

Apex Center Drop-in Group Fitness Schedule

Effective April 7, 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	5:15-6:10 am	Step Fusion Val		Power Sculpt Barb		Step Fusion Val		
	5:15-6:15 am		Power Sculpt Meghan		Power Sculpt Meghan			
	6:30-7:25 am		Advanced Older Adult Fitness Margaret J		Advanced Older Adult Fitness Margaret J			
	7-7:55 am	SilverSneakers® Circuit Margaret A Taijifit - Maureen <i>Randall Room</i>		SilverSneakers® Circuit Margaret A		TaiChi Maureen	7:15-8:25 am Power Sculpt Tamara/Nikki O	
	7:30-8:25 am		Max Muscle Endurance Kathy		Max Muscle Endurance Kathy	Beginners Yoga Adi <i>Randall Room</i>		
	8-8:55 am	Sport Conditioning Jessica		Ball and Balance Terrell		Step Fusion Gloria		
	8-8:55 am	Yoga - Amy <i>Randall Room</i>						
	8:30-9:25 am		Max Muscle Endurance Kathy		Max Muscle Endurance Kathy	Yoga Adi <i>Randall Room</i>	Sport Conditioning Jessica/Tamara	
	8:30-9:45 am			Yoga for Athletes Kylie <i>Randall Room</i>				
	9-9:55 am	Cardio Challenge Chris	Yoga Amy <i>Randall Room</i>	Zumba Christina		Cardio Challenge Debbie		9:15-10:10 am PiYo Nicole
	9:30-10:25 am		BodyShred Keighly		BodyShred Keighly		Step Fusion Val/Deb	
	9:50-10:35 am			SilverSneakers® Yoga - Lisa <i>Party Room</i>				
	9:00-9:45am					SS Yoga Lisa/Chris <i>Party Room</i>		
	10-10:55 am	Mat Pilates MaryAnn		Mat Pilates MaryAnn		Restorative Mat Pilates Terrell		
	10-10:45 am	SilverSneakers® Yoga - Chris <i>Party Room</i>						10:15-11:10 am Zumba Chantel
	10:30-11:25 am		SilverSneakers® Classic Lisa	10:40-11:25 am SilverSneakers® Yoga - Lisa <i>Party Room</i>	SilverSneakers® Classic Roz		Yoga Kim/Manav	
	11-11:55 am	Advanced Older Adult Fitness Maureen				Advanced Older Adult Fitness/Bosu Maureen		
11:30 am- 12:25 pm		SilverSneakers® Circuit Lisa	11:40 am- 12:35 pm SilverSneakers® Circuit - Lisa	Ball and Balance Maureen				
12:30-1:25 pm				Tai Chi for Arthritis Maureen				
Afternoon & Evening Classes	4:30-5:25 pm	Power Sculpt Tamara		Power Sculpt Sandi				
	5-5:45 pm		HIITS Express Chris		HIITS Express Chris			
	5:30-6:25 pm	Turbokick Nicole L		BodyShred Tamara		Insanity Nicole W		
	6-6:55 pm		Yoga Whitney <i>Randall Room</i>		Yoga Amy		 <p>APEX PARK & RECREATION DISTRICT APEXPRD.ORG</p>	
	6:30-7:25 pm	Zumba Christina	Zumba Toning Lurlean	Mat Pilates Margaret J		NEW Line Dancing Carrie		
	7-7:55 pm				Zumba Chantel			
	7:30-8:25 pm	Yoga Joey		Yoga Denali				

Apex Center Drop-in Group Fitness Schedule Class Descriptions

Ages 16+ (ages 13-15 are welcome with parent present in class)

Advanced Older Adult Fitness – Total body workout with weights, bands, steps, and balls designed for the athletic older adult. *Advanced senior fitness levels.*

Ball and Balance – Challenge your balance, stability, and core with bosu balls, weights and bands. This class will work your cardiovascular, muscular, and balance systems in a functional capacity. Condition your muscles and increase strength and flexibility using large inflated balls, weights and resistance bands. *All levels.*

BodyShred – Increase your metabolism and burn more calories in a shorter format of 45 minutes with 30 second HIITS intervals. A full body resistance workout with light weights and multiple large muscle group movements. *A high intensity workout for intermediate/advanced levels.*

