



Coronado Fitness Center



2019 Class Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00 a.m.	<u>BOXING FUSION</u>	<u>BODYROCK</u> (6:15 start)	<u>BALANCE & TONE</u>	<u>BODYROCK</u> (6:15 start)	<u>BALANCE & TONE</u>	
8:00 a.m.	<u>GROUP INDOOR CYCLING</u> deep water aerobics	<u>STRENGTHEN & STRETCH</u> yoqua	<u>GROUP INDOOR CYCLING</u> deep water aerobics	<u>STRENGTHEN & STRETCH</u> yoqua	<u>HIIT CYCLE & PUMP</u> deep water aerobics	
9:00 a.m.	<u>PILATES</u> turtles	<u>BARRE</u> turtles	<u>PILATES</u> turtles	<u>BARRE</u> turtles	<u>PILATES</u> turtles	
10:00 a.m.	<u>STEP INTERVAL</u> shallow water aerobics <u>NIA: Held at CCC</u> (9:45 am start)	<u>DANCE FITNESS</u>	<u>TONETIME</u> shallow water aerobics <u>NIA: Held at CCC</u> (9:45 am start)	<u>DANCE FITNESS</u>	<u>STEP INTERVAL</u> shallow water aerobics	
11:00 a.m.	<u>BASIC YOGA</u>	<u>ESSENTIAL YOGA</u>	<u>CHAIR YOGA</u> *30 mins*	<u>ESSENTIAL YOGA</u>	<u>BASIC YOGA</u>	
12:00 p.m.	<u>HIIT CYCLE & PUMP</u>	<u>SILVER SNEAKERS CLASSIC</u>	<u>SILVER SNEAKERS BOOM MUSCLE</u> *30 mins*	<u>SILVER SNEAKERS CLASSIC</u>	<u>TONETIME</u>	
1:00 p.m.	<u>BODYBLAST</u>		<u>BODYBLAST</u>		<u>BODYBLAST</u>	
1:30 p.m.	arthritis aquatics		arthritis aquatics		arthritis aquatics	
2:00 p.m.		<u>TAI CHI</u>				
4:00 p.m.	<u>HA MUN DO</u>	<u>ASHTANGA YOGA</u>		*** <u>ASHTANGA YOGA</u> *** (3:30 pm start)	<u>HA MUNDO DO</u>	
5:00 p.m.		<u>CARDIO COMBO</u>	<u>FRESH FLOW YOGA</u> (5:30 pm start)	<u>CARDIO COMBO</u>		

All classes are drop in and included in your membership dues

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All LAND CLASSES are 50 minutes unless otherwise noted

ASHTANGA YOGA: (Tuesdays at 4:00pm) This class follows a dynamic sequence of poses design to stretch, strengthen, and detoxify your body. Expect to sweat and be challenged! Class will follow the Primary Series up to Navasana and include the final 3 seated finishing poses. Some simple hands on adjustments will be offered, and modifications will be shown as necessary. Sanskrit asana names and counts are used as much as possible.

****The CFC has temporarily added a Thursday session beginning at 3:30 pm (3/14-4/4); please check with the instructor for details****

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/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.

BODY BLAST: (M/W/F at 1:00pm) Come ready to strengthen and tone every part of your body in this 50-minute class while exercising to some of the very best music that we can all relate to. Body Blast with a "TWIST" is fun and exhilarating with variety of exercises! This is a full body workout that involves cardio to increase the heart rate, and resistance training. If you enjoy music, then this is the class for you. We promise you will not get bored!

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

BOXING FUSION: (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.

CHAIR YOGA: (Wednesdays at 11:00am) Yoga has been shown to improve overall health with benefits like increased flexibility, strength, concentration and reduce joint strain. As with many forms of exercise, yoga can be modified for people of varying abilities. Chair yoga is a gentle form of yoga and is beneficial for people with limited mobility and for those who want to practice yoga at their workplace. ***30 mins***

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 MUN DO: (M/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. *Wednesdays is a 30-minute class*

SILVER SNEAKERS CLASSIC: (T/Th at 12:00pm) A total body workout modified in the chair or using the chair for stability. Various small equipment will be used.

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, Fridays at 12:00pm) 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.