



# January Fitness Classes

  
SENATOR

207-622-8800 x 300

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Sunrise Boot Camp		Sunrise Boot Camp		
7:30 am						Step Plus!
8:00 am						Splash Aerobics
8:20 am	Body Fit Challenge	Sport Yoga	Body Fit Challenge	Yogalates	Body Fit Challenge	
8:30 am	Splash Aerobics		Splash Aerobics		Splash Aerobics	
9:00 am						Restorative Yoga
9:30 am		Core Balance		Core Balance		
12:15 pm	Boot Camp Express		Boot Camp Express			
4:30 pm	Weighted Workout	Step Plus!	Booty Beat	Step Plus!		
5:00 pm		Splash Aerobics		Splash Aerobics		
5:30 pm			Qigong			
5:30 pm	Splash Aerobics		Splash Aerobics			
6:00 pm	Tai Chi	Yoga		Yogalates		



Are you ready for winter sports?  
Personal training available here

Class Fees	Members	Inn Guests	Non Member
Land or Water Class	Free	Free	\$16
Pilates & Class	Free	Free	\$16
10 Visit Class Pass	-	-	\$120

**Spa Day Passes  
include all Fitness Classes**

**Booty Beat:** This super fun, non-stop cardio dance class will work the entire body while targeting specific muscle groups. Even if you have never tried dance-based exercise, you will be dancing like no one is watching! 1 Hour

**Body Fit Challenge:** 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

**New! Core Balance & Strength:** Working on core strength and balance is essential for total body fitness. Strengthening the core muscles can help with posture, alignment and injury prevention. We will gain strength by using a stability ball, hand weights, tubes and medicine balls. All levels welcome including those new to strength training. 1 Hour

**Sunrise Boot Camp:** 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 fit balls, medicine balls, free weights & body weight exercises. Focus on the hips, core & shoulders. Complete your workout with 10-15 minutes of recovery and stretching utilizing the latest foam-roller self massage techniques.

**Yoga:** A mixed level & practice class of yoga postures followed by Pranayama, a breathing practice and a brief meditation period. This practice is designed to improve strength, endurance, flexibility, concentration, peace of mind, improved sense of well being. 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. 1 Hour

**Restorative Yoga:** A class designed for all body types & fitness levels to relax & renew your body. This practice consists of supported poses and some gentle movements that focuses on 'being' instead of doing and encourage your body to release tightness and discomfort with regular practice and achieve a balance point for busy or stressful living. 75 minutes

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

**Sport Yoga:** An ashtanga based aerobic class of stretching & vigorous sequence poses connected to breath & movement. Some basic yoga experience is helpful but not essential. All levels, including beginners are welcome. 1 Hour

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

**Tai Chi:** 60 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:** A class designed for all levels consisting of a series of controlled flowing movements to improve your shape & remedy postural problems by realigning your body structure to promote stability in the core/center of the body. Pilates & yoga focus on concentration & conscious flow of breath uniting the mind & body. This holistic practice requires regular practice to be of benefit. 75 minutes

**Weighted Workout:** Tone your body and strengthen your core with weights, bands and balls. Beginner friendly 45 minutes

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. 1/18/12