Erika</i>		9:45am-10:30am Let's Have a Ball <i>w/ Retta</i>		9:45am-10:15am Extreme Physique Challenge <i>w/ Erika</i>	9:30am-10:15am Water Aerobics <i>w/ Marcia or Erika</i>
10am-10:45am Aquasize <i>w/ Residents</i>	10:15am-11am "Gracefully Aging" Class <i>w/ Erika</i>			10am-10:45am Aquasize <i>w/ Residents</i>	
	5:30pm-6:15pm Pilates <i>w/ Melissa</i>				
6:30pm-7:15pm "Love Your Body" Or Zumba <i>w/ Dorothy</i> <i>Alternate from week to week</i>	6:30pm-7:15pm Water Aerobics <i>w/ Marcia</i>	6:30pm-7:15pm Yoga <i>w/ Blake</i>	6:30pm-7:15pm Tai Chi <i>w/ Dorothy</i> <i>Classes offered in April only</i>		

For more information check out our website: www.woodloschsportscomplex.com

Yoga: A relaxing blend of meditation, gentle flowing yoga and soothing stretches. Get all of Yoga's well-known benefits: balance, flexibility, and strength.

Pilates: This class is a safe sensible exercise system using a floor mat and your own body weight. Pilates builds strength without building bulk, improves flexibility and agility and helps prevent injury. No matter what your condition, Pilates can work for you!

Water Aerobics: A low-impact cardio workout that combines a series of aerobic moves such as jumping jacks, running, jogging, ham curls, etc. in both the shallow and deep ends of the pool. All moves can be modified for the beginners or advanced fitness levels.

"Gracefully Aging": a class specifically designed for seniors to help improve balance, strength, and flexibility. The first 10 minutes of the class is spent increasing your heart rate with marches, taps, and side steps, while the majority of the class is spent in a chair using dumbbells and your body weight to increase your strength. Please pre-register for this class.

Zumba: Exercise in disguise! Enjoy this fun, cardio workout in a party atmosphere setting. It is DIFFERENT: the music, the steps, the moves, and the feel. This class makes you feel like you are stepping into a "party" ...you don't even realize you are working out!

Belly Dance: Explore a new culture with a mix of aerobic and belly dancing moves to create a great cardio workout.

Alternating Class: This class will be posted from week to week. We will be alternating between Elegant Strength, Bosu Ball, and Extreme Physique Challenge.

"Love Your Body" Class: Access your inner beauty and grace in this self expression style of dance. This class incorporates a variety of dance moves to help express your inner self, and feel relaxed.

Extreme Physique Challenge: This class is designed to strengthen your muscles by overloading each muscle group. It is a fast paced, intense workout that will work your cardiovascular system and create long lean muscles.

Latin Spice: A dance class full of mambo's and cha-cha's and lots of FUN! A great dance class that will make you sizzle.

Let's Have A Ball: You'll get a great strength training workout while using dumbbells and your own body weight, as you train on the resist-a-ball.

Tai Chi: Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements. You perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.