



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK

fitness class schedule

JANUARY, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	indoor cycling studio 6:00-7:00AM	kettlebells studio 6:00-7:00AM	indoor cycling studio 6:00-7:00AM	kettlebells studio 6:00-7:00AM	indoor cycling studio 6:00-7:00AM		
	\$trx strength circuit , gym 6:00-6:45AM	\$trx boot camp gym 6:00-7:00AM	combination tabata training studio 7:00-7:30AM	\$trx boot camp gym 6:00-7:00AM			
8:00AM			yogalates studio 7:45-8:30AM			hatha yoga studio 8:30-9:45AM	
9:00AM	basic yoga studio 9:00-10:00AM	power pump studio 9:15-10:15AM	t'ai chi chih studio 9:30-10:30AM	power pump studio 9:15-10:15AM	silversneakers® classic , gym 9:30-10:30AM		
	silversneakers® circuit , gym 9:30-10:30AM	essentrics gym 9:30-10:30AM	silversneakers® classic , gym 9:30-10:30AM	essentrics gym 9:30-10:30AM			
10:00AM	dynamic pilates studio 10:30-11:30AM	silversneakers® classic , gym 11:00-12:00PM	zumba® gold studio 10:30-11:15AM	silversneakers® classic , gym 11:00-12:00PM	nia studio 10:45-11:45AM	turn & burn studio 10:00-11:00AM	better barre studio 10:30-11:30AM
					silversneakers® yoga , gym 10:45-11:45AM		
12:00PM	power yoga studio 12:00-1:00PM	abs & glutes studio 12:15-12:45PM	meditation studio 12:00-1:00PM	hatha/vinyasa yoga fusion studio 11:45-12:45PM	hatha yoga studio 12:00-1:00PM	zumba® studio 11:30-12:30PM	basic yoga studio 12:00-1:00PM
			moving for better balance studio 1:30-2:00PM				
5:00PM	hatha yoga studio 5:15-6:15PM	indoor cycling studio 5:30-6:15PM	strength tabata , studio 5:10-5:40PM	alignment based yoga , studio 5:15-6:15PM	strength tabata , studio 5:10-5:40PM		
			better barre studio 5:45-6:30PM				
6:00PM	zumba® studio 6:30-7:30PM	zumba® studio 6:30-7:30PM	vinyasa flow yoga studio 6:45-7:45PM	boot camp studio 6:30-7:30PM			
	ski conditioning gym 6:30-7:30PM						
7:00PM							

Fitness classes are for adults. You must be 14 years or older to participate.

A minimum of two people is required to hold a class.

\$ Additional fee/registration required

fitness class descriptions

JANUARY, 2017

alignment based yoga

This class will provide new students with the basics of the yoga poses and provide more experienced students with a stronger foundation and knowledge. Yoga props are used so that the poses are accessible to all levels.

abs and glutes

This 30-minute class uses a variety of exercises designed to blast the lower body and sculpt the abdominals.

basic yoga

This class is great for brand new beginners and those with specific concerns, emphasizing postural alignment and basic breathing techniques. Standing, seated and inverted postures will be taught so they are accessible and beneficial to everyone.

better barre

This Barre workout is designed to trim, tighten and tone your entire body by using small, controlled movements, isometric holds and high repetition.

cardio tabata training

Tabata consists of 8 rounds of 20 second high intensity intervals with 10 seconds of rest in between rounds. This workout produces maximum results in minimum time. This is a high intensity 30 minute cardio workout.

combination tabata training

Tabata consists of 8 rounds of 20 second high intensity intervals with 10 seconds of rest in between rounds. The workout produces maximum results in minimum time. This high intensity 30 minute workout is a combination of strength and cardio moves.

dynamic pilates

This class mirrors working with Pilates apparatus equipment in a studio. We utilize standing, sitting, and laying down movements with all of the tools to strengthen your core.

essentrics total body

Essentrics is a dynamic full body, low impact workout designed to simultaneously lengthen and strengthen every muscle in the body, resulting in greater joint mobility and long lean muscles.

hatha yoga

Hatha Yoga is an effective way to stretch and tone muscles and reduce stress. Learn some of the most popular Yoga poses which work to promote circulation, balance and flexibility. All levels welcome.

hatha/vinyasa yoga fusion

This Yoga class is a balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another.

kettlebells

Improve your fitness and physique using Kettlebells. This total body workout uses interval training that mixes strength and cardio to improve core strength, endurance and dynamic flexibility. All levels welcome..

meditation class

This class will cover introductory methods of instruction for a wide variety of techniques, including breath awareness, mantra repetition, breath control, heart centering, creative visualization and tension release.

moving for better balance

Moving for Better Balance is a falls prevention program that uses the principles & movements of Tai Chi in helping older adults improve their balance, agility and coordination in functional abilities.

nia

This class combines the fun and energy of dance, the explosive power of Martial Arts, the gentle flow of Tai Chi with the breathing and flexibility of Yoga into one body/mind/spirit cardio workout.

power pump

This exciting variable weight barbell class uses basic lifting techniques and motivating music to challenge every major muscle in your body. This class is great for both men and women.

power yoga

This challenging, interesting and balanced yoga flow underlines core strength, balance and flexibility to harmonize the body and mind.

ski conditioning

Get a head start on Winter and start getting in shape for skiing or snowboarding! This class is designed to improve leg strength, core stability and balance for a stronger ski season! Speed drills, agility drills and plyometrics will be incorporated into the workout.

silversneakers® circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength workout with hand held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

silversneakers® classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is open to all Senior members.

silversneakers® yoga

This class will move your whole body through a complete series of seated and standing Yoga poses. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

strength tabata training

Tabata consists of 8 rounds of 20 second high intensity intervals with 10 seconds of rest in between rounds. This workout produces maximum results in mini-mum time. This is a high intensity 30 minute strength workout.

t'ai chi chih

T'ai Chi Chih (pronounced Tie Chee Chuh) is a series of gentle, flowing movements designed to circulate and harmonize the Chi—the vital energy force flowing through the body. Potential benefits of regular practice include stress reduction, improved balance, management of chronic ailments, increased energy, enhanced mental clarity and improved athletic performance.

\$ trx boot camp

Train multiple muscles at once, in multiple planes of movement for a workout unlike anything you have ever experienced! This TRX class challenges users with a fast-paced workout that combines TRX strength exercises with cardio drills.

\$ trx strength circuit

This is a high intensity circuit workout blending TRX with strength training stations.

turn & burn

45 minutes of indoor cycling followed by abdominal work and stretching.

vinyasa flow yoga

This is a series of flowing postures linked by the breath to detoxify, stretch and lengthen the body.

yogalates

Yogalates is a core focused class that combines the flowing elements of Yoga as well as the core centered movement of Pilates. This class will flow through the fundamentals of both practices.

zumba®

Zumba is a fusion of Hip Hop, Latin dance and international music creating a dynamic, exciting fitness system. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

zumba® gold

A Fitness program designed to take the exciting Latin and International dance moves created in the original Zumba program and bring them to the Active Older Adult, beginner and anyone else needing modifications for a successful class.

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