



SEPTEMBER 2017

GROUP EXERCISE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 9:00AM CLASSIC HI/LO AEROBICS <i>Art</i>			8:00AM - 8:45AM SPIN <i>Jim</i>	
9:00AM - 10:00AM CARDIO KICK & BARRE <i>Jami</i>		8:00AM - 9:00AM CLASSIC HI/LO AEROBICS <i>Art</i>		9:00AM - 10:00AM CARDIO KICK & BARRE <i>Jami</i>
		9:00AM - 10:00AM CARDIO KICK & BARRE <i>Jami</i>		
5:30PM - 6:30PM SPIN <i>Jim</i>	5:30PM - 6:30PM STRENGTH & ENDURANCE <i>Laura</i>	5:30PM - 6:30PM SPIN <i>Jim</i>	5:30PM - 6:30PM STRENGTH & ENDURANCE <i>Laura</i>	 7:00PM - 8:00PM HIP-HOP ROBICS <i>Luke</i> <u><i>First Friday of each Month</i></u>

WELLGATE SPORTS CLUB

1740 Eureka Way
Redding, CA 96001
(530) 768-1205

HOURS OF OPERATION

Monday to Friday 4:30am to 9:00pm
Saturday 8:00am to 7:00pm
Sunday 10:00am to 5:00pm



SATURDAY	SUNDAY
 9:00AM – 10:00AM STRENGTH & CONDITIONING <i>Christian</i>	



SEPTEMBER 2017

SALTWATER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 9:00AM AQUA AEROBICS <i>Kathleen</i>	9:00AM - 10:00AM AQUA AEROBICS <i>Leslie</i>	8:00AM - 9:00AM AQUA AEROBICS <i>Kathleen</i>	9:00AM - 10:00AM AQUA AEROBICS/LATIN DANCE <i>Helen</i>	8:00AM - 9:00AM AQUA AEROBICS <i>Kathleen</i>
9:00AM - 10:00AM AQUA AEROBICS <i>Kathleen</i>	10:00AM - 11:00AM AQUA YOGA <i>Helen</i>	9:00AM - 10:00AM AQUA AEROBICS <i>Helen</i>	10:00AM - 11:00PM AQUA YOGA <i>Helen</i>	9:00AM - 10:00AM AQUA AEROBICS <i>Jessica</i>
10:00AM - 11:00AM ARTHRITIC AQUATICS <i>Helen</i>	5:30PM - 6:30PM AQUA AEROBICS <i>Anna</i>	10:00AM - 11:00AM ARTHRITIC AQUATICS <i>Helen</i>	5:30PM - 6:30PM AQUA AEROBICS <i>Anna</i>	10:00AM - 11:00AM ARTHRITIC AQUATICS <i>Jessica</i>

**** Pool Schedule Change Effective Immediately Until Further Notice ** Tuesday & Thursday 11 A.M - 11:45 One Lap Lane Available. Due to Small Group Training**

SATURDAY	SUNDAY

WELLGATE SPORTS CLUB

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SEPTEMBER 2017

MINDBODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM - 12:00PM STRETCH & BALANCE <i>Leah</i>	6:15AM - 7:15AM SUNRISE YOGA <i>Leah</i>	10:00AM - 11:00AM VINYASA FLOW YOGA <i>Lindsey</i>	6:15AM - 7:15AM SUNRISE YOGA <i>Leah</i>	
 12:00PM - 1:00PM PILATES <i>Kim</i>	9:00AM - 10:15AM VINYASA FLOW YOGA <i>Patti</i>	 12:00PM - 1:00PM PILATES <i>Kim</i>	9:00AM - 10:15AM VINYASA FLOW YOGA <i>Patti</i>	12:00PM - 1:00PM PILATES <i>Jessica</i>
5:30 PM - 6:45PM POWER YOGA <i>Nancy</i>	5:30PM - 6:30PM PILATES <i>Jessica</i>	5:30PM - 6:45PM VINYASA FLOW YOGA <i>Nancy</i>	11:00AM - 12:00PM STRETCH & BALANCE <i>Leah</i>	
			5:30PM - 6:30PM POWER YOGA <i>Nancy</i>	

SATURDAY	SUNDAY
9:00AM - 10:15AM YOGA <i>Gerry or DJ</i>	

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Sunday 10:00am to 5:00pm



CLASS DESCRIPTIONS

GROUP EXERCISE STUDIO

CARDIO KICK & BARRE

Cardio Kick & Barre provides a total body workout inspired by two activities that challenge cardiovascular endurance, strength, balance, stability and flexibility - cardio kickboxing and ballet. Combined, these activities build a strong and lean physique, lift and sculpt your derriere, and helps to burn calories in a fun and exciting new way! Each 60 minute class is divided into three "mini workouts" - 20 minutes of aerobic conditioning, 20 minutes of muscle strengthening and toning, and 20 minutes of core strengthening and stretching.

