

Sunset Athletic Club Fitness Winter Schedule - Effective April 1, 2024

\* All classes are 55 minutes in length unless otherwise specified.

\* All instructors are highly trained, certified and dedicated professionals...with current CPR/First Aid certifications.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling Studio	6:15 a.m. Justin	6:15 a.m. Justin		6:15 a.m. Justin		
		8:00 a.m. Alt. Instructor	8:00 a.m. Michael	8:00 a.m. Michael		
	9:00 a.m. Mary		9:00 a.m. Alt. Instructor		9:00 a.m. Tina	9:00 a.m. Michael
Mind & Body Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 a.m. Strength/Balance Michelle	9:00a.m. Stretch & Relax JoAnne	9:00a.m. Strength/Balance Jamie	9:00a.m. Strength/Balance JoAnne	9:00 a.m. Yoga with a Kick Vera	
						10:00 a.m. Roll and Relax JoAnne
	11:00 a.m. Power Yoga Victoria	11:00 a.m. Yin Yoga Gretchen	11:00 a.m. Yoga for Bone Health Katy	11:00 a.m. Yoga Flow Noemi		
	12:00 p.m. GYROKINESIS® Victoria				12:00 p.m. Restorative Yoga Noemi	
		4:00 p.m. TaiChi Jamie				
7:00 p.m. Yin Yoga Jamie			7:00 p.m. Yoga Jamie			
Body Conditioning Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 a.m. Power Start Teresa	6:00 a.m. Cardio Strength Missi	6:00 a.m. Body Blast Mary		6:00 a.m. Cardio Strength Teresa	
		7:30 a.m. Strength & Stretch Corri		7:30 a.m. Strength & Stretch Corri		
	8:00 a.m. Resistance Training Tina		8:00 a.m. 20/20/20 Mary			8:00 a.m. Dance Party Diana
	9:00 a.m. Cardio Strength Tina	9:00am Flow Diana	9:00 a.m. Cardio Strength Tina	9:00 a.m. Dance Party Diana		9:00 a.m. Step Mary
		10:00 a.m. Get Strong Peggy		10:00 a.m. Get Strong Peggy	10:00 a.m. Zumba Jen	10:00 a.m. Body Blast Mary M.
	4:30 p.m. Dance Party Diana	4:30 p.m. Dance Party Diana			4:30p.m. Belly Dancing Diana	
	6:00 p.m. Cardio Strength Missi	6:00 p.m. H.I.I.T. Teresa	6:00 p.m. Zumba Jen	6:00 p.m. Express Weights Marie		
	7:00 p.m. (30 min) Core Strength Teresa	7:00 p.m. (30 min) Core Strength Jen	6:30 p.m. Core Strength Marie			
Exercise Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 a.m. Water Wake-Up Teresa		6:00 a.m. Water Wake-Up Teresa		8:00 a.m. Aqua Splash Jen
Lap Pool	10:00 a.m. Deeply Fit Tina				10:00 a.m. Deeply Fit Tina	
Therapy Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 a.m. Water Walking Jen				
		10:00 a.m. H2O Cross Training Richard	10:00 a.m. Use Your Noodle Jo Anne/Corri	10:00 a.m. H2O Cross Training Richard		9:00 a.m. Ai Chi Jen
	11:00 a.m. Ai Chi JoAnne		11:00 a.m. Ai Chi JoAnne	11:00 a.m. Water Walking Jen		
Studio 77 Located at 12429 NW Cornell Road	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30a.m. Barre Transformed Corri				7:30a.m. Barre Transformed Corri	
	8:30 a.m. Yoga Victoria	9:00 a.m. Total Barre Marie	9:00 a.m. Balletone Barre Diana	9:00 a.m. Total Barre Tina		8:30 a.m. Vinyasa Yoga Wayne
	10:00 a.m. Balletone Barre Diana	10:00 a.m. Cardio H.I.T.T. Barre Tina	11:00 a.m. Cardio Power Barre Tina	10:00 a.m. Yoga Angela	10:00 a.m. Cardio H.I.T.T. Barre Marie	10:00 a.m. Balletone Barre Diana
			12:00 p.m. Yoga for Lunch Wayne			
	4:30 p.m. Total Barre Mary	4:30 p.m. H.I.T.T. Barre Teresa	5:00 p.m. Cardio Barre Fusion Marie	4:00 p.m. Barre Core Fusion Marie		
	6:00 p.m. Yoga Angela	6:00 p.m. Yoga Wayne	6:00 p.m. Power Yoga Gretchen	6:00 p.m. Vinyasa Yoga Melanie		
		7:00 p.m. Inter. Vinyasa Yoga Gretchen				



