

# NOVEMBER 2024

## FITNESS SCHEDULE

learn more and book online at [sbhoa2.org/fitness](http://sbhoa2.org/fitness)



### FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7AM   MARIPOSA ROOM <b>SGT - KETTLEBELLS</b> WITH ROSS	7AM   MARIPOSA ROOM <b>POWER HOUR</b> WITH TOM	7AM   MARIPOSA ROOM <b>SGT - KETTLEBELLS</b> WITH ROSS		
8AM   MV BALLROOM <b>GENTLE YOGA</b> WITH BILL	8AM   MARIPOSA ROOM <b>STRENGTH</b> WITH JEANNETTE	8AM   MV BALLROOM <b>FLOW &amp; RESTORE</b> WITH JEANNETTE	8AM   MARIPOSA ROOM <b>STRENGTH</b> WITH JEANNETTE	8AM   MV BALLROOM <b>YOGA FOR A HEALTHY BACK</b> WITH IRINA	8AM   MARIPOSA ROOM <b>STRENGTH</b> WITH ROTATING INSTRUCTORS
9:15AM   MARIPOSA ROOM <b>POP JAM</b> WITH YVONNE	9:15AM   MARIPOSA ROOM <b>CARDIO BLAST MIX</b> WITH MICHELE	9:15AM   MARIPOSA ROOM <b>STEP N' SCULPT</b> WITH JEANNETTE	9:15AM   MARIPOSA ROOM <b>CARDIO BLAST MIX</b> WITH MICHELE	9:15AM   MARIPOSA ROOM <b>CARDIO BLAST MIX</b> WITH SHARON	
9:30AM   PALOMA ROOM <b>SEATED STRENGTH &amp; TAI CHI</b> WITH MARCIA		9:30AM   PALOMA ROOM <b>PARKINSON'S CLASS</b> WITH MARCIA		9:30AM   PALOMA ROOM <b>PARKINSON'S CLASS</b> WITH MARCIA	
	10:30AM   MARIPOSA ROOM <b>SGT - BALANCE &amp; FALL PREVENTION</b> WITH MICHELE	10:30AM   MARIPOSA ROOM <b>MAT PILATES</b> WITH IRINA	10:30AM   MARIPOSA ROOM <b>SGT - BALANCE &amp; FALL PREVENTION</b> WITH MICHELE		10:30AM   MARIPOSA ROOM <b>YIN YOGA</b> WITH LIZ
	10:30AM   PALOMA ROOM <b>YIN YOGA WITH GONG HEALING SOUND</b> WITH IRINA		10:30AM   RINCON ROOM <b>BROGA</b> WITH BILL		
		11AM   RINCON ROOM <b>ADVANCED TAI CHI</b> WITH MARCIA <small>SESSION BASED</small>		11AM   RINCON ROOM <b>BEGINNING TAI CHI</b> WITH MARCIA <small>SESSION BASED</small>	
	3PM   MARIPOSA ROOM <b>BASIC STRENGTH</b> WITH KELLY		3PM   MARIPOSA ROOM <b>BASIC STRENGTH</b> WITH KELLY	1:00PM   PALOMA ROOM <b>SGT - LEARN TO MED...</b> WITH KATHLEEN	
	4PM   MARIPOSA ROOM <b>STRETCH</b> WITH KELLY		4PM   MARIPOSA ROOM <b>STRETCH</b> WITH KELLY		

### AQUA CLASSES

9:00AM   MV POOL <b>HIIT H2O</b> WITH JEANNETTE	9:30AM   PRESERVE POOL <b>WATER WALKING</b> WITH JEANNETTE	9:00AM   MV POOL <b>ARTICULATIONS &amp; CARDIO</b> WITH MICHELE	9:30AM   PRESERVE POOL <b>WATER WALKING</b> WITH JEANNETTE	9:00AM   MV POOL <b>TOTAL BODY AQUA</b> WITH KIM	
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### HOA2 FITNESS CLASSES ARE \$8

Pay by Member Charge or Unlimited Monthly Fitness Class Pass (workshops, seminars & DV cycling classes excluded, passes are non-transferable & guests not included). SGT Classes are \$10 and not included with the Unlimited Fitness Class Pass. | Session Based Classes vary per class and not included with the Unlimited Fitness Class Pass. Schedule Subject to Change without Notice.