CLASSIC HI/LO AEROBICS

This classic Hi-Lo fitness class offers a fun workout for all fitness levels! Hi-Low class combines traditional, low-impact aerobics movements with higher impact strength-training movements, creating a comprehensive fitness routine that supports heart health and burns major calories! Participants will increase core strength and improve balance while working out to the "oldies but goodies" music!

STRENGTH & CONDITIONING

S&C is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Training, participants train at higher intensities, resulting in more calories burned, faster results, and a more efficient metabolism. This training program caters to group-exercise participants by providing a variety of modifications for all fitness levels.

SPIN

If you're looking for a cardiovascular workout that's more exciting than your typical treadmill and more motivating than the elliptical trainer (not to mention much nicer on the joints) then you need to check out Spin! This indoor cycling class includes many levels of cardiovascular intensity over the duration of 60 minutes, as the instructor guides you on a unique heart-pumping journey every time. Set to upbeat music, this class is perfect for all levels - beginner to advanced!

STRENGTH & ENDURANCE

This 60 minute heart-pumping workout challenges all the major muscle groups by incorporating exercises including squats, presses, planks, and more! This class was designed to create a fat-burning, muscle toning experience with the use of intervals and circuit training that works participants from head-to-toe! Periods of rest and recovery are encouraged as needed. Participants choose appropriate weight amounts and desired pace to create an individual workout to obtain the best results!

SALTWATER POOL

AQUA AEROBICS

Ride the waves in a cardiovascular water exercise class that will help improve balance and strength. Aqua Aerobics focuses on cardiac training through the component of water resistance and buoyancy. Muscle groups are activated through safe and low impact movements where the water creates resistance. Moving to the upbeat music and interacting with both men and women adds a social benefit to the class. Aqua Aerobics is many times a "Gateway" exercise routine that builds confidence for participants to try other exercise modalities in the weight room or in other group exercise routines on land. All fitness levels are welcome!

AQUA ARTHRITIS

Aqua Arthritis class will help increase joint range of motion, build muscle strength and help reduce pain and stiffness for members with arthritis; fibromyalgia; recovering from surgery; or getting back into shape. Trained instructors lead participants through gentle range of motion exercises for all the joints in body. An added benefit is the gentle cardiovascular exercise to improve heart health and quality of life. This class helps strengthen the low back and improves balance.

AQUA YOGA

Aqua Yoga is a series of various Yoga Poses or Postures modified to be done in the water. We utilize the water's properties to receive the maximum benefits in each pose, deep relaxation and a feeling of comfort and confidence. Practicing Asanas in warm water (versus on land) is less stressful on the joints and promotes 30 percent more range of motion. This allows one to safely experience postures that otherwise may not be achievable. There is more opportunity to build strength to focused muscles in utilizing the water's resistance without weight bearing stress to the joints. We easily feel a sense of being nurtured and safe when practicing meditative yoga in the water.

MINDBODY STUDIO

PILATES

Designed to develop muscle strength, flexibility, balance, and inner awareness, Pilates is a series of non-impact exercises designed by Joseph Pilates. This method of exercise strengthens and lengthens muscles without creating bulk and can be beneficial when rehabilitating from injuries. All levels of fitness can benefit from Pilates mat training.

STRETCH & BALANCE

Chair yoga is a gentle form of yoga that is practiced sitting in a chair. It is perfect for students who are new to yoga and/or find it difficult to get on and off the floor (which is required for a traditional yoga class). Postures are chosen to protect joints, gradually improve balance and increase range of motion.

SUNRISE YOGA

This 60 minute yoga class is a unique and authentic offering from one of our qualified instructors. Participants are given the opportunity to rejuvenate, recharge and refocus the mind, body and spirit. This class incorporates traditional yoga postures (both passive and active) and introduces flow of movement that students can practice at their own pace. Each instructor brings their own teaching background, choreography and mind-body focus to each unique class.

VINYASA FLOW YOGA

This mixed level Vinyasa class inspires inner power and strength! The focus is on connecting breath with movement. Participants feel motivated and poised as they increase strength, flexibility, and experience physical and mental vitality. Concentrated movements that connect mind, body, and spirit help participants feel lighter and more relaxed after this class. A beginner's knowledge base of basic Vinyasa poses is helpful but not necessary.

YOGA

Each 75 minute yoga class is a unique and authentic offering from one of our qualified instructors. Participants are given the opportunity to rejuvenate, recharge and refocus the mind, body and spirit. This class incorporates traditional yoga postures (both passive and active) and introduces flow of movement that students can practice at their own pace. Each instructor brings their own teaching background, choreography and mind-body focus to each unique class.

POWER YOGA

In this power yoga class you will synchronize breath with movement. This is a dynamic fitness based style of yoga where you will move between poses focusing on building strength, flexibility and balance. This practice will make you feel more energized while enhancing your stamina, flexibility, creating better focus and relieving the body of tension.