

Sunset Athletic Club Fitness Phase One Schedule - Effective September 1, 2020

* All classes are 45 minutes in length unless otherwise specified.

* All instructors are highly trained, certified and dedicated professionals...with current CPR/First Aid certifications.

Spinning Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning classes are mentally and physically challenging. Ask your instructor for modifications. SPIN/SPIVI Register for classes.	6:15 a.m. Justin	6:15 a.m. Mary Beth	6:15 a.m. Justin	6:15 a.m. Justin	6:15 a.m. Mary		
		8:00 a.m. Maureen		8:00 a.m. Maureen			
	9:00 a.m. Michael		9:00 a.m. Maureen			9:00 a.m. Michael	9:00 a.m. Mary
		9:30 a.m. Amy		9:30 a.m. Amy			
	6:30 p.m. Justin						
Outside	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In the North Park with JoAnne Weather permitting		8:30 a.m. Qigong		8:30 a.m. Stretch	8:30 a.m. Strength & Balance		
Outside	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp on the Sport Court. Rain or Shine							10:00 a.m. Boot Camp Melanie
Water Fitness	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	The pools will be available pending the Governor's announcement to open Phase Two.						
Outside Acquatics Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
For your health and safety we are not using equipment. We are asking members to bring your own yoga mats. Weather not permitting: * 6:00 pm Yoga will be held in the Loft. All other classes will be held in the Mind/Body Studio						8:15 a.m. Power Yoga Lauren	
	10:00 a.m. Yoga Mary		10:00 a.m. Yoga Mary				
					12:30 p.m. Restorative Yoga Amy		
		6:00 p.m. Yoga * Lauren		6:00 p.m. Yoga * Lauren			



Fitness Class Descriptions

Baduanjin/QiGong - An ancient Chinese form of medical QiGong, broken down into eight separate exercises, each focusing on a different physical area and energy meridian. When practiced daily for 15 minutes, the body stretches, the breath synchronizes, the mind releases stress and the energy systems harmonize promoting overall well-being.

Boot Camp – Get ready to sweat! This high energy, challenging workout will use a combination of strength and cardio exercises that will take you to the next fitness level.

Spinning - Indoor group cycling is a cardio experience bringing athletic training to participants of all abilities. An individually challenging and energizing class set to music that will develop strength and endurance. Riders determine their own level of challenge allowing those new to the activity, as well as conditioned cyclists, to experience success.

Strength & Balance - This class offers a variety of strength building exercises as well as creating better balance and improving flexibility.

Stretch - A total body stretch combining dynamic and static stretches to relax and lengthen muscles. Joint movement included.

Yoga - All Yoga classes consist of the following elements: Flow, standing and seated postures, breathing practice and deep relaxation. Experience the benefits of quieting the mind and restoring a sense of physical and mental balance.

Power Yoga - Strengthen and challenge Mind and Body in this invigorating paced advanced vinyasa style class

Restorative Yoga - This style of yoga offers soothing and well-supported poses giving you the opportunity to linger quietly leaving you well-rested and nourished. The postures are deeply supported by blankets, blocks, and other props and are all held for several minutes. Wonderfully relaxing!

GROUP EXERCISE DEPARTMENT RULES

Body Conditioning Studio: Children must be 8 years old and able to fully participate in order to attend cardio classes. Children must be 12 years old to attend Resistance Training classes and must adhere to the advice of the instructor on appropriate weights to use.

Spinning Studio: Children must be 8 years old, able to participate, and fit appropriately on the bike. Children must sign up only on the “wait list.” Adult members have priority.

Mind Body Studio: Children 8 years old are welcome to participate in classes with the instructor’s O.K. They must respect and honor our quiet space.

General: For the safety of everyone, children of any age are not to sit or hang out in any studio while class is in session. Doors to all studios remain locked when no class is in session. Members can enter studios only with an instructor present. Old Studio A is always available when there is no personal training going on. Our Private Pilates Studio is private and used exclusively for those members wanting private group training.

Permanent Subs: Corey Pincock - Patti White

Please refrain from wearing fragrances to class.