

Sunset Athletic Club Fitness Spring Schedule - Effective May 1, 2024

Rev. 5.24

* All classes are 55 minutes in length unless otherwise specified.

* All instructors are highly trained, certified and dedicated professionals...with current CPR/First Aid certifications.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Studio	6:15 a.m. Justin	6:15 a.m. Justin		6:15 a.m. Justin			
		8:00 a.m. Alt. Instructor	8:00 a.m. Michael	8:00 a.m. Michael			
	9:00 a.m. Mary		9:00 a.m. Alt. Instructor		9:00 a.m. Tina	9:00 a.m. Michael	9:00 a.m. Mary
Mind & Body Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00a.m. Strength/Balance Michelle	9:00a.m. Stretch & Relax JoAnne	9:00a.m. Stretch/Balance Jamie	9:00a.m. Strength/Balance JoAnne	9:00 a.m. Yoga with a Kick Vera		
						10:00 a.m. Roll and Relax JoAnne	10:15 a.m. Yoga Fundamentals Mary
	11:00 a.m. Power Yoga Victoria	11:00 a.m. Yin Yoga Gretchen	11:00 a.m. Yoga for Bone Health Katy	11:00 a.m. Yoga Noemi			
	12:00 p.m. GYROKINESIS® Victoria				12:00 p.m. Restorative Yoga Noemi		2:00 p.m. Beginning TaiChi Jamie
		4:00 p.m. TaiChi Jamie					2:30 p.m. TaiChi Jamie
7:00 p.m. Yin Yoga Jamie			7:00 p.m. Yoga Jamie				
Body Conditioning Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 a.m. Power Start Teresa	6:00 a.m. Cardio Strength Missi	6:00 a.m. Body Blast Mary		6:00 a.m. Cardio Strength Teresa		
		7:30 a.m. Strength & Stretch Corri		7:30 a.m. Strength & Stretch Corri			
	8:00 a.m. Resistance Training Tina		8:00 a.m. 20/20/20 Mary			8:00 a.m. Dance Party Diana	
	9:00 a.m. Cardio Strength Tina		9:00 a.m. Cardio Strength Tina	9:00 a.m. Dance Party Diana		9:00 a.m. Step Mary	9:00 Boogie Burn Amy Martin
		10:00 a.m. Get Strong Peggy		10:00 a.m. Get Strong Peggy	10:00 a.m. Zumba Jen	10:00 a.m. Body Blast Mary M.	
	4:30 p.m. Dance Party Diana	4:30 p.m. Dance Party Diana			4:30p.m. Belly Dancing Diana		
	6:00 p.m. Cardio Strength Missi	6:00 p.m. H.I.I.T. Teresa	6:00 p.m. Zumba Jen	6:00 p.m. Express Weights Marie			
	7:00 p.m. (30 min) Core Strength Teresa	7:00 p.m. (30 min) Core Strength Jen	6:30 p.m. Core Strength Marie				
Exercise Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 a.m. Water Wake-Up Teresa		6:00 a.m. Water Wake-Up Teresa		8:00 a.m. Aqua Splash Jen	
Lap Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 a.m. Deeply Fit Tina				10:00 a.m. Deeply Fit Tina		
Therapy Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00 a.m. Aqua Splash Jen					
		10:00 a.m. H2O Cross Training Richard	10:00 a.m. Use Your Noodle Jo Anne/Jen	10:00 a.m. H2O Cross Training Richard		9:00 a.m. Ai Chi Jen	
	11:00 a.m. Ai Chi JoAnne		11:00 a.m. Ai Chi JoAnne		11:00 a.m. Water Walking Jen		
Studio 77 <small>Located at 12429 NW Cornell Road</small>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30a.m. Barre Transformed Corri				7:30a.m. Barre Transformed Corri		
	8:30 a.m. Yoga Victoria	9:00 a.m. Total Barre Marie	9:00 a.m. Balletone Barre Diana	9:00 a.m. Total Barre Tina		8:30 a.m. Vinyasa Yoga Wayne	8:30 a.m. Power Barre Teresa
	10:00 a.m. Balletone Barre Diana		11:00 a.m. Cardio Power Barre Tina		10:00 a.m. Cardio H.I.T.T. Barre Marie	10:00 a.m. Balletone Barre Diana	9:30 a.m. Yoga Jaimie
		11:00a.m. Balletone Barre Diana	12:00 p.m. Yoga for Lunch Wayne				
	4:30 p.m. Total Barre Mary	4:30 p.m. H.I.T.T. Barre Teresa	5:00 p.m. Cardio Barre Fusion Marie	4:00 p.m. Barre Core Fusion Marie			
	6:00 p.m. Yoga Mary	6:00 p.m. Yoga Wayne	6:00 p.m. Power Yoga Gretchen	6:00 p.m. Vinyasa Yoga Melanie			
		7:00 p.m. Inter. Vinyasa Yoga Gretchen					



