














## Spring Break March 17 – March 23, 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:50am	<b>H.I.I.T It Hard</b> Janet	<b>LaBlast</b> Barb	<b>ZUMBA</b> Cindy  <b>Chisel</b> Janet	<b>Pilates</b> Lori  <b>Align &amp; Flow Yoga</b> Joni 8:00 -9:00 am	<b>Boomer Fitness</b> Cindy		
9:15-10:05am	<b>Hatha Yoga</b> Gwen (9:15 – 10:30 am)	<b>Boomer Fitness</b> Cindy	<b>Hatha Yoga</b> Kim (9:15 – 10:30 am)		<b>BARRE above</b>  #60635 3/29 – 4/19 (9:15 – 10:15 am)	<b>ZUMBA</b> Nolana 9:00 am – 9:50 am	<b>Align &amp; Flow Yoga</b> Joni 10-11:15 am  3/24
10:15-11:15am		<b>TRX TRAINING</b> #60441 3/12 - 4/2					
6:00-6:50pm	<b>Pilates</b> Lori			<b>ZUMBA</b> Cindy		<b>Free Class</b> <b>Fee-based class</b> <b>Takes place in</b> <b>Dakota Room</b> <b>Silver</b> <b>Sneaker/Beginner</b> <b>Appropriate</b>	 KEN-CARYL RANCH METROPOLITAN DISTRICT

**No Pop Pilates or Enerchi this week. Preregistration is required for all classes.**

Type	Program	Description	Length	Intensity	Results
	<b>ALIGN &amp; FLOW YOGA</b>	This class is appropriate for everyone. Focuses alignment-based direction, movement (flow) and rest. Greet the sun and start the day nourished, refreshed and ready for the day.	60	Low to Moderate	<ul style="list-style-type: none"> <li>Improves joint flexibility</li> <li>Tones &amp; shapes</li> <li>Enhances mental wellbeing</li> </ul>
	<b>BOOMER FITNESS</b>	This class gets your heart rate elevated to improve your cardiorespiratory system, then uses equipment to improve strength, flexibility, range of movement, balance, posture and core condition.	50	Low	<ul style="list-style-type: none"> <li>Increase metabolism</li> <li>Improve heart &amp; lung fitness</li> <li>Tones &amp; shapes</li> <li>Functional strength &amp; balance</li> </ul>
	<b>CHISEL</b>	Progressive technique of strength training will continually challenge your muscles; which will change your lean muscle mass, bone density, metabolic rate as well as strength!	50	High	<ul style="list-style-type: none"> <li>Increases strength and endurance</li> <li>Tones &amp; shapes</li> <li>Helps maintain bone health</li> </ul>
	<b>ENERCHI</b>	Enerchi is the Silver Sneakers version of Tai Chi. This class provides low-intensity movements that improves balance, reduces stress, improves brain power, helps your heart and improves core strength.	50	Low to Moderate	<ul style="list-style-type: none"> <li>Improves balance</li> <li>Improves core strength</li> <li>Boost brain power</li> <li>Enhances mental wellbeing</li> </ul>
	<b>HATHA YOGA</b>	This class explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week.	75	Moderate	<ul style="list-style-type: none"> <li>Improves joint flexibility</li> <li>Tones &amp; shapes</li> <li>Enhances mental wellbeing</li> </ul>
	<b>H.I.I.T. IT HARD</b>	This class uses HITT (High Intensity Interval Training), weights and challenging core work to challenge every muscle in your body! All this work is designed to keep your body burning calories for hours after you are done!	50	Moderate To High	<ul style="list-style-type: none"> <li>Increase metabolism</li> <li>Improves agility, coordination, strength &amp; endurance</li> <li>Improves heart &amp; lung fitness</li> </ul>
	<b>LABLAST</b>	A dance fitness program with no partner needed. This class uses all genres of music, includes weight training and will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz and many more.	50	Moderate	<ul style="list-style-type: none"> <li>Increase metabolism</li> <li>Develops self-expression</li> <li>Improve coordination</li> </ul>
	<b>PILATES</b>	This class is designed to develop core strength, mobility and coordination. Using traditional Pilates, yoga poses, stretching, movement patterns and conditioning exercises. Pilates participants will enjoy improvement in posture, flexibility, balance and overall toning.	50	Low to Moderate	<ul style="list-style-type: none"> <li>Tones &amp; shapes</li> <li>Core challenges</li> <li>Improves posture &amp; flexibility</li> </ul>
	<b>POP PILATES®</b>	POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.	50	Low to Moderate	<ul style="list-style-type: none"> <li>Tones &amp; shapes</li> <li>Core challenges</li> <li>Improves posture &amp; flexibility</li> </ul>
	<b>WORKOUT 101</b>	Starting your workout program or want to fine tune it? This is the class to try. This class will provide cardio, resistance, core and stretching exercises as well as information about proper form, posture and muscles engaged during all the levels.	50	Low to Moderate	<ul style="list-style-type: none"> <li>Improves agility, coordination, strength &amp; endurance</li> <li>Improves posture &amp; flexibility</li> <li>Improves heart &amp; lung fitness</li> <li>Improves posture &amp; flexibility</li> </ul>
	<b>ZUMBA</b>	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Loads of fun!!!	50	Moderate	<ul style="list-style-type: none"> <li>Increase metabolism</li> <li>Develops self-expression</li> <li>Improve coordination</li> </ul>