

CLASS ACT

October



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	JoyRide 60 <i>Angie</i>		JoyRide 60 <i>Jackie</i>			
7:00 AM	Total Body <i>Adele</i>	Pilates <i>Angie</i>	Total Body <i>Lisa</i>	JoyRide 60 <i>Lisa</i>	Pilates <i>Jacob</i>	
8:00 AM		Outside Bootcamp <i>Jacob</i>		Outside Bootcamp <i>Tracy</i>		JoyRide 60 <i>Jackie</i>
8:15 AM	Cardio Mix <i>Angie</i>		Cardio Mix <i>Lisa</i>		Simply Step <i>Angie</i>	
8:15 AM	Barre <i>Drue</i>					
9:30 AM		Mobility and Balance <i>Richard</i>				
9:30 AM	Body Pump <i>Michelle</i>	Zumba <i>Angie</i>	Body Pump <i>Michelle</i>	Zumba <i>Angie</i>	Body Pump <i>Angie</i>	9:15 am Mixed Flow Yoga <i>Drue</i>
10:45 AM	Zumba* <i>Diane</i>	WOW <i>Adele</i>	Zumba Gold <i>Diane</i>	WOW <i>Adele</i>	Zumba* <i>Diane</i>	10:30 Zumba Gold <i>Diane</i>
11:00 AM	Power thru Parkinsons <i>Michelle</i>			Power thru Parkinsons <i>Michelle</i>		
12:00 PM	Yoga I <i>Isabelle</i>	Chair Yoga <i>Drue</i>	Core strength <i>Jacob</i>		Mobility and Balance <i>Richard</i>	
1:00 PM	Power thru Parkinsons <i>Michelle</i>			Power thru Parkinsons <i>Michelle</i>	Sub list: Oct 4 Yoga I Barb Oct 7 Zumba TJ Oct 13 Core Strength Adele Oct 15 Pilates Lisa Oct 23 JoyRide 60 Angie Oct 27 Total Body Adele Cardio Mix No class Oct 28 JoyRide 60 Michelle	
4:30 PM	Body Pump <i>TJ</i>					
5:30 PM		Tae Bo <i>Deon</i>				
5:45 PM	Wheels and Weights <i>Tracy</i>		Dance Fitness <i>Lu</i>			

For safety purposes, please do not enter a class if you are more than 10 minutes late.
 Contact Angie Hill at anhill@tidelandshealth.org or 843-237-2205 for any questions or concerns.

Classes in blue are held in the multi purpose room.
 Classes green are held outside. Bootcamp will come inside if it gets too hot outside.
 Class changes are in red.

All Zumba classes are \$5 for nonmember
 All evening classes are \$5 for nonmembers

CLASS DESCRIPTIONS

Barre: Ballet and fitness movements are combined to achieve a strong toned body.

Body Pump: This strength training workout challenges all of your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.

Cardio Bootcamp: This high intensity interval class will take your workout to the next level. This class is held outside.

Cardio Mix: Are you ready for a challenging cardio workout? This class will incorporate a challenging cardio segment in addition to strength, core and flexibility. Each class will be different and can include kickboxing, step aerobics, hi-lo impact aerobics and interval training.

Core Strength and Stretch: This class will focus on back strengthening and stretching. Great class to help ease back pain and create a better posture.

Chair Yoga: Get the same benefits of Yoga without having to get down onto the ground.

Dance Fitness: Burn calories and have fun dancing to your favorite songs. This class is similar to Zumba but with Top 40 music.

Flow Yoga: Any of our Flow Yoga (mixed and slow) classes use various poses for flexibility, strength, balance and posture while using breath, meditation and relaxation. This class is designed for all levels! Slow Flow Yoga incorporates small weights to help strengthen the body.

JoyRide: Don't let the name fool you. This isn't just a leisurely stroll on the indoor cycle. This class uses up-tempo music to take you up hills, sprints, and intervals. JoyRide 45 is 45 minutes and JoyRide 60 is 60 minutes.

Mobility and Balance: This class is geared towards anyone battling any joint issues whether it is arthritis or an injury. This class uses exercises that help increase range of motion, balance training, stretching and joint mobility.

Power through Parkinson's: Power through Parkinson's with this boxing-inspired, full body class. Not a boxer? You don't need to be. Come join the fun, challenge yourself, and GET MOVING! *There is a charge for this class and must sign up first. Please see the Front Desk for more details.

Pilates: Using breathing techniques, core conditioning and body awareness. Pilates is a safe and effective way to stretch and strengthen your body without stressing the joints.

Simply Step: Step up your workout with this class. This class combines utilizes aerobic combinations using the step. This class is designed for any level.

Tae Bo®: Kick and punch your way into a full body calorie burning workout! It's explosive, fun, exciting and easy to follow and makes you want to come back for more

Total Body: This low impact upbeat aerobics class will get your body moving. This is a great workout for all levels. Strength training may be incorporated for a total body workout.

Wheels and Weights: This Spin class incorporates high intensity low impact exercises on the bike along with upper body strength training.

WOW: This moderate level strength training class will aid in increasing strength, increasing bone density and make activities of daily living easier. Great for someone new to strength training.

Yoga I: This class uses various poses to increase strength and flexibility. Yoga class is also great at decreasing stress and increasing relaxation. Try this slightly "amped up" version of gentle stretches, breathing techniques, supported postures, and meditation. Great class for those new to Yoga.

Zumba®: This is an exciting fusion of Latin and International music and dance styles to create an energizing and fun aerobic workout! Exercise in disguise!

*Monday and Friday at 10:45 is a lower intensity Zumba class.

Zumba Gold®: Enjoy the International music styles of Zumba, but at a lower intensity option.