



# LEISURE WORLD AEROBIC SCHEDULE

## Bethalto ILLINOIS--Winter 2018

| TIME                        | MONDAY                                  | TUESDAY   | WEDNESDAY                                   | THURSDAY                                    | FRIDAY   | SATURDAY                                 |        |          |
|-----------------------------|---|---|---|---|--|--|--------|----------|
| 5:30 AM                     | BURN<br>(SUZANNE)<br>45 MINUTES         | YOGA PILATES<br>FUSION<br>(SUZANNE)<br>45 MINUTES | BOOT CAMP<br>(SUZANNE)<br>45 MINUTES        | YOGA<br>STRENGTH<br>(MELISSA)<br>45 MINUTES | INTERVAL<br>CIRCUIT<br>(ANDREA)<br>45 MINUTES  |  |        |          |
| 9:00 AM                     | BARRE ABOVE<br>(JONI H.)<br>ONE HOUR    | STEP CIRCUIT<br>(JONI S.)<br>ONE HOUR             | KICKBOXING<br>(ANDREA)<br>ONE HOUR          | BOOTCAMP<br>(JONI S.)<br>ONE HOUR           | DANCE &<br>TONE<br>(JONI S)<br>ONE HOUR  | STRICTLY STEP<br>(KRISTIN)<br>30 MINUTES |        |          |
| 9:30 AM                     |   |   |   |   |  | BODY SCULPT<br>(KRISTIN)<br>30 MINUTES   |        |          |
| 10:00 AM                    | YOGA BALANCE<br>(JONI H.)<br>ONE HOUR   | TAI CHI<br>(ALLEN)<br>ONE HOUR                    | PILATES<br>(ANDREA)<br>ONE HOUR             | TAI CHI<br>(ALLEN)<br>ONE HOUR              | YOGA<br>STRENGTH<br>(MIKE)<br>ONE HOUR   | FIT FAMILY<br>(KRISTIN)<br>30 MINUTES    |        |          |
| 10:30 AM                    |   |   | YOGA STRENGTH<br>(ANDREA)<br>ONE HOUR       |   |  |  |        |          |
| 11:00 AM                    |   |   |   |   | MEDITATION<br>(MIKE)<br>30 MINUTES   |  |        |          |
|                             |   |   |   |   |  |  |        |          |
| 5:00 PM                     |   | FIT FAMILY<br>(KRISTIN)<br>30 MINUTES             |   |   | <i>Leisure World aerobic classes are geared toward the general population and are modified to accommodate all fitness levels and ability. No experience necessary!<br/>Classes include cardiovascular training, strength training, dance, yoga and pilates.<br/>Come check it out.<br/>You will be glad you did!</i> |  |        |          |
| 5:30 PM                     | BOOT CAMP<br>(ANDREA)<br>ONE HOUR       | STRICTLY STEP<br>(BECKY)<br>30 MINUTES            | INTERVAL<br>CURCUIT<br>(HAYLEY)<br>ONE HOUR | STEP CIRCUIT<br>(JESSICA)<br>ONE HOUR       |  |  |        |          |
| 6:00 PM                     |   | BODY SCULPT<br>(BECKY)<br>30 MINUTES              |   |   |  |  |        |          |
| 6:30 PM                     | PILATES<br>(ANDREA)<br>30 MINUTES       |   |   | HIIT<br>(HAYLEY)<br>30 MINUTES              |  |  |        |          |
| 7:00 PM                     | YOGA STRENGTH<br>(ANDREA)<br>30 MINUTES |   |   | HIP HOP<br>(HAYLEY)<br>30 MINUTES           |  |  |        |          |
| <b>POOL/AQUATIC PROGRAM</b> |   |   |   |   |  |  |        |          |
| TIME                        | MONDAY                                  | TUESDAY   | WEDNESDAY                                   | THURSDAY                                    |  |  | FRIDAY | SATURDAY |
| 9:00 AM                     |   |   |   |   |  | AQUACISE<br>(JACKIE)                     |        |          |
| 10:00 AM                    | ARTHRITIS<br>(LEAH)                     | ARTHRITIS<br>(KELLEY)                             | ARTHRITIS<br>(MARY)                         | ARTHRITIS<br>(MARY)                         | ARTHRITIS<br>(HAYLEY)  |  |        |          |
| 11:00 AM                    | AQUACISE<br>(LEAH)                      | AQUACISE<br>(KELLEY)                              | AQUACISE<br>(ANDREA)                        | AQUACISE<br>(MARY)                          | AQUACISE<br>(GRACE)  |  |        |          |
|                             |   |   |   |   |  |  |        |          |
| 5:30 PM                     |   | AQUACISE<br>(LORI)                                |   | AQUACISE<br>(LORI)                          |  |  |        |          |
| 6:30 PM                     | AQUACISE<br>(JACKIE)                    |   | AQUACISE<br>(DIANE)                         |   |  |  |        |          |

