



GROUP EXERCISE

Fall/Winter 2021

effective October 20, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S2 5:45-6:35 Cycling Matthew SP 8:00-8:55 Aqua Splash Sheri S1 9:00-10:00 BOSU: HIIT & Core Lauri S2 9:15-10:05 Cycle & Sculpt Marcia D. LP 9:15-10:15 Deep Water Workout Sheri S1 10:30-11:20 Zumba Emi S1 12:00-12:45 Yoga Core Lauri	 S1 9:00-9:45 Functional Strength Lauri LP 9:15-10:15 H2O Workout Kim Y. S1 9:55-10:20 Yoga Stretch Lauri S1 10:30-11:20 Zumba Melania S2 12:00-12:45 Cycle & Sculpt Lauri S1 12:15-1:00 Bone Builder Tricia	S2 5:45-6:30 Cycling Jackie S2 6:30-6:45 Sculpt Express Jackie SP 8:00-8:55 Aqua Splash Sheri S1 9:00-10:00 Step & Core Kim W. or Lauri S2 9:15-10:05 Cycling Tricia LP 9:15-10:15 Deep Water Workout Sheri S1 10:30-11:30 Pilates Stretch Kadria S1 12:00-12:45 Therapeutic Yoga Gina	S1 9:00-9:45 Kettlebell Workout Lauri LP 9:15-10:15 H2O Workout Margaret S1 10:30-11:20 Healthy Start Lauri S1 11:30-12:00 Yoga Stretch Lauri S2 12:00-12:45 Cycling Kadria S1 12:15-1:15 T'ai Chi Harriet	S2 5:45-6:35 Cycling Matthew SP 8:00-8:55 Aqua Splash Kim Y. S1 9:00-10:00 Step, Sculpt & Core Tricia S2 9:15-10:05 Cycle BPM Marcia D. LP 9:15-10:15 Deep Water Workout Kim Y. S1 10:30-11:20 Zumba Kim F. S1 12:00-12:45 Functional Yoga Marcia M.	S1 8:30-9:15 Kettlebell Workout Tricia LP 9:15-10:15 Deep Water Workout Kim Y. S2 9:30-10:20 Cycling Tricia or Marcia D. S1 9:30-10:20 Yoga Slow Flow Ariel or Jody S1 10:30-11:20 Zumba Alejandra S1 11:30-12:20 Barre Sculpt Alejandra, Kim W. or Andi	 S1 9:00-9:45 Pilates Mat Tracey S2 9:30-10:15 Cycling Susan S1 10:00-10:50 Zumba Sharon S2 10:15-10:30 Sculpt Express Susan S1 11:00-11:50 Yoga Greg
S1 5:30-6:30 Zumba Sharon S2 5:30-6:20 Cycling Suhad	S2 5:30-6:15 Cycle & Sculpt Kadria S2 6:15-6:30 Core Express Kadria	S1 5:30-6:30 Functional Strength Marcia D. S2 5:30-6:20 Cycling Margaret LP 5:30-6:30 Aqua Zumba Melania	S1 5:30-6:30 Mindful Yoga Erika S2 5:30-6:30 Cycling Martin	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>LEGEND</p> <p>S1 = Studio 1</p> <p>S2 = Cycling Studio</p> <p>SP = Small Pool</p> <p>LP = Large Pool</p> </div>		

CLASS POLICIES & PROCEDURES:

- For ages 13 years of age & older.
- Cycling class size is based on bike availability. First come, first served. Saving bikes for others is not allowed.
- **Face masks are mandatory at all times during indoor studio classes regardless of vaccination status.**
- **Face masks are not required when in the water.**
- No mats will be provided at this time. Please bring a personal mat, towel and water.
- Please use hand sanitizer provided **BEFORE** touching equipment and clean equipment you use after class.
- Schedule may be modified due to holiday, seasonal demand or instructor availability.

AMERICANS WITH DISABILITIES ACT:

Reasonable accommodations or other auxiliary aids and/or services may be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the meeting, event, class or activity you wish to attend. Due to difficulties in securing Sign Language Interpreters, five or more business days' notice is strongly recommended. For additional information, please contact: Parks and Recreation Department at 831-646-3866.

