

Sunset Athletic Club Fitness Winter Schedule - Effective February 1, 2023

* 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.

								Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
YUJING STUDIO	6:15 a.m. Justin		6:15 a.m. Justin				6:15 a.m. Justin									
			8:00 a.m. Maureen		8:00 a.m. Michael		8:00 a.m. Michael									
	9:00 a.m. Mary				9:00 a.m. Maureen				9:00 a.m. Tina		9:00 a.m. Michael		9:00 a.m. Mary			
											10:15 a.m. Michel					
			5:00 p.m. Teresa													
								Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
MIND & BODY STUDIO	8:30 a.m. Strength/Balance JoAnne		8:30 a.m. Stretch JoAnne				8:30 a.m. Strength/Balance JoAnne		8:00 a.m. Fit Ball Mary		8:30 a.m. Vinyasa Yoga Wayne					
									9:00 a.m. Yoga with a Kick Vera							
	9:30 a.m. (30 min) Flexible Spine JoAnne		9:30 a.m. (30 min) Qi Gong JoAnne				9:30 a.m. (30 min) AcuYoga JoAnne						10:00 a.m. Roll and Relax JoAnne		10:15 a.m. Yoga Fundamentals Mary	
	11:00 a.m. Power Yoga Gretchen		11:00 a.m. Yin Yoga Gretchen		11:00 a.m. Yoga for Bone Health Katy		11:00 a.m. Vinyasa Yoga Gretchen						2:30 p.m. TaiChi Jamie			
			4:00 p.m. TaiChi Jamie													
					6:00 p.m. Solid Core Yoga Angela											
	7:00 p.m. Yin Yoga Jamie						7:00 p.m. Vinyasa Yoga Jaimi									
								Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
BODY CONDITIONING STUDIO	6:15 a.m. Power Start Teresa		7:30 a.m. Core Strength Corri		6:15 a.m. Body Blast Mary		7:30 a.m. Core Strength Corri		6:15 a.m. Cardio Strength Teresa							
	8:00 a.m. Resistance Training Tina		8:00 a.m. Low Impact Aerobics Corri		8:00 a.m. 20/20/20 Mary		8:00 a.m. Tae Kick Corri				8:00 a.m. Dance Party Diana					
	9:00 a.m. Cardio Strength Tina				9:00 a.m. Cardio Strength Tina		9:00 a.m. Dance Party Diana				9:00 a.m. Step Mary					
	10 a.m. Zumba Gold Jen		10:00 a.m. Get Strong Peggy				10:00 a.m. Get Strong Peggy		10:00 a.m. Zumba Jen		10:00 a.m. Body Blast Mary M.					
	4:30 p.m. Dance Party Diana		4:30 p.m. 20/20/20 Diana						4:30 p.m. Power, Core & More Angela							
	6:00 p.m. Cardio Strength Tanya		6:00 p.m. H.I.I.T. Teresa		6:00 p.m. Zumba Jen		6:00 p.m. Express Weights Marie									
					7:00 p.m. SCoR Jen		6:30 p.m. Core Strength Marie									
								Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
STUDIO 22 <small>Located at 12429 NW Cornell Road</small>			9:00 a.m. Total Body Barre Julie				9:00 p.m. Total Body Barre Julie									
	10:00 a.m. Barre Core Fusion Michelle								10:00 a.m. Power Barre Marie							
	4:00 p.m. Total Body Barre Julie				5:00 p.m. Power Barre Marie											
	6:00 p.m. Yoga Lauren		6:00 p.m. Yoga Wayne		6:00 p.m. Yoga Gretchen											

