

# AVILA BAY ATHLETIC CLUB & SPA GROUP EX SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM (45 min) CYCLE Buddy	7:30 AM (45 min) TAI CHI Kathryn	6:30AM (45 min) CYCLE Mitch	7:00AM (60 min) YOGA BEGINNER Richard	6:30AM (45 min) CYCLE Melbra		
7:30 AM(50 min) CARDIO SCULPT Sara	8:15AM (45 min) CYCLE / CORE Sara	7:30AM (50 min) ACTIVE STRETCH Kathryn	8:15AM (45 min) CYCLE / CORE - Sara 9:00 AM (45 min) PYRAMID	7:15AM (45 min) GENTLE YOGA Summer	8:15AM (45 min) CYCLE Sara	
9:00AM (45 min) HEALTHY BACK Kate	8:30AM (45 min) BALANCED STRETCH Kathryn		9:00AM (60 min) GROUP SWIM Amelia	8:15AM (45 min) CYCLE Patty	8:30AM (45 min) LIFT* Cindy / Jan *Requires Registration	
9:45AM (45 min) CYCLE SCULPT Marni	9:00AM (60 min) GROUP SWIM Mitch	9:00AM (45 min) SCULPT Cindy	9:45AM (45 min) CYCLE SCULPT Marni	8:15AM(30 min) JB30Z Jan	9:30AM (50 min) HIIT Cindy	9:15AM (1.25hr) YOGA Hana
10:00AM (60 min) REST. YOGA Cyndi	9:30 (45 min) ZUMBA Tyler	9:15AM (45 min) CYCLE Patty	10:00AM (60 min) INTERMEDIATE YOGA Richard	8:30AM (45 min) CARDIO SCULPT Kate	10:30AM (50 min) VINYASA FLOW Gwynne	11:00AM (45 min) GROOVE Buddy
11:00AM (60 min) AQUA Marni	10:30AM (60 min) INTERMEDIATE YOGA Richard	10:00AM (45 min) LIFT* Cindy *Requires Registration	11:00AM (60 min) AQUA Marni	9:30AM (30 min) CORE/GLUTE Cindy	11:45AM (45 min) PILATES Sean	
11:30 (45 min) CHI BALL Kathryn	11:00AM (60 min) AQUA Bonnie	11:00AM (60 min) AQUA Shairee	12:00PM (45 min) QI GONG Cyndi			
4:15PM (50 min) GENTLE YOGA Hana	3:00PM (60 min) 4:00PM (60 min) KEMPO KIDS (paid) Gary	4:30PM (45 min) CARDIO BARRE Diana	3:15PM (45min) FIT KIDS - Gary 4:30PM (45 min) GROOVE - Buddy	11:00AM (60 min) AQUA Sue		EFFECTIVE 5/11/21 Black are Live Only Red are Zoom Only Blue are Live & Zoom
5:15PM (45 min) CYCLE Diana	5:15PM (50 min) STRENGTH TONE Sara	5:30PM (60 min) YIN YOGA Diana	5:30PM (45 min) LIFT* Jan *Requires Registration	4:15PM (50 min) YOGA BEGINNER Gwynne		

### Class Etiquette

- Athletic shoes and appropriate workout attire is required.
- For safety reasons, please arrive on time and remain for the entire class.
  - Do not wear perfume or scented lotions.
  - Give the trained, certified instructor your full attention.
    - Keep chit chat to a minimum.

**AQUA**-This class takes place in the pool and offers strength and cardio exercises. It is a fun, safe, and effective way to improve cardiovascular health, strength, and endurance. All levels welcome.

**BALANCED STRETCH**-This class uses simple movements to improve flexibility and balance. All levels of welcome.

**CARDIO BARRE**-This class offers a unique, high energy / no impact workout that combines barre work with lightweights for a great fat burning workout. All levels welcome.

**CARDIO SCULPT**-A fun intense class that combines cardio exercises with muscle sculpting exercises. Weights will be alternated with higher intensity exercises giving a great overall workout. All levels welcome.

**CHI BALL**-This class combines Tai Chi, dance, yoga, Pilates and meditation. It is low impact and low intensity but you leave energized and rejuvenated. All levels welcome.

**CORE / GLUTE**-This is a 30 minute class that focuses on the core and glutes. All levels welcome.

**CYCLE**- This class is a great cardiovascular workout. Pedal through climbs, sprints, and other challenging drills and exercises. All levels are welcome.

**CYCLE / CORE**-This cycle class will give you a bonus core workout off the bike. All levels welcome.

**CYCLE / SCULPT**-This cycle class will give you a bonus strength workout on and off the bike. All levels welcome.

**GENTLE YOGA**-This yoga class focuses on releasing tension, connecting with the breath and helps with strength and flexibility. All levels welcome.

**GROOVE**-A dynamic fusion of dance styles that create an all out cardio jam. All levels welcome.

**GROUP SWIM**-Swim sets given in a group environment to push you to achieve your next level. All levels welcome. Must be able to swim the length of the pool.

**HIIT**-High Intensity Interval Training is a class that will improve your overall fitness level with high / low intensity movements. All levels welcome. Instructor will offer modifications and progressions.

**JB30Z**-This is a total body workout that uses equipment such as dumbbells, balls and bands. This 30 minute class uses every minute and will help keep your muscles mean and lean. All levels welcome.

**LIFT** - A strength training class that uses the barbell and will challenge all the major muscle groups in the body. Squats, presses, lifts, and curls will be combined with great music for a fun and effective workout. Space is limited, REGISTRATION IS REQUIRED.

**PILATES**-Pilates is a low-impact class that aims to strengthen muscles while improving postural alignment and flexibility. The core is targeted, but the class offers an overall body workout. All levels welcome.

**PYRAMID**-This class is HIIT with a twist. All exercises are performed in intervals, starting with 1 exercise and building up to 7, then back down again. Its cardio, strength and core all wrapped into a quick, efficient, fun workout.

**QI GONG**-This is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement and breathing techniques. All levels welcome.

**RESTORATIVE YOGA**-This is a relaxing class that is intended to be healing and nurturing for the body, relieving stress. All levels welcome.

**SCULPT**-This class is intended to sculpt your body using different equipment and body weight. All levels welcome.

**STRENGTH AND TONE**-This class is a muscle building and conditioning class that focuses on high repetitions and light weight. All levels welcome.

**STRETCH**-This class includes stretches for the entire body. It will balance your workout routine with flexibility and relaxation. All levels welcome.

**VINYASA FLOW**-This yoga class practices flowing movements through a variety of postures to improve balance, strength and endurance. All levels are welcome.

**YIN YOGA**-This class is a restorative class that holds poses and stretches for a longer length of time while utilizing the breath. All levels welcome.

**YOGA**-Yoga is a basic, foundational class where postures are practiced to align, strengthen, and promote flexibility in the body. Full-body relaxation and balance in the body is the goal. All levels welcome.

**YOGA BEGINNER**-A yoga class that is geared toward those beginning to practice. All levels welcome. Class is for beginners.

**YOGA INTERMEDIATE**-A yoga class that is geared toward those that are progressing in their practice. Intermediate levels welcome. Some yoga experience is strongly recommended.

**ZUMBA**-A high intensity workout that combines Latin and international music with dance moves that focuses on defining muscles and improving overall cardiovascular health. All levels welcome.