

# Land & Water Exercise Classes

*New participants may join any class at any time.*



608-647-8522 info@symonsrec.com

<u>Cost</u>
Members: FREE
Non-Members: \$12.00 per class

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sunrise Squad Outdoor Fitness</b>		5:30AM		5:30AM	
<b>Circuit Breaker</b>	6:00AM		6:00AM		
<b>Strong Start</b>	7:00AM		7:00AM		7:00AM
<b>Yoga Stretch &amp; Balance</b>				8:00AM	
<b>Senior Sea Water Exercise</b>	8:00AM		8:00AM		8:00AM
<b>Easy on the Joints Water Exercise</b>	9:00AM		9:00AM		9:00AM
<b>Dance Fitness &amp; Toning</b>	9:30AM		9:30AM		9:30AM
<b>Chair Yoga</b>		10:30AM		10:30AM	
<b>SilverSneakers Classic</b>	10:30AM				
<b>Silver&amp;Fit Explore</b>			10:30AM		10:30AM
<b>Core &amp; More</b>	11:30AM		11:30AM		
<b>Senior Sea Water Exercise</b>	1:15PM		1:15PM		1:15PM
<b>Hydroworks Water Exercise</b>	5:30PM		5:30PM		
<b>PYO Stretch</b>		4:30PM		4:30PM	
<b>Cardio Step &amp; Core</b>	5:30PM				
<b>Power Pulse</b>		5:30PM			
<b>High Intensity Functional Training</b>			5:30PM		
<b>Power Hour</b>				5:30PM	

## Class Descriptions:

**Sunrise Squad Outdoor Fitness:** 45 minute progressive overload workouts to gain strength and mobility. Held outside on the patio (indoors during the winter and rainy days) *Instructor Lydia*

**Circuit Breaker:** Rotating through different exercises combining strength and cardio. *Instructor: Kourtni*

**Strong Start:** 60 minute fundamental strength moves for beginners to improve overall strength. *Instructor: Lydia*

**Yoga Stretch & Balance:** 45 minute Mat yoga class. It is a full-body workout including strength & abs! *Instructor: Barb*

**Senior Sea Water Exercise:** 45 minute flexibility exercises in the water. *Instructor: Marianne, Lauree, Diane & Joan*

**Easy on the Joints Water Exercise:** 45 minute joint mobility & range of motion in the water. *Instructor: Marianne &*

**Dance Fitness & Toning:** 45 minute for active adults beginning their fitness journey *Instructor: Barb & Sharon*

**Chair Yoga:** 45 minute gentle stretching that can help maintain flexibility. Seated (in a chair) & standing. *Instructor: Barb*

**SilverSneakers Classic:** 45 minute class to help improve overall strength, flexibility, and balance. *Instructor: Barb & Joan*

**Silver&Fit Explore:** 45 minute class to help improve overall strength, flexibility, and balance. *Instructor: Sharon*

**Core & More:** 30 minute class for all abilities focused on the core. *Instructor: Lori*

**Hydroworks Water Exercise:** 45 minutes using water resistance to shape and tone. *Instructor: Dana*

**PYO Stretch:** 45 minutes combining Pilates, Yoga & Stretching for strength, balance & stability. *Instructor: Lori*

**Cardio Step & Core:** 1 hour class with steps using your body & weights to strengthen muscles, increase heart rate & improve breathing. 2nd half uses weight and bodyweight to strengthen core muscles. *Instructor: Lydia*

**Power Pulse:** 30 minute total body strength workout. All levels using bodyweight and hand weights. *Instructor: Lydia*

**High Intensity Functional Training (HIFT):** 30 minute exercise combining high intensity cardiorespiratory and muscular training. Modified for all levels. *Instructor: Lydia*

**Power Hour:** 45 minute total-body workout using bodyweight , barbells and dumbbells. Each class is fun and unique. Advanced, Intermediate, or Beginner—anyone can take this class. *Instructor: Lydia*

**Available in person or join online via Zoom! (with membership) Meeting Id: 6491675140**

*\*some classes not available on ZOOM - please call to confirm class availability*