

All classes are 45 minutes (unless indicated) to allow for sanitizing and set up of equipment between classes unless otherwise indicated.

ALL CLASSES ARE IN THE SL8 CLASSROOM UNLESS OTHERWISE INDICATED

<b>NOVEMBER CLASS SCHEDULE</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
6:00 AM	STRONG NATION by ZUMBA Janet	MUSCLE PUMP Susie	SPIN Carole SL8 Outdoors	MUSCLE PUMP Susie	SPIN Carole SL8 Outdoors	
7:00 AM	SPIN Susie/Carole SL8 Outdoors	CONDITIONING Susie	PIYO Carole	CONDITIONING Susie	PIYO Carole	
8:00 AM	SENIOR FIT & FLEX Susie/Carole	PILATES Carole	CONDITIONING Mallory	PILATES Carole	TGIF Mallory	
9:00 AM	DANCE FUSION Cristal	8:45 DANCE FUSION Cristal	LOW IMPACT CIRCUIT Mallory	CARDIO CORE BLAST Mallory (30 minutes)	8:45 BODY BALANCE Mallory	MIX IT UP Marilyn (November 5) Marilyn (November 19)  ZUMBA (November 12) Janet
9:30 AM		SENIOR STRENGTH Mallory \$10 drop in fee		SENIOR STRENGTH Mallory \$10 drop in fee	STRETCH & ROLL Sabrina (30 minutes)	
5:15 PM	5:15 SPIN Christy SL8 Outdoors	5:15 CORE & STRETCH (30 minutes) Marilyn	5:15 INTRO TO LIFT Marilyn			
6:00 PM	ZUMBA/STRONG NATION Janet	NEW STEP CITY Sabrina	6:15 ZUMBA Janet	SPIN Jenny SL8 Outdoors  PIYO Carole/Susie		
7:00 PM	PIYO Carole					

Hours: Monday – Friday 5:00 AM to 8:00 PM, Saturday and Sunday 8:00 AM to 1:00 PM

Thanksgiving Hours: 8:00 AM to 12:00 PM Thursday, November 24, No Classes November 24-26

 Join our members-only Facebook VIP Group for class updates and more information <https://www.facebook.com/groups/sl8woodlandvip>

## EXERCISE CLASS DESCRIPTIONS

### **BODY BALANCE**

Strengthen your core and improve your balance with this class which focuses on floor work, balance, stretching and relaxation.

### **CARDIO CORE BLAST**

30 minutes of ab-blasting moves to target your core and keep that heart rate up!

### **CONDITIONING**

This class is designed to burn calories and fat with a mix of weights, bodyweight exercises, cardio, TRX, and HIIT training for all levels.

### **CORE & STRETCH**

Core & Stretch is a 30-minute class focused on building core strength and flexibility, the foundation for any fitness program!

### **DANCE FUSION**

This fun dance class will blast calories, build endurance, and tone your body while jamming to awesome tunes! From Pop Princesses to Hip-Hop Swagger, Sexy Salsa to Hot Hula vibes, and Ballroom to Bollywood Beats – you will enjoy a fusion of good music and dynamic dance moves while having an awesome time! music. This class welcomes all dance and fitness levels and is a judgement-free zone where you can dance like nobody is watching.

### **INTRO TO LIFT**

Just starting on your fitness journey and not sure where to start? Intro to Lift will focus on form and the foundation of building a weight training workout. Each class will focus on different muscle groups. Attend every week for maximum learning opportunities!

### **LOW IMPACT CIRCUIT**

Get your heart rate up in this low-impact class that combines weight training and cardio. All classes are similar, but we mix it up enough so that you continue to see progress, keep you motivated and interested.

### **MIX IT UP**

A great workout to get your heartrate up and tone those muscles. A mix of cardio, sculpting and strength interval training set to fun music will energize you for the weekend.

### **MUSCLE PUMP**

This class is designed for all body types and conditioning levels. Muscle Pump uses functional movement and resistance to engage all muscle groups and provide a total body workout. Keep your heart rate mid to high, with rest breaks to ensure adequate recovery.

### **NEW STEP CITY**

Strength & Cardio A-Go-Go! NRG Express! Smooth transitions of cardio using the Step, with intervals or circuits of strength and flexibility! Move & groove you all, party over here!

### **PILATES**

Our Pilates class is a full-body workout with a focus on core and body balance while creating space between your joints and improving flexibility. Life-changing techniques taught are intended to be applied to other exercise classes and activities to promote health and wellness! The class is designed for both beginners for the more advanced!

### **PIYO**

Our PIYO class is a mix of pilates and yoga, which focuses on deep abdominal core strength, balance, and building muscle flexibility. This total-body workout is adaptable to all ages and fitness levels.

### **SENIOR FIT & FLEX**

This class focuses on functional fitness and is designed to help active agers maintain strength, balance, and independence with the option to be seated and/or use the support of a chair. It is designed for every fitness level and modifications are demonstrated. Move mindfully and intuitively while working on flexibility & mobility training to honor the range of motion of your joints, balance exercises to improve your gait and confidence in your daily routines, resistance, body weight or light weight training to build lean muscle and increase bone density, and a fun low impact cardio training segment to maintain heart and lung function.

### **SPIN**

Join us for a fun, high energy, heart pumping cycle class with dynamic movements that will push your limits. This class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. All levels welcome!

### **STRENGTH EXPRESS**

This 30-minute class will energize your Friday and kick off your weekend with cardio and strength training intervals!

### **STRETCH & ROLL**

The 30-minute Myofascial Release (MFR) Class can heal the body in a myriad of ways from breaking up scar tissue, improving digestion, easing stress in the body, connecting mind/muscle movement, and increasing an overall sense of wellness and energy thru fascia hydration.

### **STRONG Nation (formerly STRONG by ZUMBA)**

In STRONG Nation, you push yourself beyond your plateaus to achieve overall body transformation. The moves are like the ones you find in a HIIT workout, using only bodyweight. The music was reverse engineered to match every move. It includes fast-paced rhythms like EDM and Hip-Hop.

### **TGIF**

Tone. Glutes. Intervals. Fun. Energize your Friday and get your workout in to kick off your weekend!

### **ZUMBA**

Zumba combines high energy and motivating Latin and International music with easy-to-follow body sculpting dance moves and combinations. Work every muscle with this killer strength training class coupled with great music.