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Fitness Class Descriptions

<p>AcuYoga: A system of exercises that integrates two ancient holistic methods of maintaining health....Accupressure and Yoga. Benefit from these stretching and breathing routines for relieving muscular tension, creating more joint space for improved mobility and balancing & restoring the vital life forces of the body's energy pathways, promoting relaxation and reducing stress</p>
<p>Barre: A fun, full body workout that includes strength, agility, endurance and flexibility. With high reps and low impact moves, Barre Classes fine-tune your muscles without increasing bulk.Expect increased flexibility, improved endurance, increased strength, better posture and increased bone density</p>
<p>Body Blast: A total body heart pumping aerobic strength and conditioning workout. An interval class combining challenging strength and high intensity cardio for a full body calorie blasting work out.</p>
<p>Cardo Strength: This class adds variety to your workout and offers a mix of dripping fun to cardio and focused strength to training exercises. A great way to set your energy for the day.</p>
<p>Core Stretch: A 30 minute class combining core strength exercises and stretching.</p>
<p>Dance Party: This exhilarating multicultural dance fitness class includes Bollywood, Latin, Jazz, and infused modern Belly Dancing. If you love to dance or want to learn, this class is for you. Join the party, boost your energy and express your unique self!</p>
<p>Express Weights: A 30 minute total body workout using light weights to strengthen and tone all muscle groups.</p>
<p>Fit-Ball: Do you know the secret for strengthening your core, protecting your joints and building muscle? It's stability. Fitballs, aka Stability balls, are more than just fun to sit and bounce on. Have a ball in this class while improving strength, cardio endurance and balance.</p>
<p>Flexible Spine: Our spine holds a key position in the development of our general health. When it's flexible and healthy, it can not function properly and nourish all bodily systems. This 30 minute class offers a sequence of stretching & breathing exercises that promote a flexible spine</p>
<p>Get Strong: Get stronger and more flexible in this total body strengthening class using a variety of equipment as well as body weight exercises. Modifications will be available. We welcome all fitness levels.</p>
<p>HIIT Circuit: An even mix of focused strength exercises and dripping fun cardio segments. The intervals alternate between 4 minutes of strengthening and 4 minutes of TABATA cardio (HIIT) and is easily adjustable to meet all fitness levels.</p>
<p>Low Impact Aerobics: Sweat, smile and have fun in this joint-friendly aerobics class. Core exercises, stretching included,</p>
<p>Power, Core & More: Three part workout applying force & movement on the step, balls to improve core strength, exercise to improve posture, foam rolling for myofascial release.</p>
<p>Power Start: A challenging total body workout guaranteed to build strength and endurance by combining cardio moves and resistance training. This dynamic class is sure to jump start your day!</p>
<p>Qi Gong: This class links body, mind, and breath to cultivate chi (energy) promoting health and vitality. Learn the art of de-stressing and quieting the mind.</p>
<p>Roll and Relax: No need to feel stiff, stuck and sore. Release tension, mobilize joint space, relax muscles and find ease in movement. Foam rollers and tennis balls are used to trigger point and massage muscles.</p>
<p>SCoR: Bring a sweatshirt as we wind down for the night with a combination of Core Stability, balance, flexibility and foam Rolling</p>
<p>Solid Core Yoga: Focus on using centered, controlled fluid movement to develop a strong & efficient whole body.</p>
<p>Spin: Indoor group cycling is a cardio experience bringing athletic training participants of all abilities. Individually challenging and energizing class set to music to develop strength & endurance. Riders determine their own level of challenge allowig those new to the activity as well as conditioned cyclists to experience success.</p>
<p>Strength & Balance: This class consists of "Functional Movements" that strengthen shoulders, hips and spine. The exercises performed both with bodyweight and Theraband resistance. Included are postures that improve spinal mobility, flexibility & balance. Class ends with some stretching. And, the music is great!!!</p>
<p>Step and Sculpt: A choreographed routine with step, blended with resistance training.</p>
<p>Stretch: This class addresses the entire body with a combination of dynamic and static stretches, and joint movements to complement the stretches. The last Tuesday of the month includes meditation.</p>
<p>Tai Chi: This moving, meditative form of exercise enhances one's health and vitality. Tai Chi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.</p>
<p>Tae Kick: Get a kick out of getting fit in this total body workout. No bags! No gloves! Just a heart pumping workout that crushes calories, builds muscles and improves focus and balance.</p>
<p>20/20/20: This effective, well balanced workout has it all--20 minutes of muscle building strength work, 20 minutes of cardio endurance, and 20 minutes of flexibility. It's an excellent workout for all fitness levels. Mind-Body version on Tuesdays at 10:00 a.m.</p>
<p>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.</p>
<p>Power Yoga: Strengthen and challenge Mind and Body in this invigorating paced advanced Vinyasa style class</p>
<p>Vinyasa Yoga: A nurturing form of yoga with time to connect with your breath flowing from one pose to the next.</p>
<p>Yin Yoga: Passive, relaxing and nurturing form of yoga with time to connect with breath and hold poses longer. Includes meditation.</p>
<p>Yoga for Bone Health: Resistance weight training isn't the only way to strengthen your bones. Learn how to build stronger and healthier bones when younger, or how to slow or reverse osteoporosis when older. Blocks, straps, blankets, walls and chairs are used to insure correct and assessable poses whatever your level of ability.</p>
<p>Yoga Fundamentals: Deepen your practice with a thorough exploration of <i>asanas</i>, including their alignment principles, energetic actions, modifications and variations.</p>
<p>Yoga with a Kick: Combine Yoga practice with resistance band training to promote efficient movement patterns while improving joint mobility. Sprinkle with Yin static stretches, myofascial work with tennis balls and controlled breathing exercises to improve and bring balance to your Nervous System and you get yoga with a "Kick".</p>
<p>Zumba: An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time! We also offer ZUMBA GOLD for those wanting a slower paced, low impact dance experience.</p>

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.

Spin Studio

Children must be 8 years old, able to participate, and fit appropriately on the bike. Children must register. Adult members have priority.

Mind Body Studio

Children 8 years old are welcome to participate in classes with the instructor's O.K. All ages must respect and honor our quiet space.

Studio 77

Adult facility. 16 years old and up. Exclusively BARRE and Yoga classes.

General

For the safety of everyone, children of any age are not to sit in any studio while class is in session. Doors to all studios remain locked when class is not in session. Members can enter studios only with an instructor present. Pilates studio only available for use with Pilates Instructor

Please refrain from wearing fragrances to class.