

**Monday**

|             |                         |                |    |
|-------------|-------------------------|----------------|----|
| 6:00-6:45   | Outdoor Cycle           | Vince          | PD |
| 6:00-6:45   | Strength & Conditioning | Josh           |    |
| 7:00-8:00   | Masters Swim            | Karen          | LP |
| 7:45-8:45   | Gentle Yoga             | Kathy R.       | S1 |
| 8:00-9:00   | Water Fitness           | Walter         | RP |
| 9:00-9:45   | Body Burn               | Whitney        | TC |
| 9:30-10:30  | Water Fitness           | Walter         | RP |
| 10:00-11:00 | Pilates Mat (Beg./Int)  | Amy            | S4 |
| 10:00-11:00 | Zumba                   | Theresa/Bonnie | TC |
| 11:00-12:00 | Masters Swim            | Alex           | LP |
| 11:30-12:30 | Not-So-X-Treme Muscle   | Walter         | TC |
| 4:30-5:15   | Pilates Mat             | Dahdri         | TC |
| 5:00-6:00   | Water Fitness           | Jeanne         | RP |
| 5:30-6:15   | HIIT                    | Kendra         | TC |
| 6:00-6:45   | Outdoor Cycle           | Lee            | PD |

**Tuesday**

|             |                          |         |    |
|-------------|--------------------------|---------|----|
| 6:00-6:45   | Outdoor Cycle            | Lee     | PD |
| 6:00-6:45   | Ripped                   | Josh    | TC |
| 7:00-8:00   | Water Fitness            | Jeanne  | RP |
| 8:00-8:45   | 50+ Strength             | Mary    | TC |
| 8:15-9:15   | Water Fitness            | Honorah | RP |
| 9:00-9:45   | Body Burn                | Whitney | TC |
| 9:30-10:30  | Water Fitness            | Joel    | RP |
| 10:00-11:00 | Core Strong              | Lisa    | TC |
| 10:30-11:15 | Outdoor Cycle            | Erin    | PD |
| 10:45-11:45 | Flexibility In Movement  | Shelley | S4 |
| 12:00-1:00  | Vinyasa Yoga             | David   | TC |
| 4:30-5:15   | Ripped                   | Lindsay | TC |
| 5:30-6:30   | Low Impact/High Strength | Jeanne  | TC |
| 5:30-6:30   | Water Fitness            | Walter  | RP |
| 5:30-6:45   | Masters Swim             | Alex    | LP |

**Studio****Wednesday**

|             |                       |           |    |
|-------------|-----------------------|-----------|----|
| 6:00-6:45   | Outdoor Cycle         | Vince     | PD |
| 6:00-6:45   | Ripped                | Tia       | TC |
| 7:00-8:00   | Pre Masters Swim      | Catherine | LP |
| 8:00-9:00   | Water Fitness         | Judy      | RP |
| 9:00-9:45   | Body Burn             | Aleshia   | TC |
| 9:30-10:30  | Water Fitness         | Judy      | RP |
| 10:00-11:00 | Core Strong           | Lisa      | TC |
| 11:00-12:00 | Masters Swim          | Catherine | LP |
| 11:30-12:30 | Not-So-X-Treme Muscle | Walter    | TC |
| 12:45-1:45  | Hatha Yoga            | Vickie    | TC |
| 4:30-5:15   | Body Burn             | Tia       | TC |
| 5:00-6:00   | Water Fitness         | Jeanne    | RP |
| 5:30-6:30   | Hatha/Vinyasa Yoga    | Monica    | TC |
| 6:00-6:45   | Outdoor Cycle         | Traci     | PD |

**Studio****Friday**

|             |                       |          |    |
|-------------|-----------------------|----------|----|
| 6:00-6:45   | Outdoor Cycle         | Riley    | PD |
| 6:00-7:00   | Pilates Mat           | Alice    | S4 |
| 7:00-8:00   | Pre Masters Swim      | Ann      | LP |
| 7:45-8:45   | Not-So-X-Treme Muscle | Alice    | TC |
| 8:00-9:00   | Water Fitness         | Judy     | RP |
| 9:00-9:45   | Body Burn             | Aleshia  | TC |
| 9:30-10:30  | Water Fitness         | Judy     | RP |
| 10:00-11:00 | Core Strong           | Lisa     | TC |
| 11:00-12:00 | Masters Swim          | Alex     | LP |
| 11:30-12:30 | Not-So-X-Treme Muscle | Walter   | TC |
| 12:45-1:45  | Restore Yoga          | Kathy R. | S1 |

**Studio****Saturday**

|             |               |               |    |
|-------------|---------------|---------------|----|
| 8:00-9:00   | Water Fitness | Tami/Pauline  | RP |
| 8:45-9:45   | Pilates Mat   | Alice         | S4 |
| 9:00-9:45   | Body Burn     | Lindsay/Tia   | TC |
| 9:00-10:00  | Water Fitness | Tami/Pauline  | RP |
| 10:00-10:45 | Outdoor Cycle | Jennifer/Lori | PD |

**Studio****Studio****Thursday**

|             |                          |             |    |
|-------------|--------------------------|-------------|----|
| 6:00-6:45   | Strength & Conditioning  | Josh        | TC |
| 7:00-8:00   | Water Fitness            | Jeanne      | RP |
| 8:00-8:45   | 50+ Strength             | Mary        | TC |
| 8:15-9:15   | Water Fitness            | Honorah     | RP |
| 9:00-9:45   | Body Burn                | Aleshia     | TC |
| 9:30-10:30  | Water Fitness            | Joel        | RP |
| 10:00-11:00 | Zumba                    | Tina        | TC |
| 10:30-11:15 | Outdoor Cycle            | Bob         | PD |
| 10:45-11:45 | Flexibility In Movement  | Shelley     | S4 |
| 12:00-1:00  | Pilates Mat              | Amy         | S4 |
| 2:00-3:00   | Light and Lively         | Mary        | TC |
| 5:30-6:30   | Water Fitness            | Walter      | RP |
| 5:30-6:30   | Low Impact/High Strength | Laura/Traci | TC |
| 5:30-6:45   | Masters Swim             | Karen       | LP |