Sunday

9:00 a.m.  
Mary

Sunday

10:15 a.m.  
Yoga Fundamentals  
Mary

2:00 p.m.  
Beginning TaiChi  
Jamie

2:30 p.m.  
TaiChi  
Jamie

Sunday

Sunday

Sunday

Sunday

Sunday

8:30 a.m.  
Power Barre  
Teresa

9:30 a.m.  
Yoga  
Jaimie

## Fitness Class Descriptions

LAND CLASSES
<b>AcuYoga:</b> A system of exercises that integrates two ancient holistic methods of maintaining health...Accupressure and Yoga. Benefit from these stretching and breathing routines for relieving muscular tension, creating more joint space for improved mobility for spine. and balancing & restoring the vital life forces of the body's energy pathways, promoting relaxation and reducing stress
<b>Barre:</b> A fun, full body workout that includes strength, agility, endurance and flexibility. Barre Classes fine-tune your muscles. w/o increasing bulk. Expect increased flexibility, improved endurance, increased strength, better posture, increased bone density.
<b>Belly Dance:</b> Explore your inner Goddess in this fun-filled Middle Eastern dance class. Bring a scarf for extra flair.
<b>Body Blast:</b> A total body heart pumping aerobic strength and conditioning workout. An interval class combining challenging strength and high intensity cardio for a full body calorie blasting work out.
<b>Cardio Strength:</b> Add variety and boost your energy in this class offering a mix of cardio and strength.
<b>Core Strength:</b> A 30 minute class combining core strength exercises and stretching
<b>Dance Party:</b> This exhilarating multicultural dance fitness class includes Bollywood, Latin, Jazz, and infused modern Belly Dancing. If you love to dance or want to learn, this class is for you. Join the party, boost your energy and express your unique self!
<b>Express Weights:</b> A 30 minute total body workout using light weights to strengthen and tone all muscle groups.
<b>Fit-Ball:</b> Do you know the secret for strengthening your core, protecting your joints and building muscle? It's stability. Fitballs, aka Stability balls, are more than just fun to sit and bounce on. Have a ball in this class while improving strength, cardio endurance and balance.
<b>Flexible Spine:</b> This 30 minute class offers a sequence of stretching & breathing exercises that promote a flexible spine
<b>Get Strong:</b> Get stronger and more flexible in this body strengthening class using a variety of eqpt and body weight exercises.
<b>GYROKINESIS(R)</b> This class will flow through a series of seated and standing movements that aim to stretch and strengthen the entire body. Through low-impact exercises that build internal resistance and dynamic strength, you will leave class feeling balanced and centered
<b>HIIT Circuit:</b> An even mix of focused strength exercises and dripping fun cardio segments. The intervals alternate between 4 minutes of strengthening and 4 minutes of TABATA cardio (HIIT) and is easily adjustable to meet all fitness levels.
<b>Low Impact Aerobics:</b> Sweat, smile and have fun in this joint-friendly aerobics class. Core exercises and stretching included
<b>Power Start:</b> A challenging workout guaranteed to build strength and endurance by combining cardio and resistance training.
<b>Qi Gong:</b> This class links body, mind, and breath to cultivate chi (energy) promoting health and vitality.
<b>Roll and Relax:</b> Release tension, mobilize joint space, relax muscles and find ease in movement. Foam rollers and tennis balls are used to trigger point and massage muscles.
<b>Spin:</b> Spin classes taught using Spivi delivering real time stats and 3-D simulations. Motivating rides challenge one to strive for their personal best while tracking fitness metrics such as heart rate, cadence, power, speed, distance and calories. Reservations required on Spivi App
<b>Strength &amp; Balance:</b> This class consists of "Functional Movements" that strengthen shoulders, hips and spine. Exercises are performed with body weight and Theraband resistance. Included are postures that improve spinal mobility, flexibility and balance.
<b>Step and Sculpt:</b> A choreographed routine with step, blended with resistance training.
<b>Stretch:</b> This class addresses the entire body with a combination of dynamic and static stretches.
<b>Tai Chi:</b> This moving, meditative form of exercise enhances one's health and vitality. Tai Chi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.
<b>Tae Kick:</b> Get a kick out of getting fit in this total body workout. No bags! No gloves! Just a heart pumping workout that crushes calories, builds muscles and improves focus and balance.
<b>Transform:</b> High rep movement sequences fatigue small muscles. Transform unique trouble spots creating long lean muscles.
<b>20/20/20:</b> This effective, well balanced workout has it all-20 min of muscle building strength, 20 minutes of cardio endurance, & 20 minutes of flexibility. It's an excellent workout for all fitness levels.
<b>Balletone:</b> Ballet inspired functional class. Warm up at the bar followed by non stop cardio movements balance work with stretch & flexibility.
<b>Yoga:</b> As you move through postures with breath experience the benefits of quieting the mind and restoring a sense of physical and mental balance.
<b>Power Yoga:</b> Strengthen and challenge Mind and Body in this invigorating paced advanced Vinyasa style class
<b>Restore &amp; More:</b> Hybrid class with slow, easy & healthy natural movement's that will prepare the body for a nurturing restorative yoga practice
<b>Vinyasa Yoga:</b> A nurturing form of yoga with time to connect with your breath flowing from one pose to the next.
<b>Yin Yoga:</b> Passive, relaxing and nurturing form of yoga with time to connect with your breath and hold poses. Includes meditaiton.
<b>Yoga for Bone Health:</b> Resistance weight training isn't the only way to strengthen your bones. Learn how to build stronger and healthier bones when younger, or how to slow or reverse osteoporosis when older. Blocks, straps, blankets, walls and chairs are used to ensure correct and assessable poses whatever your level of ability.
<b>Yoga for Lunch:</b> Wake up body and mind in this dynamic, movement-based Vinyasa Flow practice during your lunch break. Recharge, refresh and shake off the midday slump. Leave feeling invigorated and ready to tackle the rest of the day.
<b>Yoga Fundamentals:</b> Deepen your practice with a thorough exploration of <b>asanas</b> , including their alignment principles, energetic actions, modifications and variations.
<b>Yoga with a Kick:</b> Combine Yoga with resistance band training to promote efficient movement patterns improving joint mobility. Sprinkle with Yin static stretches, myofascial work ,controlled breathing exercises bringing balance to your nervous system
<b>Yoga Strength &amp; Dance:</b> Increase flexibility & strength while incorporating cardio dance. Join the fun with this music driven fast paced class.
<b>Zumba:</b> An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time!
WATER CLASSES
<b>Ai Chi:</b> A movement sequence of dynamic stretches in continual patterns combined with focused breathing bring comfort to joints and muscles and promote deep relaxation and stress reduction
<b>Aqua Splash:</b> Have a blast & make a splash in this moderate intensity class focused on endurance, strength & flexibility
<b>Deeply Fit:</b> Non impact exercises designed to strengthen muscles while using equipment to increase resistance & stabilize posture.
<b>H2O Cross Training:</b> Deep & shallow water conditioning exercises using flotation belts and resistance equipment
<b>Use Your Noodle:</b> Use your noodle as a bicycle, swing, lounge chair, surfboard & pogo stick while improving strength an balance
<b>Water Wake UP:</b> Give metabolism a jump start in this class designed to build endurance, strengthen muscles & increase flexibility.
<b>Water Walking:</b> Gentle water movement for better posture and mobility with empahsis on balance and flexibility

