



CORONADO FITNESS CENTER HOT SPRINGS VILLAGE, ARKANSAS

2019 CLASS SCHEDULE

LAND CLASSES – CAPITALIZED IN BOLD PRINT; water classes – lower case in regular print

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.	BODYWORKS	BODYROCK (6:15am start)	BALANCE & TONE		BALANCE & TONE	
8:00	GROUP INDOOR CYCLING deep water aerobics	STRENGTHEN & STRETCH yoqua	GROUP INDOOR CYCLING deep water aerobics	STRENGTHEN & STRETCH yoqua	HIIT CYCLE & PUMP deep water aerobics	
9:00	PILATES turtles	BARRE turtles	PILATES turtles	BARRE turtles	PILATES turtles	turtles
10:00	STEP INTERVAL shallow water aerobics NIA: Held at CCC (9:45 am start)	DANCE FITNESS	TONETIME shallow water aerobics NIA: Held at CCC (9:45 am start)	DANCE FITNESS	STEP INTERVAL shallow water aerobics	
11:00	BASIC YOGA	ESSENTIAL YOGA	BASIC YOGA	ESSENTIAL YOGA	BASIC YOGA	
12:00 pm	HIIT CYCLE & PUMP	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS BOOM MUSCLE	SILVER SNEAKERS CLASSIC	BODYBARRE	
1:00	CORE & MORE		CORE & MORE		CORE & MORE	
1:30	arthritis aquatics		arthritis aquatics		arthritis aquatics	
2:00		TAI CHI				
5:00	HA MU DO (4:00 pm start)	CARDIO COMBO	FRESH FLOW YOGA (5:30 pm start)	CARDIO COMBO	HA MU DO (4:00pm start)	

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All classes are co-ed, drop in and included in your membership dues.

All LAND CLASSES are 50 minutes unless otherwise noted

BARRE: (T/Th at 9:00am) This Barre workout combines exercises from dance, Pilates and yoga to strengthen the entire body. The goal of Barre is to enhance body awareness, coordination and overall strength. All movements can be customized for students with various fitness levels.

BASIC YOGA: (M/W/F at 11:00am) Slow and easy stretching put into perfect flow.

BALANCE & TONE: (W/F at 7:00am) This flexibility, balance and toning class is geared to increase range of motion and strengthen muscles using resistance equipment such as dumbbells and tubing.

BODYBARRE: (Fridays at 12:00pm) Come on and have fun! Bodybarre is an upbeat Barre class that combines dance, Pilates and yoga.

BODY ROCK: (Tuesdays at 6:15am) Come join us for a quick, early morning routine geared to get your heartpumping using strength training moves and a bit of cardio.

BODYWORKS: (Mondays at 7:00am) This is the lower impact class modeled after Boxing Fusion. In this class, you will learn basic boxing techniques. They will be incorporated with cardio and strength exercises.

CARDIO COMBO: (T/Th at 5:00pm) This class blends a variety of cardio formats (step, kick, hi-lo) with body sculpting for a dynamic calorie burning workout.

CORE & MORE: (M/W/F at 1:00pm) A class designed for total body strength with a focus on your core strength and mobility as a foundation for stability, flexibility, balance and functional movements.

DANCE FITNESS: (T/Th at 10:00am) Get up and get moving! Feel your own body's rhythm and groove with the best of them.

ESSENTIAL YOGA: (T/Th at 11:00am) Enjoy the gentle power of yoga. Great for beginners or those who just want a gentle yoga experience. Essential Yoga is learning to come back to yourself. It's finding your limits, expanding your boundaries and being able to relax into who you are. We will focus on strength, balance, flexibility, mood & health.

FRESH FLOW YOGA: (Wednesdays at 5:30pm) An evening yoga class designed to relax and renew at the end of the day. Flow sequences aimed at relaxation and calmness. Appropriate for beginners.

GROUP INDOOR CYCLING: (M/W at 8:00am) This class is done on a specialized stationary bike, simulating rides on varying terrain using cadence and resistance. Anyone at any age and fitness level are welcome.

Space is limited.

HA MU DO: (W/F at 4:00-5:30 pm) A Korean martial art using elements of Taekwondo, Judo and Hapkido. This is a wonderful exercise for people who want to build self-confidence.

HIIT CYCLE & PUMP: (Mondays at 12:00pm, Fridays at 8:00am) A class designed to hit all areas of your heart rate training zones that combines indoor cycling and free weight training. Modifications are available to all levels of fitness.

NIA: (M/W at 9:45 am-60 min class) This class is a dynamic cardiovascular workout that draws inspiration from many types of dance and includes movements from yoga, Tai Chi and martial arts. Nia has been referred to as 'non-impact aerobics' because jumping and pounding on knees has been eliminated. It's effective and fun. Anyone at any age and fitness level are welcome. This class held at Coronado Community Center; must check in at the Coronado Fitness Center.

PILATES: (M/W/F at 9:00am) Improve your balance and work on stabilization using your core muscles. This class uses a mat and small equipment.

SILVER SNEAKERS BOOM MUSCLE: (Wednesdays at 12:00pm) This class incorporates exercises that move through muscle-conditioning blocks and activity-specific segments to improve strength and functional skill.

