Don Rodenbaugh Natatorium Land Aerobic Schedule
March 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:25AM-5:55AM ***To the Core** With Caroline	**5:25AM-5:55AM** ***To the Core** With Caroline	**5:25AM-5:55AM** ***To the Core** With Caroline	**5:25AM-5:55AM** ***To the Core** With Caroline	**5:25AM-5:55AM** ***To the Core** With Caroline	
5:30AM-6:30AM ***Boot Camp @** With Chris		**5:30AM-6:30AM** ***Boot Camp** With Chris		**5:30AM-6:30AM** ***Boot Camp** With Chris	
6:10AM-7:05AM ***Small Group** **Personal Training** With Adam		**6:10AM-7:05AM** ***Small Group** **Personal Training** With Adam		**6:10AM-7:05AM** ***Small Group** **Personal Training** With Adam	
8:00AM-8:30AM ***To the Core** With Caroline	***8:00AM-8:45AM*** ***Silver Sneakers Cardio Circuit*** With Melanie	**8:00AM-8:30AM** ***To the Core** With Caroline	***8:00AM-8:45AM*** ***Silver Sneakers CardioFit*** With Melanie	**8:00AM-8:30AM** ***To the Core** With Caroline	
8:15AM-9:00AM ***Boot Camp** With Chris		**8:15AM-9:00AM** ***Boot Camp** With Chris		**8:15AM-9:00AM** ***Boot Camp** With Chris	**8:00AM-8:55AM** **Studio Cycling** With Kazette
9:00AM-10:00AM ***Silver Sneakers MSROM*** With Melanie	**9:00AM-10:00AM** **Yoga** With Sarita	***9:00AM-10:00AM*** ***Silver Sneakers MSROM*** With Melanie	**9:00AM-10:00AM** **Yoga** With Sarita	***9:00AM-9:45AM*** ***Silver Sneakers MSROM*** With Melanie	**9:00AM-10:00AM** **Yoga** With Nicole
10:15AM-11:15AM **Body Blast** With Lana H.	**10:15AM-11:00AM** **Core Fustion** With Noelle	**10:15AM-11:15AM** **Body Blast** With Lana H.	**10:15AM-11:00AM** **Core Fustion** With Noelle	**10:15AM-11:15AM** **Body Blast** With Lana H.	**10:15AM-11:00AM** **Core Fusion** With Noelle
11:15AM-12:00PM **Pilates** With Lana H		**11:15AM-12:00PM** **Pilates** With Lana H.		**11:15AM-12:00PM** **Pilates** With Lana H.	**11:15AM-12:00PM** **Zumba** With Dina
12:15PM-1:15PM **Lunch Zumba** Lana H.	**11:45AM-12:45PM** **Lunch Zumba** Lana H.		**11:45AM-12:45PM** **Lunch Zumba** Lana H.	**12:15PM-1:15PM** **TGIF Yoga** With Honey	**12:15PM-1PM** **Cardio Drumming** With Dina
	4:15PM-5:00PM ***Tap and Jazz 5-10** With Mary			**4:15PM-5:00PM** ***World Music & Dance5-7yr** With Mary	
				5:00PM-5:45PM ***Show Choir & Jr Drill Team 8-10yr** With Mary	
5:30PM-6:30PM **Body Sculpt** With Gerri	**5:30PM-6:15PM** **Evening Zumba** Dina	**5:30PM-6:30PM** **Yoga For Life** With Gerri			
5:30PM-6:30PM ***Boot Camp** With Chris	**6:30PM-7:30PM** ***Small Group Personal Training** With Adam	**5:30PM-6:30PM** ***Boot Camp** With Chris	**6:30PM-7:30PM** ***Small Group Personal Training** With Adam	**5:30PM-6:30PM** ***Boot Camp** With Chris	
7:00PM-7:45PM **Studio Cycling** With Paul	**7:45PM-8:30PM** **Evening Pilates** **Noelle**	**7:00PM-7:45PM** **Studio Cycling** With Paul	**7:45PM-8:30PM** **Basic Vinyasa Yoga** **Noelle**		

*NON-PUNCH CARD CLASSES

SCHEDULE SUBJECT TO CHANGE AT ANYTIME

UNDERLINED CLASSES FREE TO SILVER SNEAKER MEMBERS ONLY.

SILVER SNEAKERS IS NOW A PUNCH CARD CLASS

DRN PHONE NUMBER 214-509-4770

Don Rodenbaugh Natatorium LAND Aerobic Class

Descriptions

- **To The Core- (non-punch card class)** Take part in a great core workout, in just 30 minutes a day you'll get a fun filled packed full body workout. Classes consist of different exercises targeting the chest, arms, legs, abdominal muscles, and stretches.
- **Boot Camp- (non-punch card class)** Today, we offer this class to strengthen your core, build endurance, and teach proper living styles to maintain your improved body. All fitness levels are welcome.
- **Studio Cycling**- This class is designed to accommodate many different fitness levels. Studio cycling is great for the person that wants to be pushed beyond their normal routine. You're sure to get hooked! This class is limited to 10 people. Pre-Registering is recommended!
- **Body Blast**- 60 minutes of dynamite strength training for all major muscle groups. Each body part is blasted for 5 minutes using weights, tubing, and weighted bars.
- **Yoga**- Participants will improve balance and concentration in a non-competitive atmosphere. You will learn relaxation and breathing techniques that will help reduce stress and promote well being. The strength segment will use small hand weights and other types of resistance equipment. Please bring a yoga sticky mat.
- **Saturday Yoga**- Increase body tone and flexibility by focusing on core strength and mind/body connections. This form of Vin Yasa yoga increases circulations, strengthens the immune system, and increases overall vitality.
- **Pilates**- Increase flexibility, core strength, and stabilization. This is a great class for thinning out your mid-section. You will need a yoga sticky mat.
- **Silver Sneaker-** This is a **FREE** class to Silver Sneakers Members. A variety of support positions using a chair, light hand weights, balls, and resistance bands are introduced to increase strength and range of movement conditioning exercises. Also a punch card class.
- **New Silver Sneakers Cardio Fit**- It's the newest Silver Sneaker class on the block. The class will be for active older adults who desire a safe and effective low-impact cardiovascular workout. The class will include a variety of ways to follow movements geared toward conditioning improvements to increase cardiovascular strength and muscular endurance. Class is free for silver sneaker members. Also a punch card class.
- **New Small Group Personal Training**- In Small Group PT, you can lose inches and increase strength while sharing the cost of personal trainer. A nationally certified trainer will teach you proper exercise form the custom design your exercise routine and meal plan to fit your individual goals, time constraints and physical abilities. The small class size ensures you get the most attention and accountability at the best price.
- **Tap and Jazz for ages 5 – 10 (non punch card class)-** An upbeat combo class taught by a certified and experienced dance and music teacher. During this session children will be taught tap and jazz which over time will enhance their skills, improve coordination, and at the same time have fun.
- **New Body Sculpt**- The high energy fully packed 60 minute session will work your upper and lower body using weights, bands, steps, and floor exercises.
- **Basic Vinyasa Yoga**-Take it slow with this gentle, but deep approach to Vinyasa yoga. This practice links poses to breath to reveal body awareness, inner strength, and easeful opening.
- *Punch Card Prices $39 Members and $51.00 Non-Members for any 12 Classes at anytime you want!