# vernon group fitness schedule

***effective August 1, 2017**
**(time – instructor)**

**club hours**
**mon-thur 5:00a-10p**
**fri 5:00a-9p**
**saturday 6:00a-5p**
**sunday 6:00a-2p**

## mon

**5:45a spinning**
(45m – deb)

**7:30a progressive training ***
(45m-darlene)

**8:00a spinning**
(45m– fatima)

**8:15a dance rhythms**
(55m-darlene)

**9:15a group power**
(60m – katrina)

**10:30a yoga**
(60m–vicky)

**PM**

**12:45p SilverSneakers classic**
(45m-barbara)

**5:15p group power**
(60m – laura)

**6:00p spinning**
(55m – pam)

**6:15p zumba**
(45m – penny)

**7:00p group centergy**
(60m –terry)

## tue

**5:45a diesel**
(45m - deb)

**7:00a group power**
(60m – laura)

**8:30a step**
(40m – angela)

**9:15a SilverSneakers circuit**
(45m-marybeth)

**9:15a spinning**
(45m – anne)

**10:15a yoga**
(60m-marybeth)

**11:15a tai chi**
(60m – susan)

**PM**

**5:30p group blast**
(55m – nicole)

**5:30p spinning**
(45m – laura)

**6:30p pilates**
(60m – marie)

**6:30p spinning***
(45m – Kelly)

## wed

**5:45a spinning**
(45m – laura)

**7:15a spinning**
(45 m – glorimar)

**8:05a group centergy**
(55m-katrina)

**9:00a group groove ***
(60m – katrina)

**10:00a ultimate conditioning ***
(60m - anne)

**11:00 yogalattes**
(60m–anne)

**PM**

**12:45p SilverSneakers classic**
(45m-barbara)

**5:15p zumba**
(45m – kathy)

**6:00p group power**
(60m – sue)

**6:15p spinning**
(45m – august)

**7:00p group centergy**
(60m – linda )

## thu

**5:45a diesel**
(45m – deb)

**7:00a group power**
(60m – laura)

**8:00a spinning**
(45m– fatima)

**8:15a group core**
(30m – barbara)

**8:45a kickbox**
(45m – barbara)

**9:30a zumba**
(45m – kathy)

**10:15a stretch**
(60m – darlene)

**11:15a tai chi**
(60m –susan)

**PM**

**5:30p group fight**
(60m-angela)

**5:30p spinning**
(45m – glorimar)

**6:45p yoga**
(60m – vicky)

## fri

**5:45a spinning**
(45m – deb)

**5:45a group centergy**
(60m-linda)

**8:00a group power**
(60m-barbara)

**9:15a progressive training**
(45m– darlene)

**9:15a spinning**
(45m – scotti)

**10:00a dance rhythms**
(55m–darlene)

**11:00a yoga**
(60m–debbie)

**PM**

**12:45p SilverSneakers classic**
(45m-lizzie)

**5:30p group power**
(60m –jenn)

## sat

**7:00a spinning**
(45m-lisa)

**8:00a step & abs**
(55m- katrina)

**8:00a spinning**
(45m– laura)

**9:00a group power**
(60m-barbara)

**10:05a group centergy**
(60m – marie)

## sun

**7:45a group centergy**
(55m-katrina)

**8:00a spinning**
(45m–august)

**8:45a group fight**
(55m-katrina)

**9:45a group power**
(60m- katrina)

**10:45a yoga**
(60m– vicky)

# group fitness class descriptions

**aqua fitness**

**aqua arthritis:** This is a recreational program conducted in a heated pool by trained instructors. It consists of specially designed exercises which, with the aid of the water's buoyancy, resistance and warmth, can improve flexibility. Swimming ability not necessary.

**aqua bootcamp**: Aerobic and strength training will include plyometric moves, sprinting, jumping and hopping. Balance and core work will also be included.

**aqua plus:** Great for variety! Includes a cardio & strength component. Be prepared to work hard !

**complete aqua:** An aerobic workout utilizing all properties of the water. Abdominal strength, back flexibility, and body alignment will be emphasized during the abs segment. Hand buoys, noodles and/or kickboards may be used in this class.

**athletic training**

**group core:** Let's get Hard Core! Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve athletic performance, help prevent back pain and give you ripped abs ! Reach your peak with Group Core !

**diesel:** An interval training class consisting of high-rep and low-weight strength training and cardio interval bursts. What a great way to start your day !

**Insanity:** You will push past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and core training moves.

**bike training**

**spinning:** Match terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

**cardiovascular training**

**dance rhythms:** Variety of music and dance steps. You'll feel like you're dancing on Broadway !

**group groove:** If you can move, you can groove ! Experience a fusion of club, urban and Latin styles with motivating chart hits and retro classic tunes.

**group kick:** This electric fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling !

**group blast:** Blast off your workout with 60 minutes of cardio training that uses the Step in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. Have a Blast !

