

September

Fitness Class Schedule



Full Class descriptions and pricing on other side.

MORE INFO ON THE BACK!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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8:30-9:30am **Yoga Fundamentals**
Wear **RED, WHITE, & BLUE**
10-11am LABOR DAY Tabata Strength & Stretch FREE CLASS
5:30-6:30pm **Relaxing Yin Yoga**

10

8:30-9:30am **Yoga Fundamentals**
10-11am **Tabata Strength & Stretch**
5:30-6:30pm **Relaxing Yin Yoga**

17

8:30-9:30am **Yoga Fundamentals**
10-11am **Tabata Strength & Stretch**
5:30-6:30pm **Relaxing Yin Yoga**

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8:30-9:30am **Yoga Fundamentals**
10-11am **Tabata Strength & Stretch**
5:30-6:30pm **Relaxing Yin Yoga**

Paddleboard Yoga 12:30pm \$35 per person

BALLROOM 5:30-6:30pm \$10 per person



6:00pm Meditation Workshop w/Julia B. \$5 per person

← **Active Aging Week** →

25

8:30-9:30am **Yoga Fundamentals**
10-11am **Tabata Strength & Stretch**
5:30-6:30pm **Relaxing Yin Yoga**

26

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

27

8:30-9:30am **Slow Flow Yoga**
10-11am **Core & More**
5:30-6:15pm **Aqua Yoga**

28

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

29

8:30-9:30am **Cardio Kickboxing**
10-11am **Fitness Pilates/PiYo** (Shoulder Focus)

30

8:30am-9:30am **DEEP Water**
10am-11am **SYNERGY360 Bootcamp**

1

8:30-9:30am **HIIT**
10-11am **Fitness Pilates/PiYo** (Shoulder Focus)

2

8:30am-9:30am **DEEP Water**
10am-11am **SYNERGY360 Bootcamp**

5

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

6

8:30-9:30am **Slow Flow Yoga**
10-11am **Core & More**
5:30-6:15pm **Aqua Yoga**

7

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

8

8:30-9:30am **Cardio Kickboxing**
10-11:15am **Strategic Stretch & Stability**

9

8:30am-9:30am **DEEP Water**
10am-11am **SYNERGY360 Bootcamp**

12

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

13

8:30-9:30am **Slow Flow Yoga**
10-11am **Core & More**
5:30-6:15pm **Aqua Yoga**

14

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

15

8:30-9:30am **Cardio Kickboxing**
10-11am **Fitness Pilates/PiYo** (Shoulder focus)

16

8:30am-9:30am **DEEP Water**
10am-11am **SYNERGY360 Bootcamp**
11am-12pm Muscle & Mind (Shoulder Focus)

19

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

20

8:30-9:30am **Slow Flow Yoga**
10-11am **Core & More**
5:30-6:15pm **Aqua Yoga**

21

8:30-9:30am **Water Warriors**
9-10am **SYNERGY360 Bootcamp**

22

8:30-9:30am **Cardio Kickboxing**
10-11:15am **Strategic Stretch & Stability**

23

8:30am-9:30am **DEEP Water**
10am-11am **SYNERGY360 Bootcamp**

Mind/Body Class Descriptions

Tabata Strength & Stretch: Maximize the benefits of your training with 40 mins of interval strength/cardio training consisting of 20 seconds intense strength training and 10 second recovery periods. Followed by 15 mins stretch to focus on increasing flexibility and range of motion. ALL LEVELS (1 hour)

Cardio Kickboxing: Kick, punch, bob and weave your way to a higher fitness level. Constantly move, getting in that cardio that we all want and need. You will walk away with a surge of energy and feeling ready for anything that comes your way. ALL LEVELS (1 hour)

SYNERGY360 Bootcamp: Gather round our state-of-the art SYNERGY360 system for an instructor led bootcamp style, total body, circuit training class and discover the limitless possibilities of not only your club, but yourself! Kettle bells, TRX training, medicine balls, and so much more! Modifications for ALL LEVELS. Recommend completing an Intro to SYNERGY class before taking full bootcamp. (1 hour)

