

# GROUP FITNESS STUDIO SCHEDULE



# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moore Fit 6:15am-7:15am Pam	CM Boot Camp 7:15am-8:15am Rolando	Moore Fit 6:15am-7:15am Pam	CM Boot Camp 7:15am-8:15am Rolando	Barre 8:00am-9:00am Caitlin	Moore Fit 8:15am-9:15am Chester
CM Boot Camp 7:15am-8:15am Rolando	Barre 8:00am-9:00am Caitlin	Moore Mobile 10:30am-11:30am Kristy	Aqua Fit 9:30am-10:30am Sani	Moore Sculpted 9:30am-10:30am Kristy	Moore Fit 9:30am-10:30am Olena
Moore Fit 8:30am-9:30am Rolando	Moore Fit 8:30am-9:30am Rolando	Barre 4:00pm-5:00pm Caitlin	Pilates Fusion 9:30am-10:30am Jessie	Dance Fit 5:30pm-6:30pm Jessie	Zumba 10:30am-11:30am Mimi
Moore Mobile 10:30am-11:30am Kristy	Moore Sculpted 9:30am-10:20am Kristy	Dance Fit 5:30pm-6:30pm Jessie	Moore Fit 4:00pm-5:00pm Olena		
Moore Fit 4:00pm-5:00pm Chester	Moore Fit 5:30pm-6:30pm Chester	Pilates Fusion 6:30pm-7:30pm Jessie	Barre 5:30pm-6:30pm Caitlin		'LIKE' & follow us on Facebook for notifications on schedule updates, special events, inclement weather & other information. <a href="http://www.facebook.com/claudemorecenter">www.facebook.com/claudemorecenter</a>
Moore Heroes 5:30pm-6:30pm Curt	Moore Fit 6:45pm-7:45pm Chester	Zumba 7:00pm-8:00pm Mary	Moore Fit 5:30pm-6:30pm Pam		
Barre 5:30pm-6:30pm Caitlin	Zumba 7:00pm-8:00pm Mary		Zumba 6:30pm-7:30pm Sani	Classes will be on the fitness floor	
Zumba 5:30pm-6:30pm Maribel			Moore Fit 6:45pm-7:45pm Chester	Classes will be in the small gym	
			Tai Chi 7:00pm-8:30pm Lorraine	Classes will be in the leisure pool	

## MIND/BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yin Yoga 8:15am-9:15am Sue	Qi-Gong 7:00am-7:45pm Caitlin	Yin Yoga 8:15am-9:15am Sue	Hatha Yoga 8:15am-9:30am Sue	Gentle Yoga 8:15am-9:15am Sue	Yin Yoga 9:30am-10:30am Chelsea
Gentle Yoga 12:30pm-1:30pm Natalia	Hatha Yoga 8:15am-9:30am Sue	Vinyasa 5:30pm-6:30pm Caitlin	Happy Hour Yoga 7:30pm-8:30pm Natalia	Power YOGa 10:00am-11:00am Chelsea	Vinyasa 10:45am-11:45am Faria
Hatha Yoga 6:00pm-7:15pm Sue	Happy Hour Yoga 7:30pm-8:30pm Natalia			Happy Hour Yoga 5:00pm-6:00pm Chelsea	Yoga 101 10:45-11:45 May 25th Only
				Classes do not start until May 16th.	

## SMALL GROUP TRAINING (ADDITIONAL FEE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
55+ Strength (Beginner) 10:00am-10:45 Suzanne	55+ Strength (Adv) 9:00am-9:45am Suzanne	55+ Strength (Beginner) 10:00am-10:45 Suzanne	55+ Strength (Adv) 9:00am-9:45am Suzanne	55+ Strength (Inter) 11:45am-12:30pm Suzanne	 Find us on Facebook
	55+ Strength (Inter) 10:00am-10:45am Suzanne		55+ Strength (Inter) 10:00am-10:45am Suzanne		
	55+ Strength (Inter) 11:45am-12:30pm Suzanne		55+ Strength (Inter) 2:00pm-2:45pm Suzanne		

<b>Barre</b> —This class mixes elements from Pilates, yoga, and dance where the moves are choreographed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt, slim and stretch your entire body.
<b>Gentle Yoga</b> - Yoga is for everyone, and this class will use adaptive poses to provide a gentle, well-rounded practice accessible to all bodies and abilities.
<b>Happy Hour Yoga</b> —De-stress and unwind before your weekend begins! This class will challenge students with vinyasa flow sequences and end with restorative postures to release mind and body tension.
<b>Hatha Yoga</b> – Traditional practice designed to restore the body and mind to a balanced state through a series of poses sequenced to detox the system and move energy through the body based on the science of yoga.
<b>CM Bootcamp</b> —focuses on muscle endurance. It uses various body weight and weight based exercises for a total body workout.
<b>Hot Hula</b> – A fun, new and exciting Polynesian dance workout. Places an emphasis on small muscle groups like shoulders and arms as well as increasing strength and definition to your core.
<b>Dance Fit</b> - Shake, squat and sweat your way through a great workout. Have fun moving to the music while working your muscles in this fun cardio based toning dance class! A full body workout that helps build cardiovascular and muscle endurance.
<b>Moore Burn</b> – An interval training class designed to maximize cardio conditioning and fat burn. There are a variety of interval techniques such as tabata or hurricane that will be used to keep your body guessing and challenged.
<b>Moore Fit</b> —a functional strength training class utilizing weight training with high intensity intervals, all designed to help you get stronger, more functional, more mobile, more conditioned and overall more fit.
<b>Moore Functional</b> — This class will help you improve your posture, mobility, core strength and build lean body mass . You will gain functional strength necessary to engage in daily activities and sports while minimizing your risk for injury. Class will emphasize use of kettlebells, dumb bells, medicine balls and TRX during training.
<b>Moore Mobile</b> —This class will help you loosen up your muscles and soft tissue. A fusion of Yoga, athletic stretch, and mobility exercises, this class is a great active-rest & recover for the body after a tough workout or just a long day of work!
<b>Moore Sculpted</b> – A strength training class focused on increasing lean muscle in target areas such as the arms, glutes, thighs, shoulders and calves.
<b>Pilates</b> – The art of controlled movement that, when practiced with consistency, enhances flexibility, builds strength, improves posture and develops control and endurance in the entire body.
<b>Power Yoga</b> —Build strength and endurance by holding yoga postures for several breaths or through repetitive movements within each asana.
<b>Qi-Gong</b> —This practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind.
<b>Tai Chi</b> - Based on an ancient Chinese Martial Art, this class is a meditative movement exercise that promotes good posture, strength, flexibility, mental sharpness and an improved immune system.
<b>Pilates Fusion</b> - Deepen your mind-body connection while toning and stretching out your muscles. Pilates fusion blends together aspects of Pilates, Yoga and Barre to lengthen, strengthen and tone your entire body.
<b>Yin Yoga</b> Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses 3 to 5 minutes. Class includes an hour of poses followed by 15 minutes of meditation (optional.)
<b>Yoga Edge</b> — Find your edge and discover the strength you never knew you possessed. This high intensity yoga class give you the tools to increase physical health and stamina, while allowing your mind and spirit to break free of your perceived limitations.
<b>Vinyasa</b> —A series of 19-20 postures done in a sequence held for 5 breaths per posture before moving to the next postures. It is the foundation and lineage of all yoga asana (postures).
<b>Zumba</b> - A total workout combining all the elements of fitness, cardio, muscular endurance, balance and boosted energy...with a serious dose of awesome every time you come to class.