**step:** An oldie but goodie, this class has proven itself to be a calorie burning, cardiovascular, and fun workout using an adjustable step platform and high-energy music. **Saturday step class:** Faster paced class-previous step experience helpful.

**zumba:** A fusion of Latin and international music. Zumba combines high energy with unique moves that are fun and easy to do !

**cross training**

**kickbox:** Boxing and kicking combinations that challenge your coordination and stamina making for an energizing workout.

**mind,body/flexibility training**

**group centergy:** Grow longer and stronger as you explore this 60-minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce your stress and even smile.

**stretch:** A full-body stretch meant to lengthen your muscles and relieve physical tension.

**tai chi:** Learn to relax using your breathing. The slow graceful moves of this art will increase core strength, balance, and flexibility.

**yin & yang yoga:** Yang yoga more dynamic postures followed by long held passive postures; yin. Allowing deep layers of constricted tissues to unlock by gentle pressure on the fascia, particularly hips and lower back.

**yoga:** A mind and body training program that will change the way you feel about your body forever. You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

**senior fitness**

**silversneakers® circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a small ball is alternated with low-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**silversneakers® classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, small ball for resistance, and a chair is used for seated and/or standing support.

**silversneakers® YogaStretch:** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**strength training**

**group power**: Your hour of power ! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

**progressive training: This will develop dynamic strength, balance, flexibility, endurance and agility that carry over into your daily activities and sports performance.** The body adapts to exercise and needs to be constantly challenged in order to continue to grow and change! Progressive training is for all ages and fitness levels.

**ultimate conditioning:** This high energy class uses timed challenges, that engage the full body. You'll gain strength and endurance, as well as build lean muscle using weights and body weight exercises.

## pool guidelines

So that everyone may enjoy access to the pool, we need your help in following some simple courtesy guidelines:

- Class participants: please do not enter the pool more than 15 minutes before a class starts to allow lap swimmers to finish their workouts.
- The pool closes ½ hour before the club closes so members can have adequate time to shower or change and the club can close on time. The pool closes at **9:30p Monday through Thursday, 8:30p Friday, 4:30p Saturday and 1:30p Sunday**.
- **lap & physical therapy:** The pool is divided in half. The lap side is on the side on the shower. The fitness side is on the side of the stairs. The fitness section of the pool is to be used for general exercise other than lap swimming. The fitness side is shared with ECHN Physical Therapy and swim lessons. Please limit your time in the lap side to 20 minutes when others are waiting.
- Only class participants are allowed in the pool area during Aqua Classes.

**pool dimensions**: 44' X 22'
**depth**: 3.5' to 5'
**1 mile** = 60 laps up and back

# vernon pool schedule

***effective july 3, 2017**

| mon | tue | wed | thu | fri | sat | sun |
|---|---|---|---|---|---|---|
| **5:00-8:45a** physical therapy/open swim | **5:00-8:45a** physical therapy/open swim | **5:00-10:00a** physical therapy/open swim | **5:00-8:45a** physical therapy/open swim | **5:00-10:00a** open swim | **6:00-10:00a** open swim/adult lessons | **6:00-12:00p** open swim |
| **9:00a complete aqua** (60 m- mary beth) | **9:00a aqua plus** (60 m-barbara) | | **9:00a yoqua** (60 m-jackie) | | | |
| **10:00-10:45a** open swim<br>**10:45-1:30p** physical therapy/open swim | **10:00-1:00p** physical therapy/lessons/open swim | **10:00-1:30p** physical therapy/lessons/open swim | **10:00-1:00p** physical therapy/lessons/open swim | **10:00-1:30p** open swim | **10:00-1:00p** children's swim lessons | |
| **PM** | **PM** | **PM** | **PM** | **PM** | **PM** | **PM** |
| **1:45p aqua arthritis** (45 m-barbara) | **1:00p complete aqua** (45 m-lizzie) | **1:45p aqua arthritis** (45 m-barbara) | **1:00p complete aqua** (45 m-lizzie) | **1:45p Silver Splash** (45 m-lizzie) | **1:00-3:00p** family time | **12:00-1:30p** open swim |
| **2:30-4:00p** physical therapy/open swim | **2:00-4:00p** physical therapy/lessons/open swim | **2:30-3:45p** physical therapy/open swim | **2:00-4:00p** physical therapy/lessons/open swim | **2:30-4:00p** open swim/lessons | **3:00-4:30p** open swim | |
| **4:00-7:30p** swim lessons/lap lane (as available) | **4:00-7:00p** swim lessons/lap lane (as available) | **4:00-7:30p** swim lessons/lap lane (as available) | **4:00-7:00p** swim lessons/lap lane (as available) | **4:00-7:30p** swim lessons/lap lane (as available) | | |
| **7:30-9:30p** open swim | **7:00p complete aqua** (45 m – lizzie)<br>**7:45-9:30p** open swim | **7:30-9:30p** open swim | **7:00p complete aqua** (45 m – lizzie)<br>**7:45-9:30p** open swim | **7:30-8:30p** open swim | | |