

SEPTEMBER 2024

FITNESS SCHEDULE

learn more and book online at sbhoa2.org/fitness



FITNESS CLASSES

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

AQUA CLASSES

7:30AM PRESERVE POOL HIIT H2O WITH JEANNETTE	9:30AM PRESERVE POOL WATER WALKING WITH JEANNETTE	7:30AM PRESERVE POOL ARTICULATIONS & CARDIO WITH MICHELE	9:30AM PRESERVE POOL WATER WALKING WITH JEANNETTE	7:30AM PRESERVE POOL TOTAL BODY AQUA 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.

CARDIO DANCE BLAST

Move your body to upbeat music with joint-friendly, low-impact cardio! The first half of class includes easy to learn steps to strengthen your cardiorespiratory system! The second half of class covers strength training to work all muscle groups. It's so much fun you won't know you're working out.

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.

ZUMBA GOLD

A Latin inspired cardio workout, incorporating dances such as merengue, salsa, cumbia, belly dancing and more! This class is different from regular Zumba in that it provides more verbal instruction to better learn the moves and is done at a slower pace. Great class for someone new to exercise or someone hesitant to try regular Zumba. You will have so much fun dancing, you will forget you're working out! It's exercise in disguise.

SGT - TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

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

CORE CONDITIONING

Explore functional core movements while challenging your balance and stability. We'll use a variety of modalities to strengthen the core. From basic lifts to cardio movements, we'll work all areas of our core to strengthen our foundations

SPIN & YIN

Experience the heart pounding cardio benefits of cycling followed by the mind-blowing magic of yin yoga. We will combine approximately 30 minutes of cycling, great for all levels, with approximately 30 minutes of yin yoga. This class is a great way to become familiar with cycling and yoga.

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.

BODY WORKS

Body Works is a full body calisthenics workout that is intended to increase strength, endurance, and flexibility.

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.