

**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.

**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.

**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.

**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/F 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.

**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 CLASSIC:** (T/W/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.



# 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>BODYROCK</u> (6:15 start)		<u>BODYROCK</u> (6:15 start)		
8:00 a.m.	<u>GROUP INDOOR CYCLING</u> deep water aerobics	<u>STRENGTHEN &amp; STRETCH</u>  yoqua	<u>GROUP INDOOR CYCLING</u> deep water aerobics	<u>STRENGTHEN &amp; STRETCH</u>  yoqua	<u>GROUP INDOOR CYCLING</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> <u>*30 mins*</u>	<u>ESSENTIAL YOGA</u>	<u>BASIC YOGA</u>	
12:00 p.m.		<u>SILVER SNEAKERS CLASSIC</u>	<u>SILVER SNEAKERS CLASSIC</u>	<u>SILVER SNEAKERS CLASSIC</u>	<u>TONETIME</u>	
1:00 p.m.						
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>HA MUN 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

Stay Connected:  
**501-922-1230**

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Register at the front desk to receive emails directly from the CFC

EFFECTIVE May 13-June 3, 2019

Land classes are **capitalized**; water classes are