



February Fitness Classes

SENATOR

207-622-8800 x 300

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Sunrise Bootcamp		Sunrise Bootcamp		
7:30 am						Step Plus!
8:00 am						Splash Aerobics
8:15 am	Body Fit Challenge	Step/Abs	Body Fit Challenge	Yogalates	Body Fit Challenge	
8:30 am	Splash Aerobics		Splash Aerobics		Splash Aerobics	
9:00 am						Life Long Yoga
9:30 am		50+ Core Function		50+ Core Function		
12:15 pm	Boot Camp Express		Boot Camp Express		Boot Camp Express	
4:15 pm						
4:30 pm		Step Plus!	Stott Pilates	Step Plus!		
5:00 pm	Bosu Core Strength	Splash Aerobics		Splash Aerobics		
5:30 pm			Qigong			
5:30 pm	Splash Aerobics		Splash Aerobics			
6:00 pm	Tai Chi	Hatha Yoga		Hatha Yoga		
7:00 pm			Zumba Fitness			
	Class Fees	Members	Inn Guests	Non Member	Purchase of Spa Day Pass is valid for all classes!	
	Land or Water Class	Free	Free	\$16		
	Pilates & Class	Free	Free	\$16		
	10 Visit Class Pass	-	-	\$120		
	10 Visit Member Pass	\$100	-	-		

50+ Core Functioning: This is the one class that no one entering a wiser age should go without. A core strengthening class with mindful techniques to increase balance, strength and functional awareness to take to everyday life in work and play. 1 Hour

Body Fit Challenge: This class has it all! Be prepared to meet the challenge and increase strength, cardio endurance & flexibility. Class includes 40 minutes of a head to toe weighted workout with intervals of sports conditioning exercises, finishing with 20 minutes of ab work and yoga type stretching. Come join us! All levels welcome. 1 Hour

Sunrise Bootcamp: Wake up with a full body workout that will energize you for the rest of the day! Focusing on functional strength and conditioning, learn how to modify technique to match your own fitness level. 45 minutes

Boot Camp Express: The ultimate total body workout! A concentrated 40 minutes of functional strength & conditioning using balls weights, & tubes. Learn how to modify your technique to match your own fitness level. The perfect lunch break. 40 minutes

Bosu Core Strengthening Class: This is the latest in a core strengthening class using progressive balance challenges to overcome obstacles, maximize physical capabilities and promote positive energy flow with the use of the "Bosu", medicine balls, among other strength tools. Join us to increase balance, strength, agility, and overall body image . 1 Hour

Hatha Yoga: This class is for all abilities to achieve balance between body and mind, and attempts to free the more subtle spiritual elements of the mind through physical poses or Asanas, breathing techniques or Pranayama and meditation. 75 minutes

Qigong: This is a class of healing Qigong focusing on relaxation, stretch, releasing, gathering, circulating and dispersing of energy in the body to create well being. The class will begin with meditation & relaxation, then there will be a gentle stretch of muscles/ tendons/meridians, the movements & vocalizations to release stagnant energy, then a standing meditation, the further movement to create flexibility & agility, to finish with self massage. 90 minutes

Life Long Yoga: The poses in this class are often referred to as "active relaxation". By supporting the body with props, this yoga form will alternately stimulate and relax the body to move toward balance. Some poses have an overall benefit and others target an individual part, such as the lungs or heart, creating benefits to health & can reduce the effects of stress-related disease. 75 minutes

Splash Aerobics: The ultimate in a low impact/high benefit water workout for all ages and abilities. 1 Hour

Step Plus!: Full body aerobic & strengthening workout with balls, weights, resistance tubes, bands & steps. 1 Hour

Step/Abs: This hour long class is designed for maximum cardio output with very basic choreography and athletic movements on the step that will help you work up a sweat! Class will be followed by 20 minutes of ab and core work, finishing with a full body stretch.

Stott Pilates: A series of floor exercises for the core that increase flexibility, balance and core abdominal strength. 1 Hour

Tai Chi: 90 minute class healing form of martial arts, when practiced daily, helps to increase circulation, balance and stability, as well as move the intrinsic energy or qi in our bodies. This is a simple Tai Chi form to do on your own.

Yogalates: All the benefits of pilates and yoga in one invigorating hour! Follow the movements to a energizing workout and gain greater flexibility, strength and balance. Beginning with a continuous pose flow (sun salutation), linking postures, then moving into pilates mat exercises to develop core strength & spinal flexibility, ending with a relaxation segment. All levels welcome. 1 Hr.

Zumba Fitness: Is an fusion of Latin and Internation music & dance themes that create a dynamic, fun and effective fitness system. The easy-to-learn combinations feature aerovic & interval training benefits using fast and slow rhythms that tone and sculpt the body. A heart-thumping, shoulder-shimmying, hip shaking, torso-twisting, fast paced dance, laughter & sweat for all fitness levels. 1 Hour

We ask that all participants arrive within 15 minutes of the start of the class to ensure participation in the program.

All class participants may use the pool, hot tub, co-ed steam room & saunas before & after class.

rev. 2/2/10