

APRIL 2021 [updated 4/13/21]

SHULA'S

ATHLETIC CLUB

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	6:00A — 10:00P	6:00A — 10:00P	6:00A — 10:00P	6:00A — 10:00P	6:00A — 9:00P	7:00A — 4:00P	8:00A — 3:00P
6:15AM	Spinning Joy (#2)		Spinning Andrea (#2)		Spinning (45mins.) Gitte (#2)		
7:00AM			7:15am Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Pilates Andrea (#3)		Yogalates Andrea (#3)	ZUMBA Sandra(#3)	Spinning Karen(#2)	Pilates Andrea (#3)
					Spinning Andrea (#2)		
9:30AM	Spinning Cathy (#2)		Spin & Tone Cathy (#2)			9:15am ZUMBA Vinalis (#3)	
				10am—Spin & Pump Andrea(#2)			10am—Spinning Andres(#2)
10:00AM		Silver Sneakers Circuit (gymnasium)	ZUMBA Mayra (#3)	Silver Sneakers Circuit (gymnasium)	10:05amCore & More Andrea (#3)		ZUMBA Sandra (#3)
11:00AM		Silver Sneakers Classic (#3)		Silver Sneakers Classic (#3)			
11:30AM			Tai Chi Terry (gymnasium)		Tai Chi Terry (gymnasium)	YogaMukta Bonnie (#3) 90 mins.	Hatha Yoga Paula (#3) 90 mins.
12:00PM	Vinyasa Yoga Paula(#3)				Restorative Yoga Clary (#3)		
4:30PM	Pilates Andrea (#3)		Yogalates Andrea(#3)			All classes are 50 minutes in length unless otherwise noted. Classes and Instructors are subject to change. (Class descriptions on reverse side) Please bring your own MAT, TOWEL & WATER STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3) ** = paid class **Please purchase classes at the Front Desk prior to start time . Cardio Fit Boxing - pack of 4 - \$40 Belly Dance—\$5 per class**	
5:30 PM		Spinning Yi (#2)	**Cardio Fit Boxing** Box Room- Andrea	Spinning Gitte(#2)			
5:45PM	PUMP IT UP! Terry(#3)	5:30pm—ZUMBA Vinalis(#3)	PUMP IT UP! Terry(#3)				
6:00 PM				ZUMBA Vinalis (#3)			
6:30PM	Spinning Vivian(#2)	Boot Camp Terry (outside court)					
7:00 PM	ZUMBA Catalina(#3)	YogaMukta Bonnie (#3) 75mins.	ZUMBA Sandra (#3)				
8:00 PM			**Belly Dance** Diana(#3)				

Fitness Class Descriptions

****Belly Dance****

Join us for this artistic movement and torso strengthening workout, every Thursday evening. ***Please PAY at the Front Desk prior to class. (\$5 pp)***

Boot Camp

A military inspired circuit workout using traditional calisthenics and body weight exercises. Get ready to sweat in this full body endurance challenge. Bring your own dumbbells, towel, & water bottle.

****Cardio Fit Boxing****

Burn fat and build lean muscle in this blended class of cardio, boxing, and resistance training through high-intensity interval training. Battle ropes, Kettlebells, & Heavy bags are all utilized. Bring your own wraps, gloves, towel, and water bottle. ***(Please pay at the Front Desk - 4 pack \$40)***

CORE & More / CORE

A killer core workout that focuses on all the interconnected muscles of the torso to help increase your power to carry out movement. Please bring your own mat. (25 Mins.)

Hatha Yoga

Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring your own mat.

Pilates

This mat based Pilates class offers a body balancing system that strengthen , lengthens, realigns, and defines your body. Please bring your own mat.

Pump It Up!

Full-body workout using moderate weights (barbell & dumbbells), helps reduce body fat and build strong muscles & bones. Bring your own mat & water bottle. (class limited to 21 participants)

Restorative Yoga

Learn how to relax and soothe your nerves with passive poses to make you feel rejuvenated. Please bring your own mat.

Silver Sneakers Circuit

This class safely increases intensity levels by alternating upper body strength training with low-impact aerobic movements. (45mins.)

Silver Sneakers Classic

A seated class designed to increase strength, range of movement, agility, balance and coordination. (45 mins.)

Spinning

Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals.

Spin & Tone / Pump

A spinning class that combines the health benefits of aerobics with strength training. Resistance training will utilize tubing, your own body weight or weights to complete a full body workout. Bring your own mat, towel & water.

Tai Chi

Ancient Chinese exercise that focuses on breathing and energy channels known as meridians. Promotes internal healing and balance.

Vinyasa Yoga (Flow Yoga)

A style of yoga characterized by arranging postures in an order so you move from one to another seamlessly, using breath. Bring your own mat and towel.

Yogalates

This combination Yoga/Pilates class takes the flexibility & meditative elements of yoga and fuses them with the muscle strengthening & toning of Pilates. Please bring your own mat.

Yoga Mukta

A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa yoga, with special attention to alignment. Bring your own mat. (90 Mins.)

Zumba

A Latin dance class with lots of flare. Choreographed routines designed to get your heart pumping and hips moving. (salsa, merengue, hip-hop, mamba)