

NOVEMBER 2021

Fitness Class Schedule

SHULA'S

ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 9:00P	7:00A — 5:00P	8:00A — 3:00P
6:00AM	Spinning Jeanette (#2)	Spin & Sculpt Gitte (#2)	Spinning Andrea (#2)	Spin & Sculpt Gitte (#2)	5:30am Spinning Lourdes (#2)		
7:00AM			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Pilates Andrea (#3)	ZUMBA Georgina (#3)	Yogalates Andrea (#3)	ZUMBA Sandra(#3)	Spinning Karen(#2)	Pilates Andrea (#3)
9:30AM	Spinning Cathy (#2)		Spin & Sculpt Cathy (#2)		Spinning Andrea (#2)		
10:00AM	10:05a Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (gymnasium)	10:05am Core & More Andrea (#3)		10am—Spinning Andrea (#2)
11:00AM	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (gymnasium)			ZUMBA Sandra (#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 Bonnie (#3)				Restorative Yoga Clary (#3)		
4:30PM	Pilates Andrea (#3)		Yogalates Andrea(#3)			<p>All classes are 50 minutes in length unless otherwise noted. Classes and Instructors are subject to change. (Class descriptions on reverse side)</p> <p>PLEASE BRING YOUR OWN MAT, TOWEL & WATER BOTTLE TO CLASS</p> <p>STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3) ** = paid class</p> <p>**Please purchase classes at the Front Desk prior to start time . Belly Dance—\$5 per class**</p>	
5:30 PM		Spinning Jeanette (#2)		Spinning Christina (#2)			
6:00 PM		5:30pm—ZUMBA Virnalis(#3)					
6:30PM	PUMP IT UP! Terry(#3)		PUMP IT UP! Terry(#3) 45mins.	ZUMBA Virnalis (#3)			
7:00 PM	Spinning Vivian(#2)	Boot Camp & STEP Terry (#3 / outside)					
8:00 PM	7:15 ZUMBA Catalina(#3)	7:15pm YogaMukta Bonnie (#3) 75mins.	ZUMBA Sandra (#3)	7:15pm YogaMukta Bonnie(#3)			
			Belly Dance Diana(#3)				

Fitness Class Descriptions

NEW CLASSES & Instructors

New Classes — 6am Spin & Sculpt on Tuesdays & Thursdays
New Instructors— Mercedes Gonzalez (Zumba) and Christina Leon (fitness classes)
Hope you enjoy the new classes!

****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 & STEP

Get ready to sweat in this full body endurance challenge. STEP for 30 mins in Studio #3, then head outside for strength & power training on the outdoor court. Bring your own towel, & water bottle.

Core / Core & More

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.
(Saturday CORE class is only 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 & Sculpt

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

STRONG

STRONG by Zumba is a total body workout. The class is designed utilizing challenging progressions of high intensity interval training and plyometrics, with the science of synced music motivation.

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)