### Body Conditioning Studio

Children must be 8 years old and able to fully participate in order to attend cardio classes. Children must be 12 years old to attend Resistance Training classes and must adhere to the advice of the instructor on appropriate weights to use.

#### Spin Studio

Children must be 8 years old, able to participate, and fit appropriately on the bike.

#### Mind Body Studio

Children 8 years old are welcome to participate in classes with the instructor's O.K. All ages must respect and honor our quiet space.

#### Studio 77

Adult facility. 16 years old and up. Exclusively BARRE and Yoga classes.

#### General

For the safety of everyone, children of any age are not to sit in any studio while class is in session. Doors to all studios remain locked when class is not in session. Members may enter studios only with an instructor present. Pilates Reformer studio only available for use with Pilates Instructor

**Please refrain from wearing fragrances to class.**

## ***Spinning Classes***

Indoor group cycling is a cardio experience bringing athletic training to participants of all abilities. An individually challenging and energizing class set to music that will develop strength and endurance. Riders determine their own level of challenge allowing those new to the activity as well as conditioned cyclists to experience success.

### Tips for a great ride.

- 1) Sign up for class is required.
- 2) Sign up is available 30 minutes before class at the Service Desk.
- 3) Only sign yourself up for class. Please!
- 4) Arrive to class on time. Set up time is crucial to your success, comfort, and safety.
- 5) Get help for initial fitting. New to class? Inform the instructor and receive the assistance you need for bike adjustments to fit legs and torso. This is a critical point of your successful ride.
- 6) Wear proper clothes. Loose fitting clothing is not to your advantage. Bike shorts, Gel seat pads, and padded bike shorts are highly recommended.
- 7) Bring water and towel. You will sweat!...a lot! This is good but please replenish fluids before, during and after your ride to prevent dehydration.

Enjoy your ride!