Fitness Class Descriptions

LAND CLASSES
Balletone: Ballet inspired functional class. Warm up at the bar followed by non stop cardio movements balance work with stretch & flexibility
Barre: A fun, full body workout that includes strength, agility, endurance and flexibility. Barre Classes fine-tune your muscles. w/o increasing bulk. Expect increased flexibility, improved endurance, increased strength, better posture, increased bone density.
Barre Core Fusion: Ballet inspired workout that uses bodyweight resistance with emphasis on Core.
BarreTransformed: High rep movement sequences fatigue small muscles. Transform unique trouble spots creating long lean muscles.
Belly Dance: Explore your inner Goddess in this fun-filled Middle Eastern dance class. Bring a scarf for extra flair.
Body Blast: A total body heart pumping aerobic strength and conditioning workout. An interval class combining challenging strength and high intensity cardio for a full body calorie blasting work out.
Boogie Burn: Cardio dance where you can shake, shimmy & sweat your way to fitness. Easy to follow upbeat tunes designed to elevate your heart rate and sculpt your body. Let the rhythm guide you to a fun and effective workout!
Cardio Barre Fusion: At the Barre, increase your cardiovascular strength. Tone, Sculpt and lengthen muscles head to toe.
Cardio H.I.I.T. Barre: A Barre Class with higher intensity, fewer breaks and focused on cardiovascular fitness & strength building. With & without impact!
Cardio Power Barre: An Upbeat high energy Barre class combining traditional lightweight barre with non-stop fat burning metabolic movement. Think tiny, pulsing lunges to tone and strengthen the muscles in legs, thighs and glutes.
Cardio Strength: Add variety and boost your energy in this class offering a mix of cardio and strength.
Core Strength: A 30 minute class combining core strength exercises and stretching
Dance Party: This exhilarating multicultural dance fitness class includes Bollywood, Latin, Jazz, and infused modern Belly Dancing. If you love to dance or want to learn, this class is for you. Join the party, boost your energy and express your unique self!
Express Weights: A 30 minute total body workout using light weights to strengthen and tone all muscle groups.
Get Strong: Get stronger and more flexible in this body strengthening class using a variety of eqpt and body weight exercises.
GYROKINESIS(R) This class will flow through a series of seated and standing movements that aim to stretch and strengthen the entire body. Through low-impact exercises that build internal resistance and dynamic strength, you will leave class feeling balanced and centered
HIIT: An even mix of focused strength exercises and dripping fun cardio segments. Intervals alternate between strengthening & cardio. All fitness levels.
HIIT Barre: Super high energy combines Barre moves & high intensity interval training. Melts calories & fat for sculpted lean muscles & a strong core.
Power Barre: Weight-based strength training class using the Ballet Bar for muscular strength and power. Additional movements enhance muscular definition
Power Start: A challenging workout guaranteed to build strength & endurance by combining cardio and resistance training.
Power Yoga: Strengthen and challenge Mind and Body in this invigorating paced advanced Vinyasa style class
Restorative Yoga: A restful, nurturing practice encouraging slowing down & opening mind & body. using Props - poses are held for a long duration providing deeper relaxation.
Roll and Relax: Release tension, mobilize joint space, relax muscles and find ease in movement. Foam rollers and tennis balls are used to trigger point and massage muscles.
Spin: Spin classes taught using Spivi delivering real time stats and 3-D simulations. Motivating rides challenge one to strive for their personal best while tracking fitness metrics such as heart rate, cadence, power, speed, distance and calories. Reservations required on Spivi App
Strength & Balance: This class consists of "Functional Movements" that strengthen shoulders, hips and spine. Exercises are performed with body weight and Theraband resistance. Included are postures that improve spinal mobility, flexibility and balance.
Step : A choreographed routine with step, blended with resistance training.
Stretch & Relax: This class addresses the entire body with a combination of dynamic and static stretches, joint movements and focused relaxation.
Tai Chi: This moving, meditative form of exercise enhances one's health and vitality. Tai Chi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.
Vinyasa Yoga: A nurturing form of yoga with time to connect with your breath flowing from one pose to the next.
Yin Yoga: Passive, relaxing and nurturing form of yoga with time to connect with your breath and hold poses. Includes meditation.
Yoga: As you move through postures with breath experience the benefits of quieting the mind and restoring a sense of physical and mental balance.
Yoga for Bone Health: Resistance weight training isn't the only way to strengthen your bones. Learn how to build stronger and healthier bones when younger, or how to slow or reverse osteoporosis when older. Blocks, straps, blankets, walls and chairs are used to ensure correct and assessable poses whatever your level of ability.
Yoga for Lunch: Wake up body and mind in this dynamic, movement-based Vinyasa Flow practice during your lunch break. Recharge, refresh and shake off the midday slump. Leave feeling invigorated and ready to tackle the rest of the day.
Yoga Fundamentals: Deepen your practice with a thorough exploration of asanas , including their alignment principles, energetic actions, modifications and variations.
Yoga with a Kick: Combine Yoga with resistance band training to promote efficient movement patterns improving joint mobility. Sprinkle with Yin static stretches, myofascial work, controlled breathing exercises bringing balance to your nervous system
Stretch/Balance: Using a chair, slow-paced class is Yoga/Qigong inspired. Poses, stretches & focused breathing leave one energized, balanced & relaxed.
Zumba: An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time!
20/20/20: This effective, well balanced workout has it all-20 min of muscle building strength, 20 minutes of cardio endurance, and 20 minutes of flexibility. It's an excellent workout for all fitness levels.
WATER CLASSES
Ai Chi: A movement sequence of dynamic stretches in continual patterns combined with focused breathing bring comfort to joints and muscles and promote deep relaxation and stress reduction
Aqua Splash: Have a blast & make a splash in this moderate intensity class focused on endurance, strength & flexibility
Deeply Fit: Non impact exercises designed to strengthen muscles while using equipment to increase resistance & stabilize posture.
H2O Cross Training: Deep & shallow water conditioning exercises using flotation belts and resistance equipment
Use Your Noodle: Use your noodle as a bicycle, swing, lounge chair, surfboard & pogo stick while improving strength and balance
Water Wake UP: Give metabolism a jump start in this class designed to build endurance, strengthen muscles & increase flexibility.
Water Walking: Gentle water movement for better posture and mobility with emphasis on balance and flexibility