H.I.I.T. Express: High intensity interval training is one of the most effective and efficient workouts you can do to burn fat in a short period of time. Combining short bursts of maximum effort and built in active recovery- HIIT workouts have been shown to burn calories for 24-48 hours AFTER your workout. Modifications provided to accommodate all fitness levels. (1 hour)

Fitness Pilates/PiYo: Fitness Pilates- Increase your flexibility as you flow through a series of dynamic movements that restore balance & strength to core muscles of the lower back and abdominals. The ultimate class of focus, self-awareness, and muscular development. PiYo- is a combo of Pilates & yoga inspired movements with more of a cardio feel. Class will combine both formats. (1 hour)

Core & More: Energize and activate your "Core & More" in this cardio/strength combination class. Alternate strength exercises to sculpt every major muscle group, including your core with easy to follow moves designed to maximize caloric expenditure. A workout designed to develop core strength and coordination. Participants will enjoy improvement in posture and overall toning. Suitable for all levels. (1 hour)

Muscle & Mind: Both muscle & mind work together, not independently of each other. Join us to feel the benefits that come from nurturing both sides! Better sleep patterns, less frustration, increased performance in daily activities, loss of unwanted body fat, better relationships with our bodies, food, and even family and friends! What are you waiting for? See you in class! (1 hour)

Yoga Fundamentals: There's so much more to yoga than increasing flexibility. Learn the basics of yoga to establish a better understanding of the poses, yogic breathing, and the mind/body/soul benefits of a personal yoga practice. Everyone should take this class at least once...if not weekly. (1 hour)

Slow Flow Yoga: Discover supple strength and composed calm while aligning with the fluid intelligence of your own body. Come enjoy the combination of the movement, the breath, and the energy that is Slow Flow yoga. You'll take time, relax your nervous system, calm the mind, deepen your breath, and experience more peace. Need we say more? Suggest taking Yoga Fundamentals first. (1 hour)

Aqua Yoga: Gentle and very low impact-. **Aqua Yoga** takes the principles and movements of **Yoga** and adapts them to the **water** environment. With the release of gravity the body is able to experience the beneficial effects of yoga with ease. Great for ALL, especially those experiencing back, hip, knee, or any joint discomfort. (1 hour)

Relaxing Yin Yoga: Yin Yoga is simple, but challenging for both body and mind. Suitable for beginning to advanced yoga students each session consists primarily of seated and reclining postures with each pose held for 1-4 minutes. These long holds enable the deeper connective tissues to lengthen, muscles to relax and joints to stabilize. With steady breath the mind learns to embrace stillness, activate the parasympathetic nervous system and reduce stress. (1 hour)

Strategic Stretch & Stability: Like aerobic endurance and muscle strength, flexibility provides enormous anti-aging benefits that may keep the body running like new. While working to maintain stability is crucial to prevent falls and maintain independence. Everyone should have stretching & stability work as part of their regular fitness regime. In this strategic class we'll do just that. Quiet your mind, breathe deeply, get balanced, and r-e-l-a-x. Suitable for ALL levels (1 hour)

Water Warriors/DEEP Water Warriors: The Water feels amazing! Calling ALL WATER WARRIORS... Whether you are rehabbing and recovering or in "full throttle" mode this workout is for you. **DEEP Water Warriors held in lap pool & requires flotation belt.** Water Warriors held in middle leisure pool. (55 mins)

Active Aging Week Meditation Workshop w/Julia Burmesch: This educational/experiential workshop will open with a gentle practice to encourage a comfortable meditation seat (on mat or chair). To include several styles of meditation to try. Mantras and mudras will be explained as well \$5 per person. PRE-REGISTRATION required

Paddleboard Yoga: Enjoy the ancient practice of Yoga combined with Stand Up Paddle Boarding... in your very own Victory Lap Pool! Practice basic yoga postures on the water. Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength! **Class requires 10 participants to take place. RSVP and payment due by 9/10 \$35 per person**

Class Pricing & PACKAGE SPECIALS

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