



# GROUP EXERCISE CLASS LIST - DECEMBER 2022

Monthly Schedule Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am - 11:30am Pilates/Stretch with Kathy \$ VIRTUAL via ZOOM Course # 8915	9:00am - 10:00am Step with Loretta DANCE STUDIO <b>No class: 12/26</b>	8:30am - 9:25am Aqua Intensity with Christopher POOL <b>No class: 12/27</b>	9:00am - 10:00am Step with Loretta DANCE STUDIO <b>No class: 12/21, 12/28</b>	8:30am - 9:25am Aqua Intensity with Christopher POOL <b>No class: 12/29</b>	9:30am - 10:30am Strength & Conditioning with Mark FRONT PATIO <b>No class: 12/23</b>	11:00am - 12:00pm Vinyasa Yoga with Alexandra DANCE STUDIO <b>No class: 12/24, 12/31</b>
	9:15am - 10:00am Strong with Tilda FRONT PATIO <b>No class: 12/26</b>	8:30am - 9:30am Spin with Sheri BACK PATIO	9:30am - 10:25am Water Aerobics with Christopher POOL <b>No class: 12/28</b>	8:30am - 9:30am Spin with Sheri BACK PATIO	10:30am - 11:30am Spin with Sheri BACK PATIO	2:00pm - 3:00pm Restorative Yoga with Jane <b>12/17 ONLY</b>
	9:30am - 10:25am Water Aerobics with Christopher POOL <b>No class: 12/26</b>	8:30am - 9:25am Pilates with Kathy DANCE STUDIO	10:00am - 11:00am Strength & Conditioning with Mark FRONT PATIO <b>No class: 12/21, 12/28</b>	9:30am - 10:25am Water RX with Christopher POOL <b>No class: 12/29</b>	10:00am - 11:00am Chair Yoga with Kathy DANCE STUDIO	
	10:30am - 11:30am Strength & Conditioning with Mark FRONT PATIO <b>No class: 12/26</b>	9:30am - 10:25am Water RX with Christopher POOL <b>No class: 12/27</b>	12:30pm - 1:30pm Unplug Yoga with Emily DANCE STUDIO	9:30am - 10:30am Zumba with Beth CASCADE ROOM	<h2 style="text-align: center;">Get Your Aquatics &amp; Fitness Passes Today!</h2> <p style="text-align: center;">To purchase your pass, set up your account and sign your waiver at <a href="http://MyMVR.org">MyMVR.org</a>, then call us at (415) 383-1370 or visit our front desk!</p>	
	12:15pm - 1:15pm Vinyasa Yoga with Alexandra DANCE STUDIO <b>No class: 12/26</b>	9:30am - 10:30am Zumba with Beth CASCADE ROOM	1:30pm - 2:30pm TRX with Sheri FRONT PATIO	10:00am - 11:00am Yoga Fusion with Tina DANCE STUDIO		
	1:30pm - 2:30pm TRX with Sheri FRONT PATIO <b>No class: 12/26</b>	10:00am - 11:00am Yoga with Weights with Jane DANCE STUDIO <b>No class: 12/6</b>	6:00pm - 7:00pm Vinyasa Yoga with Alexandra DANCE STUDIO	11:00am - 12:00pm Full-Body Stretch with Tina DANCE STUDIO		
		11:00am - 12:00pm Pilates with Kathy \$ VIRTUAL via ZOOM Course # 8921		11:00am - 12:00pm Pilates with Kathy \$ VIRTUAL via ZOOM Course # 8925		
		11:00am - 12:00pm Boot Camp with Mark FRONT PATIO <b>No class: 12/27</b>		11:00am - 12:00pm Boot Camp with Mark FRONT PATIO <b>No class: 12/22, 12/29</b>		
		5:30pm - 6:25pm Water Aerobics with Christopher POOL <b>No class: 12/27</b>		5:30pm - 6:25pm Aqua Zumba with Bea POOL	<p style="text-align: center;">\$ - Indicates Premium Fitness Class Registration Required at <a href="http://MyMVR.org">MyMVR.org</a></p> <p style="text-align: center;"><b>Registration Now Open</b></p>	

**HOLIDAY/SPECIAL HOURS: CLOSED Sunday, December 25th, Monday, December 26th, Sunday, January 1st & Monday, January 2nd  
Saturday, December 24th & Saturday, December 31st - 8:15am - 11:15am**

**GYM HOURS: Monday-Thursday 6:00am-7:30pm | Friday 6:00am-6:00pm | Saturday-Sunday 8:15am-4:30pm**

# GROUP EXERCISE CLASS DESCRIPTIONS

**AQUA INTENSITY:** Intermediate-Advance level. Performance-based water class focusing on the latest exercise science to reach optimal “functional age” potential. Active coaching focuses on anaerobic intervals, power training, and deep-end core control. Designed for those with strong water and fitness condition. Designed for those comfortable in deep water with accomplished Water Fitness class skills.

**AQUA ZUMBA:** Aqua Zumba blends dancing fun with water resistance for the best pool party around! Set to energetic music from around the world, these water-paced routines are easy to follow and will get your heart pumping. Water’s natural resistance also makes for a low-impact workout on the joints while toning muscles.

