

COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

www.comfitme.com

Classes Effective March 27, 2017.

friendsofitness@myfairpoint.net

Classes marked ** have a fee.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Gentle Awakening Yoga w/Gayle 10:00 AM Silver Sneakers w/ Terri 4:30-5:15 PM Zumba w/Sherree 5:30-6:30PM Boot Camp w/Wendy	9:00AM Active Adults w/Christina 10:15-11:30 AM **Primary Steps in Music & Art 4:15 PM Spinning w/Christina 5:15-6:00 PM Tabata Circuit w/Kaitlyn	7:00-8:00 AM **Tai Chi w/Wayne * 8:00 AM Gentle Awakening Yoga w/Gayle 10:00 AM Silver Sneakers w/ Terri 3:15 PM Yoga Unwind w/Gayle 4:30-5:15 PM Zumba w/Sherree 5:20-6:05 PM Shred w/Cara	9:00AM Active Adults w/Christina 10:15-11:30 AM **Primary Steps in Music & Art 3:15 PM S.W.A.T. w/Christina 4:15 PM Spinning w/ Christina 5:15-6:00 PM Kickboxing w/Wendy 6:00-7:30 PM Health in Your Hands with Wayne Ripley	10:00 AM Silver Sneakers w/ Terri 4:30-5:15 PM Step Dance w/Sherree	8:30-9:15 AM Tabata Circuit w/Kaitlyn

Class Descriptions * Alphabetic Order

Active Adults: This program provides cardio, strength training, balance and flexibility training in an upbeat encouraging atmosphere. Make new friends and bring your friends along for a class designed to keep you enjoying an active lifestyle. Participants must be able to be on their feet for the 45-60 minute class.

Boot Camp: Back to basics cardio class with a boot camp theme. Classes will include indoor & outdoor workouts weather permitting. Mix up your workout and try something new. Every class will be a workout adventure!

Gentle Awakening Yoga: Awaken your body and mind with gentle warming, hip opening, vinyasa flow (breath linked movement), meditation and pranayama (breath work) for a balanced centered energy throughout your day.

Health in Your Hands: Our body-energy work (40 min.) will begin with two powerful, time tested chi-kung sets: one for the wet, yin organs (spleen, kidney, liver) and another for the yang organs (lungs, heart & large intestine). In addition we will begin Mr. Chan's "meditation" set. My students consider this cosmic, slow circling, chi-kung dance to be very powerful & energy laden. It beautifully cycles through eight postures ...! In order to distribute this energy, we will take a month or two to investigate three of T'a-Ji's most recognizable movements: Brush knee, turning the body; repulse like a monkey while stepping back; fair lady weaves at the shuttles. A detailed study of these postures will demonstrate & illustrate the benefits physically, emotionally & spiritually of this ancient Internal Art...!

****Primary Steps in Music & Creative Art Play,** Music and Art class for children 15 months to 5 (approx.). \$49.00 fee for six week program that begins Feb. 21st. See our flyer on the website www.comfitme.com for more details. Lauralyn Buie for music and TerriKelley Palin for art. An adult must attend class with the child. 10:15 to 11:30 AM on Tues. or Thursdays depending on age group.

Shred: A 45 minute full body workout, strength training and cardio with a 3 level hard, harder, hardest circuit finisher! Great music, great fun. Get your sweat on! Modifications will be demonstrated so all fitness levels will feel capable and challenged.

Silver Sneakers: Muscular Strength Range of Motion through Silver Sneakers. Senior class designed so participants can do the entire class seated if necessary. Exercises to enhance strength, endurance, and flexibility. Approx. 60 minutes.

Spinning: Go for a journey up and down hills, sprint, hover, and get your heart rate cranking with this group spinning bike class. **Spinning HIIT** High Intensity Interval Training

S.W.A.T.: Sweat, weight loss, agility, toning. A full body strengthening class using all of our fun tools and our own body weight. Expect to sweat! Modifications will be shown so all abilities are welcome.

Tabata Circuit: Using Intervals of 20 work, 10 rest ratio we'll take you through 14-16 stations with 4 cycles at each station. Modifications will be demonstrated so all fitness levels will feel capable and challenged. Upbeat music + intervals + circuit = sweat, toning, weight loss, and FUN!!!

****Tabata Bootcamp:** Based on the most current research in fitness! This revolutionary 8-week program combines bootcamp fitness with the hottest trend to hit the scene - High Intensity Interval Training.

- Personalized results-driven program that targets your individual goals
- Increases your strength, endurance, flexibility, & cardiovascular fitness
- Workouts that are never boring, take 1/2 the time, & change your body for LASTING results
- Group support in a small group training environment - to keep you on track for success!
- 24/7 website access, to track your progress and interact with your trainer and fellow bootcampers.

You can find additional information at www.tabatabootcamp.com

Yoga Unwind: Unwind from your day with a calming, focused basic yoga practice. Relax into your breath as you move through standing and seated postures that will strengthen & stretch your body and enhance your balance. Class ends with a short meditation leaving you feeling refreshed, relaxed, and centered. You do not need to be flexible to attend yoga. :)

Zumba (Dance Cardio): Come and bring your friends for a light hearted, swing your hips, good time! Work up a sweat, burn calories and laugh with everyone else! Moves can be modified for every fitness level, low intensity or high, whatever your work out level is at you can do this class! There are no right or wrong moves in this class, bring your own flair and join in the fun!!