**Sunday**

|             |                    |              |    |
|-------------|--------------------|--------------|----|
| 8:45-9:45   | Zumba              | Tina/Richard | TC |
| 10:00-11:00 | Hatha/Vinyasa Yoga | Monica       | TC |
| 11:30-12:30 | Qigong             | Sara         | S1 |

**PD = Pool Deck LP = Lap Pool RP = Recreation Pool**  
**S1 = Studio 1 S4=Studio 4 TC=Tennis Court**

# CLASS DESCRIPTIONS

## GROUP EXERCISE

**Body Burn:** This class will combine muscle strength and endurance with core toning elements.

**Core Strong:** Functional based workout to develop balance, functional movements, and core stability. This is a full body workout with a blend of props such as weights and Bosu's.

**50+ Strength:** Participants will get a great workout that is fun and interactive while transitioning through cardio, strength and balance work.

**Flexibility In Movement:** A gentle exercise class that promotes flexibility for all people. Specially designed for those just starting an exercise program and anyone with arthritis, autoimmune disease, or recovering from a stroke, surgery or cancer.

**HIIT:** High Intensity Interval Training. Repeated bouts of high intensity followed by varied bouts of recovery time. A calorie blaster and muscle building class!

**Light & Lively:** This is an easy to follow class and a favorite among our 50+ members. Class includes low impact movement with muscle conditioning.

**Not-So-X-Treme Muscle:** This class is perfect for all who want a light muscle class. You will get a full body workout at a moderate level.

**Cycle:** A group cycle fitness program. A great cardiovascular workout appropriate for all levels of fitness. First time? Please arrive 10 minutes prior to class.

**Ripped:** A full-body weight-training workout. All levels welcome!

**Strength and Conditioning:** A Hit every muscle group as you burn calories, get stronger and gain endurance. Get ready for a full body workout! All levels welcome! **Modifications will be given.**

**Zumba:** A Ditch the workout and join the party! A Latin inspired cardio dance class is so much fun you may forget it's a workout.

**Low Impact/High Strength:** Low impact cardio conditioning and high calorie burn and muscle toning. Set to fun music! Great for all levels of fitness.

## AQUATICS

**Masters Swim:** An invigorating and intense lap swim featuring stroke drills and use of the lap clock. #appool

**Pre-Masters Swim:** This class will improve your speed and help you become comfortable with interval training.

**Water Fitness:** A great cardiovascular and strength-building workout in the water. Classes feature a variety of equipment for a great total body workout without impact on the joints.

# CLASS DESCRIPTIONS

## PILATES MAT, YOGA, & QIGONG

**Gentle Yoga:** A calming, therapeutic class that uses props to support the body. Class focuses on floor stretching, standing poses, deep breathing, and relaxation; perfect for beginners or those recovering from illness or injury.

**Hatha Yoga:** Encompasses many different styles of yoga all of which emphasize proper alignment, core strength, flexibility, balance and breath awareness. May include some Vinyasa (flow) and use of props. All levels welcome! Please inform the instructor if you are new to class, healing an injury or pregnant.

**Hatha/Vinyasa Yoga:** Blending the benefits of both the Hatha yoga and the Vinyasa yoga classes. All levels are welcome!

**Pilates Mat:** A unique, method of mind/body conditioning. A blend of breath control, abdominal strength exercises, core stability and balance for the whole body.

**Qigong:** Sometimes called Chinese Yoga, Qigong ("chi gong") is a mind-body practice that melds slow, graceful movements, mental focus, and deep abdominal breathing to boost and balance a person's vital energy, or qi.

**Restore Yoga:** A Hatha based practice that includes alignment focused standing postures, seated poses, deep stretching and relaxation. No Yoga experience necessary. Perfect for beginners!

**Vinyasa Yoga:** Is characterized by stringing postures together so that you move from one pose to another, seamlessly, using breath.

### Group Fitness Director

**Lisa Fuller | 707.521.2443**

**Club hours:** MON. - FRI. | 5:30AM - 8:00PM  
SATURDAY | 7:30AM - 5:00PM  
SUNDAY | 7:30AM - 5:00PM

**Contact the Club:** 707.528.2582 | WWW.AIRPORTCLUB.COM

**The group exercise schedule and brochures are available to download from our website.**

**Revised on: 09.24.2021**



AIRPORT HEALTH CLUB

# GROUP EXERCISE SCHEDULE

## Class Protocols

Classes are limited in size, we strongly recommend that you sign up to reserve your spot. There will be a wait list for those who weren't able to make it into class. An email will be sent to you letting you know if you moved up and made it into class.

You can sign up for classes 25 hours in advance on our website or by calling the service desk.

You may cancel your reservation online or by calling the service desk. Please cancel your reservation 2 hours before class time. Classes that start before 9:00am must be cancelled by 9:00pm the night before.

There will be a 5 minute grace period to arrive in class. Your spot may be given to a waiting member if you are more than 5 minutes late.

If you are new to class, please come 5 minutes early to connect with your Instructor to exchange pertinent information.

Classes are subject to change/cancellation.

Please do not wear cologne, scented oils or scented lotions to any class. Thank you!