

# July

## group fitness

MON	TUE	WED	THU	FRI	SAT	SUN
6:30am Spinning <i>Kathryn</i>	6:30am Super Spin <i>Jenny</i>	6:30am Pilates <i>Kathryn</i>	6:30am Super Spin <i>Jenny</i>			
7:30am Yoga <i>Danell</i>	7:30am Core Conditioning <i>Jenny</i>	8:00am Yoga on the Beach <i>Danell</i>	7:30am Circuit <i>Jenny</i>	7:30am Yoga For Strength <i>Danell</i>	8:00am *Yoga on the Beach <i>Danell</i>	8:00am *Yoga on the Beach <i>Danell</i>
8:30am Circuit <i>JoAnna</i>	8:30am Tahitian Dance <i>JoAnna</i>	8:45am Circuit <i>JoAnna</i>	8:30am Core Conditioning <i>JoAnna</i>	8:30am Circuit <i>JoAnna</i>	9:00am Spin <i>Kathryn</i>	
9:30am Pilates <i>JoAnna</i>	9:30am Aqua Fit <i>JoAnna</i>	9:30am Aqua Yoga <i>Danell</i>	9:30am Shoreline Workout <i>JoAnna</i>	9:30am *Beach Pilates <i>JoAnna</i>	9:15am Fitness Walk <i>Danell</i>	
	9:30am Pilates <i>Ami</i>	9:45am Core Conditioning <i>JoAnna</i>	10:30am Kids Beach Boot Camp <i>Jenny</i>	10:30am Kids Yoga on the Beach <i>Cynthia</i>	10:15am Body Sculpt <i>Kathryn</i>	
	10:30am Yoga <i>Mariel</i>	4:15pm Stretch & Roll <i>Cynthia</i>	4:00pm Body Sculpt <i>Cynthia</i>	11:00pm Body Sculpt <i>Cynthia</i>		
5:00pm Yoga <i>Gina</i>	5:30pm Yoga <i>Leilainia</i>	5:15pm Yoga <i>Cynthia</i>	5:00pm Yoga <i>Cynthia</i>	5:30pm Yoga <i>Gina</i>		



### July Fitness Schedule

**There is an additional \$8.00 charge for all Spinning classes**

\*All beach classes will be held in the fitness center if there is inclement weather.

Please remember to bring sunscreen and water

## **Aqua Fit**

A fun and challenging water workout for all levels of fitness. Enjoy a mix of traditional strength training moves designed to strengthen your heart, lungs, and core muscles.

## **Aqua Yoga**

This class will decrease the load and stress on joints while providing resistance and allowing for increased range of motion. Yoga in water will unite the mind-body connection, allowing your body to feel stronger and more flexible with a more relaxed mind.

**Aqua classes are held at the Boardwalk Pool**

## **Body Sculpt**

A complete strength training and muscle conditioning class utilizing hand weights, resistance bands, and Resist-A-Balls. Designed for all fitness levels.

## **Core Conditioning**

This class emphasizes the importance of overall core strength in not only the abdominals, but also the lower back, hips and glutes. This class focuses on quality exercises geared towards overall core strengthening.

## **Circuit**

Several stations including resistance, balance and cardiovascular work will be provided for a fun, high energy challenge. The stations will utilize a variety of equipment, including: free weights, resistance bands, exercise balls, jump ropes and medicine balls.

## **Fitness Walk**

A one hour walk exploring the local areas of Coronado. Let your senses come alive as you breathe the fresh air, experience beautiful flora and acquaint yourself with the Coronado lifestyle. Walking helps condition the heart, burn calories, improve muscle tone and strength and also relieve tension.

## **Kids Beach Boot Camp**

(ages 6-15yrs).

This 45 minute class is geared towards the younger ones. This is a fun and active way to get exercise and enjoy the beach at the same time. Join us as we hit the beach running and take you through a variety of cardio and strength training exercises.

## **Kids Yoga on the Beach**

(ages 6-15yrs).

A traditional 45 minute yoga class channeling those of the young mind and body. Come and join us as we embrace the sites and sounds of the beach.

## **Pilates**

A mind and body, anaerobic exercise with concentration on smooth movement and proper body alignment. The focus of the exercise is to develop a strong core body (abs & back) while developing increased flexibility, range of motion & stress awareness.

## **Shoreline Workout**

Let's hit the beach for this workout that covers it all! Originally designed for surfers, we will spend our time on the beach interval training. Be prepared to get a little wet, just knee deep. We'll get you ready to hang ten this summer!  
~Swim suits suggested~

## **Spinning**

The class is a non-impact, individually paced, noncompetitive, group training system designed for all riders and fitness levels, using Spinning bikes, music and visualization techniques to motivate each participant towards their own unique goals. The ride will last 40-50 minutes followed by abdominal toning and stretching. Make sure you bring a towel and water!

## **Stretch & Roll**

Ball rolling over different muscle groups with a special 9" ball will help to elongate the muscles, improve circulation, release tension and relax the body. All Levels welcome.

## **Super Spin**

A dynamic workout starting with 30 minutes of intense spin for cardio, followed by 30 minutes of circuit training. Your instructor will take you on a challenging stationary cycle class, and transition you into weights and resistance training for total toning.

## **Toning Moves**

Sculpt and tone the body using a combination of stretch bands and hand-weights. This combination effectively keeps the pressure and use of the muscle active from start to finish to get twice the sculpting power of ordinary weight routines.

## **Yoga**

This classic practice of yoga postures and breathing revitalizes the body physically, mentally and spiritually. It is a one hour uplifting practice that increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deep relaxation. Immerse yourself in the ancient art of self care.