

# Shannon's Women's Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30 am	Body Sculpt	Body Sculpt	Body Sculpt	Body Sculpt	
7:15-8:00 am	Multi-Level Yoga	Multi-Level Yoga	Multi-Level Yoga	Multi-Level Yoga	
8:15-9:00 am	YAH PLUS	YAH PLUS	Easy Yoga	YAH PLUS	Yoga Tune-up
9:00-10:00 am					Beginning Tai Chi
9:15-10:00 am	Step Aerobics		Step Aerobics		Trekking
9:30-11:00 am		Therapeutic Yoga			
10:00-11:00 am	Tai Chi		Advanced Tai Chi		Tai Chi
11:00-Noon	Sword Tai Chi	Pilates	Tai Chi	Pilates	Easy Yoga

## Group Class Descriptions

**Advanced Tai Chi:** Class for those who have a strong background in Tai Chi and have been practicing at least three months.

**Beginning Tai Chi:** Basic introduction to Tai Chi to give the member the foundation to join other Tai Chi classes.

**Body Sculpt:** Advanced class, work at your own pace. Body sculpt uses resistance to work each muscle group to fatigue using a variety of equipment.

**DVD-Date:** Get your heart pumping and muscles burning! Combine cardiovascular exercises with core strengthening and weight lifting to increase calorie burn.

**Easy Yoga:** Explore the ancient mind and body practice of Yoga. Experience gentle movements that improve flexibility, balance and cultivate relaxation.

**Multi-Level Yoga:** Different levels of Yoga techniques to increase flexibility, core strength and balance. These Yoga techniques help improve overall health and wellness.

**Pilates:** Strengthen your core, lengthen your spine, build muscle tone and increase body awareness through a series of exercises.

**Step Aerobics:** An aerobic exercise using an elevated platform (the step) to help burn calories and tone muscles.

**Tai Chi:** Best recognized by its slow, soft, elegant and flowing movements. Class can be modified for all ability levels, helping the body shed stress, reduce blood pressure, improve strength and balance, plus ease joint pain and stiffness.

**Therapeutic Yoga:** Practice of Yoga in a simpler approach to address individual needs, restrictions and health conditions. This class serves as a transition into other group classes.

**Trekking:** Class on the treadmills using changes in speed and incline for a great cardiovascular workout!

**YAH (Young at Heart) PLUS:** A lower intensity, slower paced workout that improves strength, balance and flexibility. Great for beginners and older adults (all ages welcome)!

**Yoga Tune-up:** Based on trigger point therapy using self massage techniques that allow you to give yourself a deep tissue massage while helping relieve pain, tension and stress (Yoga ball therapy).