## CLASS DESCRIPTIONS

### **Upstairs Aerobics Room: *Cardio and Strength Classes***

**Barre Above:** A workout fusing pilates, yoga, aerobics, and strength training for all any fitness levels. Get to know your core in the functional way as it is intended. No dance experience or shoes needed.

**Body Sculpt:** Isolates and works each muscle group to give you a total body sculpt.

**Boot Camp:** Strength and cardiovascular training incorporated through weights, resistance bands, discs, or your own body weight.

**Burn:** Focuses on heart rate through cardio and strength training intervals designed to boost the metabolic rate for more efficient calorie burn.

**Dance and Tone:** If you love to dance and enjoy fitness, this class combines the two. Fun, easy to follow choreography incorporating weights. No dance experience needed.

**Fit Family:** Families can work out and play together including warm up, cardio, resistance & strength training, flexibility & stretching in a fun themed activity. Recommend ages: Youth 4+ years accompanied by an adult ages 18+ years.

**HIIT/Hi Intensity Interval Training:** a training technique in which you give 100% effort through quick, intense bursts, followed by short recovery periods. Elevates your heart rate, burning more fat in less time and improves cardio condition.

**Hip Hop:** A spin off of dance party, this class features the heavy beats of hip hop music. Come join the fun!

**Interval Circuit:** This class alternates between cardiovascular exercise and strength training for a fun, heart pumping workout. The Friday 5:30 a.m. class will finish with a yoga-style cool down.

**Kickboxing:** Kick, punch and jab your way to health in this high-intense boxing inspired workout.

**Strictly Step:** Half hour class featuring a continuous cardio workout to improve endurance and cardio conditioning using the Reebok Step.

**Step Circuit:** This class features cardio conditioning in a variety of Step aerobics disciplines along with strength training for a fun and heart pumping complete work out.

### **Upstairs Aerobics Room: *Yoga Classes***

**Meditation:** Enjoy an opportunity to let your mind and body relax with a guided meditation session. Good for body and soul!

**Pilates:** A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs.

**Tia Chia:** A holistic approach to wellness (including mind, body, and spirit) concentrates on relieving the physical effects of stress on the body and mind through continuous movement

**Yoga Balance:** One hour class designed not only to increase your strength and balance, but to improve flexibility in over trained muscles and increased fluidity in your spine. Bring your body back in balance.

**Yoga/Pilates Fusion:** Pilates and yoga moves performed at an "amped-up" pace for fat burning, low-impact body sculpting for strength, flexibility and long lean muscle.

**Yoga Strength:** This class will strengthen muscles and improve flexibility through a variety of poses.

### **Pool Area: *Aquatic Classes***

Ability to swim is not necessary.

**Aquacise:** Jump into the pool for this impact free aerobics class designed to increase cardiovascular fitness and muscular strength.

**Arthritis:** Arthritis Foundation Aquatic Program: A recreational, non-clinical program designed to help people relieve the pain and stiffness from arthritis, to improve or maintain joint flexibility, muscle strength and endurance.