CLASS DESCRIPTIONS

visit montereysportscenter.org or call (831) 646-3730 for fees & details

Masks are REQUIRED at all times during indoor studio classes and not required when in the water.

AQUA SPLASH (Gentle): Gently fuses cardiovascular fitness, strength, core exercises and flexibility using water resistance.

AQUA ZUMBA (All Levels): Join the pool party! Unique Latin dance moves and rhythms in the water.

BARRE SCULPT (All Levels): This class blends ballet techniques, strength training and Pilates exercises to sculpt and tone the whole body.

BONE BUILDER (Gentle): Incorporates gentle postural, strength, balance, flexibility and weight bearing exercises important for building stronger bones and reducing fracture risk.

BOSU: HIIT & CORE (All Levels): 45 minutes of HIIT (high intensity interval training) using a BOSU followed by 15 minutes of core work.

CORE EXPRESS (All Levels): Align, strengthen and stabilize your entire core.

CYCLE BPM (All Levels, SPD compatible pedals): Feel the beat of the music in this rhythm-based ride on our Stages SC2 studio cycles.

CYCLE & SCULPT:
(All Levels, SPD compatible pedals)
Intervals cycling and strength training on our Stages SC2 studio cycles.

CYCLING (All Levels, SPD compatible pedals):
A low impact, interval based cardiovascular workout on our Stages SC2 studio cycles.

DEEP WATER WORKOUT (All Levels):
A deep water workout using the Hydrofit buoyancy & resistance equipment. Swimming proficiency is advised.

FUNCTIONAL STRENGTH (All Levels):
Define and sculpt your body with exercises that incorporate strength, core and balance training.

FUNCTIONAL YOGA (All Levels): A yoga practice designed to maintain and improve the mind and physical body for essential daily activities.

HEALTHY START (All Levels): A great beginner, low impact or recovery class; combines low impact aerobics, strength training and core exercises.

H2O WORKOUT (All Levels):
Shallow water aerobics emphasizing aerobic conditioning and strengthening using water resistance.

KETTLEBELL WORKOUT (All Levels):
A dynamic, full body workout that combines strength, core, and cardiovascular training in the movements performed with a kettlebell. Proper technique and form are emphasized.

MINDFUL YOGA (Gentle, All Levels): Experience expansion of your mental and physical self through asana, breath, and mind/body awareness.

PILATES MAT (Gentle, All Levels): Focusing on the core or "powerhouse" of the body, Pilates exercises are designed to develop abdominal and back strength, flexibility, and body awareness.

PILATES STRETCH (Gentle, All Levels): 15-20 minutes of gentle Pilates inspired core exercises followed by mobility stretching to release & lengthen the hips and back.

SCULPT EXPRESS (All Levels): A quick and effective 15-minute upper body strength class.

STEP & CORE (All Levels): A 45-minute cardio based step workout followed by 15 minutes of core training.

STEP, SCULPT & CORE (All Levels):
45 minutes of cardio and strength intervals using a step followed by 15 minutes of core work.

T'AI CHI (Gentle, All Levels): A profound mind, body and spirit discipline consisting of a series of meditative movements performed in a slow, focused manner accompanied by deep breathing. T'ai Chi improves strength, flexibility and balance.

THERAPEUTIC YOGA (Gentle, All Levels): A gentle yoga approach intended to create space in areas that are compressed, relieve tight muscles, and help induce the relaxation response in the body.

YOGA (All Levels): Traditional hatha yoga asanas (poses) are practiced.

YOGA CORE (All Levels): A unique mind/body class that fuses strength and flexibility based yoga poses with core exercises for better body function.

YOGA SLOW FLOW (All Levels): Flow at a slower pace to initiate better body awareness and alignment. Poses are held for a longer duration to allow for more instruction and a deeper experience of each pose.

YOGA STRETCH (Gentle, All Levels): Allow your body to release, recharge and recover in this yoga based stretch class.

ZUMBA (All Levels): Join the ZUMBA party! Dance your way to a fitter you with exciting and unique Latin moves and rhythms.