

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FACILITY HOURS	10 AM - 8 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 9 PM	8 AM - 8 PM
POOL HOURS	10 AM - 4 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	8 AM - 4 PM
GROUP EXERCISE CLASSES <i>These classes are either new to our schedule or have changed times/days</i>	10:30am Cardio Hoops	9:00am Silver Circuit 10:00am Pilates 3:30pm Upper Cuts 4:00pm Ab Attack 5:00pm Boot Camp 6:00p Flirty Girl 6:10pm Beg. Yoga 6:30pm Aqua Core 7:15pm Zumba	6:30am Wake/Shape Up 8:00am Silver Aquatics 9:00am Silver Cardio Mix 12:00pm Boot Camp 3:30pm Booty Patrol 4:00pm Core Cond. 5:00pm Beg. Yoga 6:15pm Cardio Step 7:00pm Zumba	9:00am Silver Circuit 10:00am Pilates 11:00am Classical Yoga 1:00pm Zumba 3:30pm Upper Cuts 4:00pm Ab Attack 5:00pm Boot Camp 5:00pm Yogalates 5:30pm Aqua Core 6:00pm Body Sculpt 7:10pm Hip Hop Dance	6:30am Wake/Shape Up 8:00am Silver Aquatics 9:00am Silver Cardio Mix 11:00am Yin Yang Yoga 12:00pm Boot Camp 3:30pm Booty Patrol 4:00pm Core Cond. 5:00pm Kickboxing 6:00pm Cardio Step 6:00pm Inter. Yoga 7:00pm Zumba	9:00am Silver Circuit 10:00am Pilates 11:00am Classical Yoga 3:30pm Upper Cuts 4:00pm Ab Attack 4:30pm Yogalates 6:10pm Zumba	8:15am Aqua Zumba 9:00am Boot Camp
Freedom from Smoking Begins January 4, 2011 6:00-7:00pm Wednesday Nights (Register at membership desk) CPR/First Aid Class: January 16, 2012 9:00AM- 1:00pm (See desk front details) NEW YEAR... NEW BODY!!! Purchase a 3 month membership or greater and receive FREE 30 minute message! (See desk for details) Contact our massage therapist Kate Walsh at 757-435-4357 to set up an appointment!	1 CLOSED FOR HOLIDAY	2 NO GE CLASSES	3	4	5	6 Volleyball Open Gym Arena Court #1	7 Volleyball Open Gym Arena Court #1
	8 Volleyball Open Gym Arena Court #1	9 Volleyball Open Gym Arena Court #1	10	11	12	13 Volleyball Open Gym Arena Court #1	14 Volleyball Open Gym Arena Court #1
	15 Volleyball Open Gym Arena Court #1	16 NO GE CLASSES	17	18	19	20 Volleyball Open Gym Arena Court #1	21 Volleyball Open Gym Arena Court #1
	22 Volleyball Open Gym Arena Court #1	23 Volleyball Open Gym Arena Court #1	24	25 Wellness Wednesday Blowout! Free access for all!	26	27 Volleyball Open Gym Arena Court #1	28 Volleyball Open Gym Arena Court #1
	29 Volleyball Open Gym Arena Court #1	30 Volleyball Open Gym Arena Court #1	31	In the event of inclement weather, the Wellness Center will adhere to the University's decision regarding closure. Please visit www.shepherd.edu for any closing information.			

All of SHEPHERD UNIVERSITY *Wellness Center's* group exercise classes have been evaluated and labeled in regards to whom it is appropriate

ALL LEVELS: CLASSES FOR ACTIVE OLDER ADULTS

- 🕒 **Silver Circuit:** This 60 minute class incorporates flexibility and strengthening exercises for the entire body. Instruction is done with special care to avoid impact to the joints. Each class is different and may include chair instruction, band strengthening, stability ball, and free weights, and can take place both inside and outside our facility.
- 🕒 & 🕒 **Silver Aquatics:** In 60 minutes enjoy the benefits of: strengthening of muscles and joints, relief of stress, the prevention of osteoporosis, and meeting new people.
- 🕒 **Silver Cardio Mix-** Get your body moving! This 60 minute class features a mix of many aerobic activities to get your heart pumping. Each class is built based on the student's abilities and goals in mind using a blend of dance, hi-low impact, balance, and strength movements.