**BOOT CAMP:** This class uses weights, as well as, functional body weight movements. You will strengthen and align your body quickly. Focused movement eliminates momentum, it forces your body to work harder and strengthen weak fibers normally passed over. A safe, effective, efficient workout. You will target your core in every class creating balance, strength, stability and flexibility in your own body. All Levels Welcome.

**CHAIR YOGA:** Chair Yoga is the most accessible form of yoga because it can be done in a seat & is easy enough for all levels. It’s great for anyone who is desk bound, has limited range of motion, or finds certain traditional yoga postures challenging. It will help you to become more mindful, development more awareness of your body and make the connection of mind/body with your breath.

**FULL-BODY STRETCH:** Increase everyday mobility with this lower-intensity class designed for the Active Aging 65+ adult that addresses core, posture, balance, injuries and muscle-joint range limitations. Routine weaves functional movement patterns with ancient practices such as Yoga, Tai Chi & Qi Gong and even Meditation to achieve a full-body stretch. Taught sitting, standing and in a chair.

**PILATES:** Pilates is a system of controlled exercises that engage the mind and condition the total body. Blending strength and flexibility training it improves posture, reduces stress and creates long, lean muscles. Postural improvements result from the focus placed on precise movements originating from the core engaged in deepest layers of muscle that stabilize and support the spine and pelvis. Movements in sports and daily activities are more efficient, balanced and safer.

**\$ - PILATES STRETCH:** Classes offered via ZOOM. This class will build fundamentals of core strengthening & stabilization as it applies to movement using the Pilates method. Beginning level exercises will be made progressively more challenging emphasizing form & alignment. Stretching will create more space in spinal vertebrae and joints and allow daily activities to be more pain free, as well as reducing the risk of injuries. Designed for everyone who wants to enjoy muscle tone and harmony of both body and mind.

**RESTORATIVE YOGA:** The body and mind are brought to a place of deep rest. In stillness and silence we dive deeply within to reconnect with our core and essence. Resting in peace, balance and healing. This hour will nourish you and provide tools to reduce stress, enabling you to life to its richest fullest extent.

**SPIN:** Challenging and upbeat spin class for all fitness levels with an emphasis on improving cardiovascular endurance and having fun! High energy cardio workout, using hill climbs, sprints, and endurance drills to help meet your fitness goals.

**STEP:** STEP back into fitness! Choreographed class using elevated “step” to perform high energy dance moves to help tone and strengthen your legs, glutes, and core. All Levels Welcome.

**STRONG:** This 45 min class is a strength class where we focus on overall full body strength and finishing the class with core and stretching. Taught outdoors while following social distance protocols. Equipment: Dumbbells and exercise bands. All Levels Welcome.

**STRENGTH & CONDITIONING:** A dumbbell & body weight session. Incorporating functional movement patterns with both muscle isolation and full body exercises. Each session will consist of explosive and endurance based, full body workouts. Modifications will be in place to cater for each individual’s needs.

**TRX:** TRX, short for “ total body resistance exercises”, uses suspension training for a full body workout. It works by challenging your body in conditions of instability, which forces you to engage your core to perform each exercise. Your body integrates strength, balance and mobility during each exercise, maximizing neuromuscular response for a better workout. All levels welcome. Modifications given as needed.

**UNPLUG YOGA:** Release tension, reset your spine, activate your core, and melt stress away. Quarantine life and technology can lead to tight shoulders and hips as well as chronic stress. This mindful flow will unwind your body and nervous system as you experience a step-by-step guide into both yoga and Pilates healing practices. For all ages, abilities and body types with modifications provided.

**VINYASA YOGA:** Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. Classes may be sequenced around a peak pose such as a backbend, or they might focus on a particular theme such as the chakras or an aspect of yoga philosophy.

**WATER AEROBICS:** Water Aerobics in Physically Distant areas of the pool. Medium to high intensity, fast paced class focusing on Aerobic conditioning through challenging movements, repetitions, and sets.

**WATER RX:** A slower and lower intensity class designed for joint range of motion, balance and alignment, plus core fundamentals. Participants progress to improving muscle mass and begin cardiovascular endurance. Ideal for persons recommended by physicians for pre or post-surgery rehabilitation. Must be able to enter the water unassisted. Taught in deep and shallow water. Buoyancy belts available for use.

**YOGA FUSION:** A higher-intensity yoga routine taught in flowing circuits that focus on length and strength training the spine, hips, core, and upper body. Weights, single-arm & leg, cardio, and revolved movements also incorporated for increased challenge. Must be able to get down on floor and support body weight on hands and knees in various yoga positions. Can be modified to a slower pace.

**YOGA WITH WEIGHTS:** Class is for beginners as well as experienced practitioners of all ages. Adding weights takes your hour practice to the next level by challenging the muscles and bones with resistance to add strength and bone density. Yoga to the rescue for: balance, strength, vitality, inner peace, and lots of joy. We move gently and slowly. All levels welcome. No prior experience necessary.

**ZUMBA:** Zumba takes the “work” out of “workout”! Throw your cares away, smile and get your heart rate up and build up a sweat in this fun dance workout set to energizing music from around the world! Steps are simple and all moves start as low-impact and low-intensity with more challenging options offered later.