



# FITNESS CLASS SCHEDULE: AUGUST 1—AUGUST 31, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-7:45AM	6:00AM-7:00AM	6:00AM-7:00AM	6:00AM-7:00AM		
AEROBICS ROOM AVAILABLE	<b>TOTAL BODY SCULPT</b> MELISSA	<b>CARDIO SPIN</b> MELISSA	<b>TOTAL BODY SCULPT</b> MELISSA		
	7:45AM-8:45AM	6AM-8:45AM	7:45AM-8:45AM		
	<b>WEIGHT BAR</b> AIMEE	AEROBICS ROOM AVAILABLE	<b>WEIGHT BAR</b> AIMEE		
8:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	
<b>\$ TAI CHI</b> CHRIS	SILVER SNEAKERS CLASSIC AIMEE	<b>CIRCUIT</b> AIMEE <b>DEEP WATER</b> KIM	SILVER SNEAKERS CLASSIC AIMEE	<b>CIRCUIT</b> AIMEE	
	10:15AM-11:15AM	10:15AM-1:15PM	10:15AM-11:15AM		
	<b>TOTAL TONING</b> NOEL	AEROBICS ROOM AVAILABLE	<b>TOTAL TONING</b> NOEL		
10:45AM-11:45AM	10:30AM-11:30AM		10:30AM-11:30AM	10:45AM-11:45AM	10:15AM-11:30AM
<b>\$ GENTLE YOGA</b> DEB	<b>DEEP WATER</b> KATHY		<b>DEEP WATER</b> KATHY	<b>\$ GENTLE YOGA</b> DEB	<b>\$ YOGA INTERMEDIATE</b> DEB
	11:30AM-12:15PM	11:30AM-12:15PM	11:30AM-12:15PM		11:45AM-12:45PM
	<b>WATER EXERCISE FOR ARTHRITIS</b> KATHY	<b>SILVER SNEAKERS SPLASH</b> KATHY	<b>WATER EXERCISE FOR ARTHRITIS</b> KATHY		<b>\$ GENTLE YOGA</b> DEB
12:00PM-1:00PM	12:00PM-1:00PM		12:00PM-1:00PM	12:00PM-1:00PM	1:00PM-2:00PM
SILVER SNEAKERS DEB	<b>WORLD DANCE</b> NOEL		<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS DEB	<b>WORLD DANCE</b> NOEL
1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM	1:15PM-2:00PM	2:15PM-5:00PM
<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS CLASSIC NOEL	<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS CLASSIC NOEL	AEROBICS ROOM AVAILABLE	AEROBICS ROOM AVAILABLE
2:45PM-5:15PM	2:45PM-8:00PM	2:45PM-5:15PM	2:45PM-8:00PM		
AEROBICS ROOM AVAILABLE	AEROBICS ROOM AVAILABLE	AEROBICS ROOM AVAILABLE	AEROBICS ROOM AVAILABLE	<b>CLASSES MARKED WITH A \$ ARE SUBJECT TO SEPARATE FEES. ALL CLASSES REQUIRE EITHER A MEMBERSHIP OR DROP-IN PASS IN ORDER TO ATTEND.</b>	
5:30PM-6:30PM		5:30PM-6:30PM			
<b>WORLD DANCE</b> NOEL		<b>WORLD DANCE</b> NOEL			
<b>** CARDIO SPIN</b> JESIEKA		<b>** CARDIO SPIN</b> JESIEKA		<b>CLASSES MARKED WITH A ** REQUIRE PARTICIPANTS TO SIGN UP AT LEAST 12HRS AHEAD OF TIME. CONTACT JESIEKA AT (707)357-1070</b>	
6:45PM-8:00PM		6:45PM-8:00PM			
AEROBICS ROOM AVAILABLE		AEROBICS ROOM AVAILABLE		<b>CLASSES ARE SUBJECT TO CHANGE.</b>	

## FITNESS CLASS DESCRIPTIONS

**Silver Sneakers Classic**—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for resistance. Chair available for needed support.

**Body Base Camp**— One hour series focused on supporting and developing fundamental movement patterns. Every class will coach abdominal exercises as the core of all human movement. Each class will have a different focus, building on the stretches, exercises and body awareness from the last.

**Weight Bar** — Strengthen all your major muscles in an inspiring, motivating group environment with this barbell program. With simple athletic movements such as squats, lunges, presses, and curls, this class is appropriate for all ages and fitness levels.

**Circuit** — Cardio, weight and core put together in a circuit training style format. Rotating through low to moderate intensity/impact. Incorporate a H.I.T. style format along with TRX suspension.

**Total Toning**—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while keeping to the beat of the music.

**Total Body Sculpt**—Fast-paced class; challenges, motivates and utilizes a variety of total body strengthening in addition to core strengthening exercises and light cardio. Load-bearing exercises that produce stronger, leaner, and more flexible muscles.

**World Dance**—A one hour aerobic dance fitness class utilizing music, rhythms, and dance styles from Africa, India, Latin America, and all over the world. All levels welcome. Just have fun and move your body!

**Cardio Spin**—Fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

**Gentle Yoga**— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits, stretching the muscles of the shoulders and hips, and better balance.

**Yoga Intermediate**—(Not for beginners, aimed for stronger yoga students) Class starts with 5 minutes of pranayama (yogic breathing practice to strengthen and relax). Then moves on to a high energy flow of movement combined with the appropriate breath, called Surya namaskar or sun salutations. This includes forward and backward bends, standing and balance poses all taught with attention to alignment of the body. We finish the hour with challenging core work and seated and restorative poses.

**Tai Chi** — Strengthen balance and awareness through breath and movement. Learn quigong techniques and incorporate principles into the tai chi form, a series of 128 movements and 37 postures. Learn the beginning few movements and, through repetition, gain an understanding of the Yeung Style Tai Chi Chuan Martial System.

**Silver Sneakers Splash** — A fun, shallow-water exercise class that uses a variety of equipment to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

**Water Exercise for Arthritis**—A warm-water exercise program shown to reduce joint pain and improve overall health by increasing strength and flexibility. This class will improve your day-to-day life and is suitable for every fitness level.

**Deep Water Aerobics**—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment using interval training and H.I.T. format.