

Williams Island Group Fitness Schedule Updated **01/23/2012**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:45 am 30/30 Spin & Sculpt <i>Karrie</i>	7:00am No Pain/All Gain Mohey	7am Body Boot Camp <i>Karrie</i>	6 :45 am 30/30 Spin & Sculpt <i>Noel</i>	7am Body Boot Camp <i>Karrie</i>	7:30am Stretch & heal <i>Mohey</i>	
8am Injury preventions <i>Dr. Cooper</i>	8am Body Blast <i>Jackie</i>	8am Power Sculpt <i>Nate</i>	8 am <i>Dance party</i> <i>Edgar</i>	8am Definitions <i>Joseph</i>		
9am DanceLab <i>Alvaro</i>	9am Stretch & Strength <i>Jackie</i>	9am DanceLab <i>Alvaro</i>	9am Power Sculpt <i>Karrie</i>	9:00am Zumba <i>Martin</i>	9:30am Body Blast <i>Nate</i>	
10am Body Sculpt <i>Samantha</i>	10am Latin Dance <i>Martin</i>	10am Yogalates <i>Samantha</i>	10am Dance <i>Oswaldo</i>	10:15am No Pain/All Gain <i>Mohey</i>	10:15 am Core Expression <i>Thomas</i>	10am ABS & Sculpt <i>Tatiana</i>
11am No Pain/All Gain <i>Mohey</i>	11:15am Mat Pilates <i>AnnMarie</i>	11:15am Basic Yoga <i>Sara</i>	11:15am Mat Pilates <i>AnnMarie</i>	11:15am Basic Yoga <i>Sara</i>	11:15am Cardio Ballet <i>Elizabeth</i>	11am Dance DLS <i>Tracy</i>
	2pm Yoga <i>Peter</i>	12:15 pm Tai Chi <i>Sara</i>		12:15 pm Tai Chi <i>Sara</i>	12:15pm No Pain/All Gain <i>Mohey</i>	12:15pm Yoga <i>Ruth</i>
3:00 pm <i>Yoga with</i> <i>Rochelle</i>			2pm Yoga <i>Peter</i>			
5pm Dance DLS <i>Jan</i>	5:15pm <i>Belly Dance</i> <i>Janet</i>	5pm Dance DLS <i>Tracy</i>		5pm Dance DLS <i>Tracy</i>	3pm Yoga <i>Margit</i>	
6:00 pm Latin Party Oswaldo New	6pm Meditation <i>Steve</i>	6pm Zumba <i>Martin</i>	5:30 pm Urban Rebound <i>Noel</i>			
	6:30pm ABS & Sculpt <i>Noel</i>	7:30pm Yoga <i>Margit</i>				

Spinning

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:45 am 30/30 Spin & Sculpt <i>Noel</i>	6:45am <i>Karrie</i>	6:45am <i>Nate</i>	6 :45 am 30/30 Spin & Sculpt <i>Noel</i>	6:45am <i>Chris</i>		
9am <i>Chris</i>	9am <i>Chris</i>	9 am <i>Walid</i>	8:00am <i>Chris</i> New		8:30am <i>Karrie</i>	9am <i>Tatiana</i>
				10:00am <i>Chris</i>	10:15am <i>Chris</i>	
6-7 pm Spin 7-8 pmCrossFit <i>Noel</i> New	6:30pm <i>Chris</i>	6:30pm <i>Chris</i>	6:30pm <i>Noel</i>			

Aquatics

Monday	Tues	Wed	Thurs	Fri	Sat	Sun
8:30am Water Interval <i>Karrie</i>		8:15 am Advanced <i>Marion</i>	9:00 am Aqua Core Thomas	8:30am Water Interval <i>Karrie</i>		
10am <i>Karrie</i>	10am <i>Marion</i>	10am <i>Leslie</i>	10am <i>Tatiana</i>	10am <i>Karrie</i>	10am <i>Marion</i>	10am <i>Lisa</i>

CLASS DESCRIPTIONS

Cardio

Spinning – Spinning is a high intensity cardiovascular work out. You control your own intensity while your instructor takes you through a cardiovascular journey on a stationary bike.

30/30 Spin & Sculpt – Get the best of both workouts, Spinning and Sculpting. Split up the class and take either the first 30 minutes of Spinning, the second half of Sculpting or the full hour.

Group Training – New evening class designed for group training to teach proper weight training and Cardio

Core/Abdominal

Pilates- this program will combine breathing and core movements that will ensure to strengthen and build your mid section. (Yogalates)(Mat Pilates)

Strength & Flexibility

Body Sculpt/Blast/ABS- a combination of weights and aerobic exercises aimed to increase your strength and endurance.

NO Pain/ ALL Gain: The Experience that everyone is talking about. Kiss your aches and pain goodbye!

A blend of what the best of Pilates, Yoga, balance, Core training, and stretches designed to heal back pain!

Everyone will benefit from this class. Working out puts a lot of demands on your body, reward and protect it with this beneficial class which focuses on giving you an amazing core work out and full body stretch.

Dance

Zumba- South Florida leading choreographers combine dance movements from Latin rhythms to African drums. This class is tailored for all levels to move and enjoy.

BellyDance Dance characterized by sinuous hip and abdominal movements. Lots of fun

Dance DLS choreographed dances to various type of music

Mind / Body

Yoga- Yoga is a 5000 year old discipline of exercise that unites the body and the mind. Anyone of our programs will assist you in creating harmony through breathing and movement; this will come to you in an increase of both flexibility and strength.

Tai Chi

Pool Classes

Aqua- Take advantage of the beautiful scenery and enjoy a total workout at our fabulous pool. Your instructor will put you through your paces, while still feeling refreshed, and challenge you to an hour of cardiovascular and toning.