June 2022 Group Exercise Schedule

Room "A"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am		Body Sculpt		Body Sculpt	
8:30 am	Inst/Choice	F.I.T.	Cardio Strength	F.I.T.	Zumba
10:00 am	Low Impact	Osteo-Pilates	Senior Fitness	Osteo-Pilates	Low Impact
11:00 am	Inter/Ad Pilates		Inter/Ad Pilates		
11:30 am		Line Dancing		Line Dancing	
12:00 pm			Fall Prevention		
1:00 pm	Healthy Heart		Healthy Heart		Healthy Heart
2:00 pm		A1 Care		A1 Care	
5:30 pm	Zumba	R.I.P.	Zumba	Barre Above	
6:30 pm	Yoga			Yoga	

Room "B"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am	Cycling		Cycling		
9:30 am					Cycling Circuit
11:00 am	Breathing Easy	Silversneakers	Breathing Easy	Silversneakers	Breathing Easy
4:30 pm	Cycle/Circuit		Cycle/Core		
5:30 pm			Piyo		
6:00 pm		Junior Jiu-jitsu		Junior Jiu-jitsu	
6:30 pm	Cycle/Core		Cycle Circuit		
7:00 pm		Adult Jiu-jitsu		Adult Jiu-jitsu	

Room "A"

Time	Saturday
7:30 am	Body Sculpt
8:30 am	Zumba
9:30 am	Piyo

Saturday June 25, 2002
8:30 AM-9:30 AM
Dress in 80's attire to be entered into the opportunity drawing.

Room "B"

Time	Saturday
8:30 am	Cycling

Kaweah Health
Lifestyle Fitness Center

Please be considerate and refrain from entering scheduled classes while in session.

Aerobic Group Exercise Class Descriptions

Instructors Certified by ACSM, AFAA, ACE or COS

Kaweah Health Lifestyle Fitness Center

A1CARE LIVE WELL WITH DIABETES
A referral from your doctor or an exercise physiologist from The Lifestyle Center is required to participate. Participants need to bring their glucose monitor with them to each class. A fitness Profile/Program Design is required prior to starting class.

BODY SCULPT
This full- body-conditioning workout uses bands, hand weights and Body Bars to enhance muscle definition, strength and muscular endurance.

BARRE ABOVE
This format fuses the best of pilates, yoga, aerobic and elements of strengthening exercises that dancers utilize.

BREATHING EASY (PHASE II PULMONARY REHABILITATION)
This class is specifically for any participant who has completed Outpatient Pulmonary Rehabilitation or those with lung disease. A Fitness Profile is required prior to starting class.

CARDIO STRENGTH
3-5 minutes of cardiovascular and 3-5 minutes of sculpting utilizing the step along with various equipment for strengthening and conditioning your core.

CYCLING
Cardiovascular and endurance class using a stationary cycle. Appropriate for all fitness levels as intensity is individually controlled.

CYCLE CIRCUIT
Combination of cardiovascular intervals of cycling with intervals of weight resistance training. Guaranteed to give you a great full- body work out.

CYCLE/CORE
Cycling class that includes a cardiovascular and endurance segment ending with core training.

FALL PREVENTION.
Balance and coordination class focusing on strengthening the body's different balance systems by performing specialized movements.

F.I.T. (FITNESS INTERVAL TRAINING)
F.I.T. Combines strength training with cardiovascular intervals. This class will focus on challenging your balance, stability and core strength.

HEALTHY HEART CLASS (PHASE III CARDIAC REHABILITATION)
This class is specifically designed for post- cardiac rehab patient and other individuals with special cardiac needs. A Fitness Profile is required prior to starting class.

INSTRUCTOR'S CHOICE
This class incorporates a wide variety of aerobic and strength training activities. The Instructor will choose from the following formates: R.I.P.,Tabata, Piyo, or Box-N-Kick

JIU-JITSU (ADULT)
A self-defense oriented martial arts class, which emphasizes techniques including; balance, leverage, deflecting attacks, maintaining proper positioning and escape holds.

JIU-JITSU (JUNIOR)
Children ages 5 to 15 years will learn the basic fundamental techniques of Brazilian Jiu-jitsu with emphasis on improving balance, flexibility, coordination and cardio capacity.

LINE DANCING
Need no partner. Popular line dances are explained, demonstrated and practiced

LOW IMPACT
Lower intensity cardio for 30 minutes for the majority of those starting an aerobic program.

OSTEO-PILATES
Pilates Mat class emphasizing basic Pilate's principles such as breathing technique, neutral pelvis and spine, and fundamental exercises. Accommodates beginners and those with osteoporosis.

PILATES MAT
Mat class emphasizing Pilates principals and exercise. Class pace and exercise accommodates more advance abilities. Props may be used to enhance the workout.

INTERMEDIATE/ADVANCED PILATES
Mat class emphasizing Pilate's principles and exercises. Class pace and exercise accommodates intermediate and advanced abilities. Props will be used to enhance the workout. Not recommended for those with a history of back or neck injuries.

PIYO
Combines the muscle sculpting, core firming benefits Pilates with the strength and flexibility advantages of yoga. A true fat burning low-impact workout that leaves your body lean and defined,

PLYOJAM
Plyojam is an innovative dance fitness format that provides the intensity level comparable to that of an insanity workout but remains the fun, hip hop dance class you crave.

R.I.P. (REPS-INTEGRATION-POWER)
RIP is a barbell workout that incorporates functional movement and strength training for both men and woman alike. Every Muscle movement (exercise plane) is challenged during this motivating exercise format.

SENIOR FITNESS
Lower intensity aerobic class for seniors and those with limited physical abilities.

SILVERSNEAKERS CLASSICS (FORMERLY SIT -N-FIT)
Designed to increase muscle strength, range of movement and improve actives for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

YOGA
75 minute class of Hatha style yoga incorporating different poses to explore the inner structures of body, mind and spirit.

ZUMBA
A mixture of body sculpting movements and easy to follow dance steps to Latin and international music. Classes feature interval training principals to a combinations of fast and slow rhythms that tone and sculpt the body to maximize for fat burning potential.

All classes are 55 minutes unless otherwise specified

Please wait for staff to clean and put away equipment prior to entering the room for classes. There will be a gap between classes for proper sanitation of equipment. Please be considerate and refrain from entering scheduled classes while in session. Thank you for your patience.