LOW INTENSITY: APPROPRIATE FOR ALL FITNESS LEVELS

- 🕒 **Aqua Core:** Splash into this 60 minute class that involves integration of the core for proper alignment, strength training, stretching and breathing. Core training has never been so fun!
- 🕒 **Classical Yoga:** Come relax in this 60 minute yoga class that will gradually work you towards deeper flexibility of the mind, body and spirit. A variety of traditional yoga poses are introduced along with breathing techniques to help bring a calm and meditative quality to each pose.
- 🕒 **Hip Hop Dance:** This 60 minute class combines hip-hop and modern dance with today's top radio hits to create a fun and energetic environment. You'll have so much fun you won't even know your working out!
- 🕒 **Pilates:** This 60 minute energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. This class is designed to show proper execution of form, breath, and technique to everyone in a self-paced yet challenging way.
- 🕒 **Cardio Hoops:** Check out this all women's class and play with a pro! Annica Hedman-Marshall played professional basketball for ten years in the highest league in Sweden and traveled throughout Europe and the United States with the National Team. This 60 minute class incorporates basic basketball skills and techniques, offensive and defensive drills and live play at the end. Game on!
- 🕒 **Yogalates:** Yogalates is a workout blend that will give you the body shape you have always wanted! The Pilates elements will give you strength and muscle definition, while the yoga elements will offer flexibility, relaxation, and meditation

for and the specific level of expected intensity:

MODERATE INTENSITY: APPROPRIATE FOR ALL FITNESS LEVELS WITH MODIFICATIONS

- 🕒 **Ab Attack:** A 30 minute workout focused on strengthening the core using both isotonic (multiple repetitions) and isometric (controlled held position) techniques.
- 🕒 **Aqua Zumba:** Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
- 🕒 **Booty Patrol:** If you're looking to shape up your lower body, then this 30 minute class is for you. This multi-dimensional sculpt and cardio workout is designed with the use of your own bodyweight as well as weights. This butt-kicking workout will redefine and create the body you want.
- 🕒 **Flirty Girl-** When flirty, fabulous dance meets choreography with a purpose; the result is a fun, effective conditioning of the entire body inside and out. Using the easy to learn Flirty Girl Foundation Moves, you will quickly "own" the movement and experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class.
- 🕒 **Upper Cuts:** Get the arms and back you've always dreamed of in this 30 minute sculpting class. A combination of bars, bands, dumbbells, and body weighted exercises will get you cut up and shaped up!
- 🕒 **Wake Up & Shape Up:** Whether you're a beginner, an avid amateur or a competitive pro, we'll train you to look and feel like an athlete. How? Through highly personal, small-group sessions with an experienced certified strength and conditioning coach. Workouts will include strength training, cardio, core training and stretching. Always fun, always motivational, always safe and always different!
- 🕒 **Yin Yang Yoga:** This beautifully blended yoga class will consist of 20 minutes of yang, cardio style yoga, followed by 25 minutes of yin, holding poses for time. The class will always end with relaxation followed by guided meditation. This class is perfect for active individuals who need special attention to tight muscles!

🕒 **Yoga:** Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation.

Beginner- classes provide a safe and instructive space for new and continuing participants to learn and refine the yoga basics, primary poses, principles of alignment, and breath-work. Classes are moderately paced.

Intermediate- classes provide a more vigorous routine. The pace is quicker, poses are held longer and more challenging variations of yoga poses are taught. Yoga experience is not required but strongly recommended.

🕒 **Zumba:** Zumba Fitness is the only Latin-inspired intense dance-fitness program created basically from Latin music steps as Salsa, Merengue, Reggaeton (Latin Hip Hop) and combined with red-hot international music and contagious steps to form a "fitness-party" that is downright addictive.

HIGH INTENSITY: MAY NOT BE APPROPRIATE FOR ALL FITNESS LEVELS

- 🕒 **Boot Camp:** Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!
- 🕒 **Cardio Step:** This 45 minute, high-energy, fat-burning workout incorporates traditional high and low impact moves on the step. In this format, you'll experience the feeling of a great workout while working up a great sweat. Don't forget your towel!
- 🕒 **Core Conditioning:** This 30 minute class is designed to strengthen the abdominal muscles, hip flexors, obliques, and lower back. Stretching exercises are also added to round out the class and to help you improve your posture, body alignment, and injury resistance.
- 🕒 **Kickboxing:** This 60 minute class will shape your upper body with actual 'in-the-ring' combinations, (jabs, hooks, uppercuts) as you work your legs with a series of kicks. Jump roping & abdominal work round out this class.