

LAND & WATER CLASS DESCRIPTIONS

Rise-N-Shine and Teacher's Escape (Water Aerobics) –

workouts combine a variety of techniques from land aerobics, including walking or running backward, jumping jacks, mimicking cross-country skiing, along with various arm movements. The workout also may incorporate equipment such as floatation devices.

Levels: All

Morning Chatter (Water Aerobics for Seniors)—A class that combines water aerobics techniques with fellowship, fun, and laughs!

Levels: All

Aqua Kickboxing: Aqua kickboxing utilizes basic kickboxing moves with the resistance of water for a fun and effective workout.

Levels: All

Aqua Yoga: Learn ways to stretch, move and enjoy your body in the support of warm water, using classical yoga postures adapted for the water. This class is designed for soothing joint and muscle pain, as well as relieving stress.

Levels: All

Mixed Martial Arts in the Pool: MMA in the pool draws upon martial arts moves from a variety of martial arts disciplines to create a new way to move and exercise in the pool

Levels: All

***Body Bootcamp Extreme**

Join us in the mornings for a challenging fitness class that changes each day. Monday-Upper Body Strengthening, Tuesday-Plyometrics and Abs, Wednesday-Yoga Sculpt, Thursday-Lower Body Strengthening and Abs. These classes are designed to produce results and get you toned by summer!

Levels: Intermediate

***Power Hour**

A total-body conditioning class that utilizes strength and cardiovascular training. Meeting in the aerobics room we will also venture out to the track, stairs, weight room, and even the outdoors to get a variety of workouts in. This class is designed to challenge the body and take fitness to a new level!

Levels: All/Intermediate

Zumba

A 45 minute intro or lower impact fitness dance class for seniors, beginners, and those short on time. In this class we do several line dances and learn various other types of dance moves. Perfect for those who are new to fitness-dance or want to find a FUN format of cardio fitness!

Levels: All

Cardio Kickboxing

A fun total body cardiovascular workout that uses kicking and punching techniques to get your heart rate up and your muscles working. All levels get a great workout in this high-energy fun-filled class—an excellent way to de-stress and exercise!

Levels: All

On The Ball

A low-impact class utilizing the stability balls. This class will strengthen the core muscles and will include a short low-impact cardio component. GREAT for beginners, seniors, or those who enjoy an effective lower-impact workout!

Levels: All

Total Body

Total Body is a strength and conditioning class that works all muscle groups of the body. Utilizing the stability ball, free weights, and the most vital tool of all—the resistance of your own body!

Levels: All

Ultimate Abs

30 minutes of abdominal work, focusing on tightening the tummy and building overall core strength.

Levels: All

Yoga

Yoga is a blend of stretching and strengthening combined with a variety of relaxation techniques. The class will help you increase flexibility, improve balance, tone muscles, and reduce stress.

Levels: All

Silver Sneakers Muscular Strength

A class specifically designed for older adults. This class starts with a warm-up and then moves to exercises to improve range of motion and muscular strength. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair or ball is used for seated and/or standing support. You do **NOT** have to be a member of Healthways SilverSneakers to participate in this class!

Levels: Seniors

Express Spin

A 30 minute express spinning class, excellent for those short on time or new to indoor cycling. This class offers everything you want in a cycling class—speed, intensity, and a cardiovascular workout—all within 30 minutes.

Levels: All

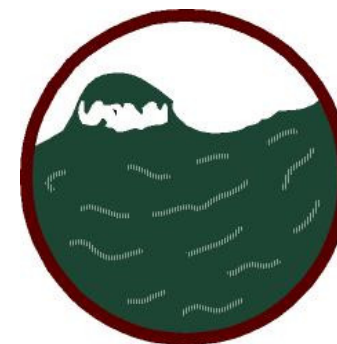
Power Pedals

Harry, our Power Pedals instructor, combines a mixture of DVDs produced by nationally known cycling coaches to his own music based workouts. This class is a high intensity, interval based cycling workout designed to build power and aerobic capacity.

Levels: Intermediate/Advanced

JUNE 2010

**Pilates ★ Yoga ★
Spin ★ Fit Ball
★ Ultimate Abs ★ Morning
Chatter ★ Rise N Shine
★ Saturday Splash ★ Try 2
Bike ★ Senior Strength ★
Morning Chatter**



Edward M. Armfield Civic Center

873 West Highway 52 By-Pass

Pilot Mountain, NC 27041

Operating Hours

Monday - Friday 5:00 AM - 9:00 PM

Saturday 7:00 AM - 6:00 PM

Sunday 1:00 PM - 5:00 PM

Pool Hours

Mon, Wed- 5:30 AM - 1:00 PM
3:00pm - 8:30 PM

Tues, Thur - 5:30 AM - 8:30 PM

Fri - 5:30 - 1:00 PM

3:00 - 5:30 PM

Saturday - 9:00 AM - 3:30 PM

Sunday - 1:30 PM - 4:30 PM

June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>AM CLASSES Rise N Shine - 6:00 - 7:00 P Bootcamp Upper Body- 6:00 -7:00 Scenic Cycle 9:00 - 9:45 Water Aerobics - 9:00 -9:30P Water Yoga 9:30 - 10:00 P On The Ball - 10:00 - 11:00</p> <p>PM CLASSES Power Pedals - 6:00 - 7:00 Aqua Kickboxing - 7:00 -8:00 P</p>	<p>AM CLASSES Plyometrics Extreme + Hardcore Abs 6:00-7:00 Express Spin - 8:00 - 8:30 Ultimate Abs - 8:30 - 9:00 Morning Chatter - 9:00 -10:00 P Power Hour - 9:00 - 10:00 Silver Sneakers Muscular Strength - 10:30-11:30</p> <p>PM CLASSES Teacher's Escape - 4:15 -5:00 P Zumba - 6:00 - 6:45 Yoga - 7:00 - 8:00</p>	<p>AM CLASSES Yoga Scult Extreme - 6:00-7:00 Rise N Shine - 6:00 - 7:00 P Scenic Cycle - 9:00 - 9:45 Water Aerobics - 9:00 - 9:30 P Aqua Yoga - 9:30 - 10:00 P</p> <p>PM CLASSES Total Body - 5:30 - 6:30 Cardio Kickboxing -7:00-8:00</p>	<p>AM CLASSES Lower Body Extreme + Hardcore Abs 6:00-7:00 Express Spin - 8:00 - 8:30 Ultimate Abs - 8:30 - 9:00 Morning Chatter - 9:00- 10:00 P Power Hour - 9:00-10:00 Silver Sneakers Muscular Strength - 10:30-11:30</p> <p>PM CLASSES Teacher's Escape - 4:15- 5:00 P Hip Hop Hustle & Toning 6:00 - 7:00 Mixed Martial Arts in the Pool - 7:00 - 8:00P</p>	<p>AM CLASSES Rise N Shine - 6:00 - 7:00 P Scenic Cycle 9:00 - 10:00 Zumba - 10:30 - 11:15</p> <p>PM CLASSES Yoga - 7:00 - 8:00</p>

Saturday
<p>Cardio Kickboxing 9:00-10:00 AM</p>

- **P classes that are in Pool**

Classes FREE to Members / \$6 Drop-In Fee Potential Members

