

FLOOR FITNESS CLASSES

EFFECTIVE DATE: JUNE 1, 2016



MONDAY

7:30 AM Strength & Conditioning
8:00 AM Intermediate Yoga (Pool House)
8:30 AM Cardio Step
9:30 AM Strength & Conditioning
10:30 AM Zumba Gold
12:00 PM Intermediate Yoga
5:30 PM Zumba
6:30 PM Pound Fitness (1/2 hr)

TUESDAY

8:00 AM Gentle Yoga
9:00 AM Pilates
9:00 AM Beginning Yoga (Pool House)
10:00 AM Zumba
10:00 AM Beginning Yoga (Pool House)
11:00 AM Beginning Yoga
12:00 PM Intermediate Yoga
2:00 PM Silver Sneakers Classic
5:30 PM Intermediate Yoga

WEDNESDAY

7:30 AM Strength & Conditioning
8:00 AM Intermediate Yoga (Pool House)
8:30 AM Cardio Step
9:30 AM Strength & Conditioning
10:30 AM Zumba Gold
11:30 AM Pound Fitness (1/2 hr)
12:00 PM Intermediate Yoga
4:15 PM Flow Yoga
5:30 PM Zumba Toning

THURSDAY

8:00 AM Gentle Yoga
9:00 AM Pilates
9:00 AM Beginning Yoga (Pool House)
10:00 AM Zumba
10:00 AM Beginning Yoga (Pool House)
11:00 AM Beginning Yoga
12:00 PM Intermediate Yoga
2:00 PM Silver Sneakers Classic
5:30 PM Intermediate Yoga

FRIDAY

7:30 AM Strength & Conditioning
8:00 AM Intermediate Yoga (Pool House)
8:30 AM Cardio Step
9:30 AM Strength & Conditioning
11:30 AM Zumba Toning

SATURDAY

9:15 AM Pilates
10:15 AM Intermediate Yoga
11:15 AM Zumba

No classes on the following holiday dates:

4th of July, Thanksgiving Day, Thanksgiving Friday,
Christmas Eve, Christmas Day, New Year's Eve,
& New Year's Day

\$8.00 daily aerobics pass
Fitness/Full Members - **INCLUDED**

To provide the safest environment possible, the maximum class size in the fitness studio is **30** participants.
Entry is monitored by the instructor and is on a first come, first serve basis

FACILITY HOURS

MON-FRI 5:30 AM - 9 PM SAT 8 AM - 6 PM SUN 1 PM - 6 PM

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CARDIO STEP

These classes are designed to train the cardiovascular system, decrease stress, and improve body composition. The instructors will employ the use of a variety of teaching formats such as Step, Muscle Conditioning, Pilates, and Knockout Workout. Each class includes a warm up, a cardiovascular segment and a cool-down.

COMBO

This class is designed to combine cardio with light strength training, plyometric and core exercises.

PILATES

These workouts focus first on developing strength through the core of the body--the back, abdomen and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.

POUND FITNESS

This class is a full-body cardio jam session, combining light resistance with constant simulated drumming.

SILVER SNEAKERS CLASSIC

This class is designed for our Silver Sneakers participants to improve strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights.

STRENGTH & CONDITIONING

This full body class skillfully combines weights, bands, body bar, and ball; concentrating on major muscle groups.

YOGA

This is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility, balance, relieving stress and relaxing. **GENTLE YOGA** is a little slower and kinder with the main focus on functional moves. **BEGINNING YOGA** is suitable for 1st timers or a refresher. **INTERMEDIATE YOGA** is a little more intense for those who practice regularly and want to move further in their yoga capabilities.

FLOW YOGA is a combination of different types of Yoga.

ZUMBA

This class involves Latin dance moves lasting one hour and typically taught in a party atmosphere. Instructors promote classes as fun, energizing and easy to follow, regardless of fitness level. **ZUMBA GOLD** is geared towards exercise "newbies", physically limited or inactive older adults. **ZUMBA TONING** uses various "tools" along with dance to build strength and condition.

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