Cardio Challenge – For the fitness multitasker! This class combines steps, weights, balls, tubes, intervals, high and low intensity cardio, plus sculpting to maximize your hour of training. Your mind and body always be guessing what's next! *Intermediate/Advanced fitness levels.*

HIITS Express – High Intensity Interval Training and Strength is a mix of anaerobic drills and recovery periods. A full body workout in a 45 minute format. *Intermediate/Advanced fitness levels.*

Insanity - A version of Shawn T's high intense interval training while using your body weight for functional training exercises. *Intermediate/Advanced fitness levels.*

Line Dancing – A great work out, build confidence, and improve your balance while having fun learning new line dances. Participants should be familiar with basic line dance steps. *All levels*

Mat Pilates – Synergistically work the deep muscles of the abdomen and back to support the torso and enhance core strength. Breathing, alignment, precision and flexibility are challenged, facilitating athletic performance and better health. Tools used include weights, balls, bands and Pilates rings. *All levels.*

Max Muscle Endurance – Advanced strength workout for the experienced student challenging every muscle group. High reps with heavy weights plus anaerobic drills. *Intermediate/Advanced fitness levels.*

PiYo – Muscle sculpting, core firming benefits of mat Pilates with strength and flexibility including flowing Yoga movements. This class includes intense exercises with faster music and flow but low impact. *All levels.*

Power Sculpt – Formulated strength workout makes the most of your time for maximum results! Weights, bands, bars, stability balls, and steps challenge total body. *All levels.*

Restorative Mat Pilates – This class focuses on the foundational movements with a slower flow, and deeper stretching. *All levels.*

SilverSneakers® Classic – Muscular strength and range of movement. Open to non-SilverSneakers® participants. *Beginning senior fitness levels.*

SilverSneakers® Circuit – Open to non-SilverSneakers® participants. *Intermediate/Advanced senior fitness levels.*

SilverSneakers® Yoga – This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to relax and think more clearly. Open to non-SilverSneakers® participants. *All senior fitness levels.*

Sport Conditioning – Enhance your sport performance with plyometrics, power moves, strength training, and aerobic intervals executed with attention to form, alignment, and control. Various tools used to develop muscle power, endurance and agility. *Intermediate/Advanced levels.*

Step Fusion – Boost your metabolism by alternating step choreography with hi/low impact cardio or sculpting intervals. Class works in a patterned format that is proven to increase metabolism for up to 48 hours after exercise! *Intermediate/Advanced levels.*

Tai Chi – A dynamic mix of tai chi, hatha yoga stretch and strength poses, and qigong standing exercises. Improve your overall fitness, learn tai chi or enhance your existing practice. *All levels.*

Tai Chi Arthritis – Evidence Based program using SUN style Tai Chi to improve balance and enable joint function. *All levels.*

Yoga – A discipline for physical, mental, and spiritual growth that literally means to "unite" or "yoke" through a system of postures and breathing exercises designed to stretch, strengthen and tone the entire body, reduce stress, and promote relaxation. *All levels.*

Beginning Yoga – An elementary discipline for physical, mental, and spiritual growth that literally means to "unite" or "yoke" through a system of postures and breathing exercises designed to stretch, strengthen and tone the entire body, reduce stress, and promote relaxation. *All levels.*

Power Yoga – Utilizes the Slow Flow Vinyasa technique, a vigorous practice that heats and strengthens core muscles in the body and enhances flexibility, all while encouraging deep concentration and focus. Positive benefits when added to a training program are maximizing performance through realigning muscular and structural imbalances while reducing tightness, tension, and risk of injury. *All levels.*

Yoga for Athletes – An intense discipline for physical, mental, and spiritual growth that literally means to "unite" or "yoke" through a system of postures and breathing exercises designed to stretch, strengthen and tone the entire body, reduce stress, and promote relaxation. *Intermediate/Advanced levels.*

Zumba – A Latin dance fusion class offering routines that feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat with a Latin flavor and international zest. Get ready to dance and have fun! *All levels.*

Zumba Toning – Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Lightweight, maraca-like Toning Sticks enhance rhythm and tones their target zones, including arms, abs, glutes and thighs. *All levels.*