Body Conditioning Studio

Children must be 8 years old and able to fully participate in order to attend cardio classes. Children must be 12 years old to attend Resistance Training classes and must adhere to the advice of the instructor on appropriate weights to use.

Spin Studio

Children must be 8 years old, able to participate, and fit appropriately on the bike.

Mind Body Studio

Children 8 years old are welcome to participate in classes with the instructor's O.K. All ages must respect and honor our quiet space.

Studio 77

Adult facility. 16 years old and up. Exclusively BARRE and Yoga classes.

General

For the safety of everyone, children of any age are not to sit in any studio while class is in session. Doors to all studios remain locked when class is not in session. Members may enter studios only with an instructor present. Pilates Reformer studio only available for use with Pilates Instructor.

Please refrain from wearing fragrances to class.

Spinning Classes

Indoor group cycling is a cardio experience bringing athletic training to participants of all abilities. An individually challenging and energizing class set to music that will develop strength and endurance. Riders determine their own level of challenge allowing those new to the activity as well as conditioned cyclists to experience success.

Tips for a great ride.

- 1) Sign up for class is required.
- 2) Sign up is available 30 minutes before class at the Service Desk.
- 3) Only sign yourself up for class. Please!
- 4) Arrive to class on time. Set up time is crucial to your success, comfort, and safety.
- 5) Get help for initial fitting. New to class? Inform the instructor and receive the assistance you need for bike adjustments to fit legs and torso. This is a critical point of your successful ride.
- 6) Wear proper clothes. Loose fitting clothing is not to your advantage. Bike shorts, Gel seat pads, and padded bike shorts are highly recommended.
- 7) Bring water and towel. You will sweat!...a lot! This is good but please replenish fluids before, during and after your ride to prevent dehydration.

Enjoy your ride!