

FEBRUARY 2024

FITNESS SCHEDULE

learn more and book online at sbhoa2.org/fitness



FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM MARIPOSA ROOM POWER HOUR WITH TOM SESSION BASED		7AM MARIPOSA ROOM POWER HOUR WITH TOM SESSION BASED			
8AM MV BALLROOM GENTLE YOGA WITH BILL	8AM MARIPOSA ROOM STRENGTH WITH JEANNETTE	8AM MV BALLROOM FLOW & RESTORE WITH JEANNETTE	8AM MARIPOSA ROOM STRENGTH WITH JEANNETTE	8AM MV BALLROOM YOGA FOR A HEALTHY BACK WITH JEANNETTE	8AM MARIPOSA ROOM STRENGTH WITH ROTATING INSTRUCTORS
9:15AM MARIPOSA ROOM CARDIO DANCE BLAST WITH JEANNETTE	9:15AM MARIPOSA ROOM CORE CONDITIONING WITH TARA	9:15AM MARIPOSA ROOM CARDIO DRUMMING WITH TARA	9:15AM MARIPOSA ROOM CORE CONDITIONING WITH TARA	9:15AM MARIPOSA ROOM CARDIO DANCE BLAST WITH MICHELE	9:15AM MARIPOSA ROOM NEW ZUMBA GOLD WITH CHERYL
		9:30AM PALOMA ROOM PARKINSON'S CLASS WITH MARCIA		9:30AM PALOMA ROOM PARKINSON'S CLASS WITH MARCIA	
10:30AM MARIPOSA ROOM NEW ZUMBA GOLD WITH KIM	10:30AM MARIPOSA ROOM SGT - BALANCE & FALL PREVENTION WITH MICHELE	10:30AM MARIPOSA ROOM BARRE DEFINE WITH TERILEE	10:30AM MARIPOSA ROOM SGT - BALANCE & FALL PREVENTION WITH MICHELE	10:30AM MARIPOSA ROOM BARRE GOLD WITH TERILEE	10:30AM MARIPOSA ROOM YIN YOGA WITH LIZ
10:30AM RINCON ROOM SGT- SUSPENDED ECCENTRIC BARRE WITH TERILEE	10:30AM RINCON ROOM BROGA WITH BILL	10:30AM RINCON ROOM SGT - TRX WITH TOM		10:30AM RINCON ROOM SGT TRX & MORE WITH JEANNETTE	
11AM PALOMA ROOM INTERMEDIATE TAI CHI WITH MARCIA SESSION BASED		11AM PALOMA ROOM ADVANCED TAI CHI WITH MARCIA SESSION BASED		11AM MARIPOSA ROOM BEGINNING TAI CHI WITH MARCIA SESSION BASED	
12PM MARIPOSA ROOM CARDIO DRUMMING WITH TARA					
		1PM MARIPOSA ROOM MEDITATION WITH KATHLEEN SESSION BASED			
	4PM MARIPOSA ROOM STRETCH WITH KELLY		4PM MARIPOSA ROOM STRETCH WITH KELLY		

AQUA CLASSES

9AM MV POOL AQUA MIX WITH TARA	9:30AM PRESERVE POOL WATER WALKING WITH JEANNETTE	9AM MV POOL ARTICULATIONS & CARDIO WITH MICHELE	9:30AM PRESERVE POOL WATER WALKING WITH JEANNETTE	9AM MV POOL TOTAL BODY AQUA WITH KIM	9AM MV POOL AQUA INTERVALS WITH ROTATING INSTRUCTORS
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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

SBC - POWER HOUR

Not for the beginner exerciser. Come ready to increase physical strength through weight-bearing and resistance exercise utilizing TRX, bands, and dumbbells. All major muscle groups are worked from head to toe. Focus will be on proper form and full range of motion during exercise. 'Challenge yourself to move out of your comfort zone and break through your personal fitness barriers.

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.

BARRE DEFINE

Barre Define expands on how you build strength, combining functional dumbbell strength training with the benefits of TeriLee's Burn Transform Technique. Barre Define increases on the definition of muscle by using weights in varied ways throughout class delivering new ways to build strength, power, endurance, and enhance your mind and body connection with new movement patterns.

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: Email Jeannette.Pyle@sbhoa2.org.