## CLASS DESCRIPTIONS

### FLOW & RESTORE YOGA

Class will begin with gentle flow to warm the body & class will culminate with restorative yoga. Restorative yoga holds poses much longer than conventional yoga & often uses props such as blankets, bolsters, and blocks.

### PARKINSON'S CLASS

Parkinson's Recovery Certified Trainer Marcia Pirie will teach members how to gain strength, flexibility and move more freely.

### STRENGTH

Use weights & bands in this functional strength training class to improve bone density and muscle mass. Everyday activities become easier when stronger.

### SGT - BALANCE & FALL PREVENTION

This class is a great way to learn how to help prevent falls & improve balance. Get more individualized attention while enjoying a class atmosphere.

### SGT - TRX & MORE

Not only will we explore the TRX, but we will also explore other modalities to challenge and change our cardiovascular system, flexibility, and mobility. If you are looking for a one-of-a-kind full body workout. Look no further! This class is \$10 and is not eligible for the Monthly Class Pass

### STRETCH

Relax and unwind while increasing mobility and reducing chance of injury with a full body stretch class. Adding a regular stretching routine to your repertoire can improve your performance in physical activities by helping your joints move through their full range of motion.

### CARDIO DRUMMING

This class will help reduce the risk of falls by improving strength, balance, coordination, and flexibility. If you avoid exercise due to fear of falling, it will make falling more likely. Take steps to reduce your chance of falling! Physical activity can go a long way toward fall prevention.

### YIN YOGA

A slower-paced style of yoga in which we use long-held, passive poses--twists, forward folds, supported backbends, and hip-openers--to increase mobility, mobilize, stretch, and hydrate the body's extensive fascial network. As we settle into poses for three to five minutes, the practitioner is invited into a more meditative internal space. We will incorporate yoga props as needed to support the body's joints and increase accessibility of the poses for all practitioners, making Yin Yoga a perfect complement to an active lifestyle.

### BARRE GOLD

This workout modality is specific to autoimmune conditions such as osteoarthritis, rheumatoid arthritis, and hip/joint bursitis. The fundamental focus of Barre Gold is to target your deep core which will provide stability to the pelvis and lumbar spine. The ultimate goal of this class focuses on strength, flexibility and range of motion.

### CARDIO BLAST MIX

Move your body to upbeat music with joint friendly low-impact cardio! Different cardio modalities may be used that are designed to keep it low impact and fun! Class may include low impact cardio, cardio drumming, or cardio circuits. Avoid the hum drum of the same old thing and change up your workout for a bigger calorie burn!

### STEP N' SCULPT

We will combine the best of two worlds: cardio and strength. We will use the steps in a safe manner to strengthen the muscles that support our knees while building upper body and lower body strength. Bands, weights, balls and other modalities may be used.

### YIN YOGA W/ GONG HEALING SOUND

Yin yoga is a natural range-of-motion practice focusing on slow stretches, specifically opening tight muscles to restore and rejuvenate your body. These poses will apply moderate stress to connective tissues for 2-4 minutes to increase circulation in the joints and improve flexibility. Followed by a gong healing sound that promotes further relaxation and stress relief.

### MAT PILATES

Mat Pilates is a dynamic workout that melds strength and grace into one fluid experience, designed to harness the power of your own body weight to sculpt and elongate every muscle group while a variety of props like bands, exercise balls, and small weights occasionally spice things up. Each session is a journey towards building a resilient core, aligning your posture with precision, and deepening your mind-body connection. Feel the stress melt away as you embrace a practice that not only fortifies your physical form but also nurtures your mental well-being, promotes a balanced lifestyle, and alleviates pain. Mat Pilates isn't just exercise; it's a path to a stronger, more centered you.

### POPJAM

This cardiovascular class make you move to the hits of Pitbull, J'Lo, Bruno Mars & more! Burn calories and get in 7,000 steps in this fun filled class. If you like to dance & sing, this class will not disappoint!

**For more information, call the DV Fitness Center at (520) 818-1300**

All attendees must have charging privileges, or a monthly or annual pass. Classes may be discontinued at due to low attendance. For questions please contact Jeannette.Pyle@sbhoa2.org. NO-SHOWS WILL BE CHARGED regardless if you have a pass. CLASS CANCELATIONS: Call DV Front Desk @ 520-818-1300.