SILVER SNEAKERS CLASSIC: (T/Th at 12:00 pm)

This class gives a total body workout using resistance tools and a chair designed for all fitness levels.

STEP INTERVAL: (M/F at 10:00 am) Come join us for an energizing workout combining aerobic benefits and muscle toning both on-and-off of a step.

STRENGTHEN & STRETCH: (T/Th at 8:00 am) A total body workout incorporating elements of balance, core, strength and cardio

TAI CHI: (Tuesdays at 2:00pm) Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. The class is centered around gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

TONETIME: (Wednesdays at 10:00 am) This is a beginner to intermediate group fitness class. It's a great option for ALL who want to maximize fully body toning and increase muscle strength. Routines will include using free style weights and step benches.

ALL WATER CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED

arthritis aquatics: (M/W/F at 1:30 pm) This class is designed to improve flexibility, joint mobility and range of motion for anyone with arthritis or recovering from illness or surgery.

deep water aerobics: (M/W/F at 8:00 am) Participants wear a buoyancy belt in eight feet of water for this class which integrates cardiovascular, strength training, toning and endurance conditioning.

shallow water aerobics: (M/W/F at 10:00 am) This class is for beginners and advanced participants and offers cardiovascular conditioning, strength training and toning.

yoqua: (T/Th at 8:00 am): We now offer a combination class of Yoga and Pilates in the water!

turtles: (Mon – Sat at 9:00 am) This is a low intensity water class that is an hour-long class using range of motion and flexibility. Turtles have their own leader or use taped routines

SEASONAL SWIM LESSONS Check dates for availability and charge.

Check with the front desk or ask to be added to our email list for dates, times and type of classes.

**POOL HOURS: (Number of lanes may be adjusted according to need.)
Lap Swim, Water Walking & Open Pool are only at designated times listed below.**

LAP SWIM: All lanes are shared. Swim in counterclockwise pattern.

Monday through Friday: 6:00 am – 7:50 am (five lanes)

Monday, Wednesday, Friday: 8:00 – 10:00 am (one lane); 11:00 am – 1:30 pm; 2:15pm – 6:45 pm (one lane)

Tuesday and Thursday: 9:00 am – 6:45 pm (one lane)

Saturday: 8:00 – 8:50 am (five lanes); 9:00 am – 4:45pm (one lane)

Sunday: 1:00 – 4:45 pm (one lane)

WATER WALKING: Walkers are not permitted in swim or open pool lanes.

Monday thru Friday 8:00 am – 9:00 am (Shallow end of pool)

Monday, Wednesday, Friday: 9:00 – 10:00 am; 11:00 am – 1:30 pm; 2:15 – 6:45 pm (one lane)

Tuesday and Thursday: 9:00am – 6:45 pm (one lane)

Saturday: 9:00 am – 4:45 pm (one lane)

Sunday: 1:00 – 4:45 pm (one lane)

OPEN POOL TIME: Recreational Use

Monday, Wednesday, Friday **2:15 pm –6:45pm**

Tuesday and Thursday **10:00 am -6:45 pm**

Saturday: 10:00 am – 4:45 pm

Sunday: 1:00 – 4:45 pm

BABY POOL: Available during “Open Pool” times only.

Pool Etiquette

*Please shower before entering the pool or whirlpool.

*No glass containers allowed.

*No running or horse play. Water toys are permitted at Lifeguards' discretion.

*Diving allowed in 8 ft deep section only

*Appropriate swimwear is required.

No cut-offs.

*Children 6 and under who cannot pass the swim test or cannot stand up in the shallow end of the pool must be accompanied in the water at all times by a responsible adult who is within arm's reach of the child. All children should be prepared to do a swim test for the Lifeguard.

*Children who are not potty-trained must wear swim diapers.

*A responsible adult must remain with a child in the Baby Pool area.

*Must be 16 or older in the whirlpool/sauna/steam room area.

*Must be 13 to participate in a scheduled class.

(13-15 require adult supervision.)

*Kickboards and barbells are for adult use only.

*Please return equipment when you are finished using it.

***Lifeguards and supervisory staff have absolute authority over all water activities**

Fitness Etiquette

* Must be 13 to participate in a scheduled class.

(13-15 require adult supervision.)

*Anyone between the ages of 13-15 must complete an orientation program with a CFC fitness staff or volunteer. 13-15 year olds must be accompanied by a responsible adult 18 years of age or older at all times.

*Must wear appropriate workout attire including a shirt and athletic shoes with closed toes and heels. No jeans.

*Wet bathing suits and pool shoes are not allowed in the Weight Room or Studio.

*No food. Water only. Water must be in a non-spill, plastic container

*Please wipe off equipment after use with the sanitizing wipes provided

*No “sitting” on the equipment. Please allow others to use equipment between sets.

*No reserving equipment for those who are not inside the CFC. This includes equipment in the Studio room as well.

*There is a 30 minute time limit on each machine, regardless if a sign is posted on the individual piece of equipment.

*Please silence your cell phones in the studio room, and take the conversation to the hallway.

*Please refrain from using cologne or perfume.

***Instructions by CFC employees and volunteers are to be followed.**

Effective January 2, 2019