

# Swim & Fitness Center - Yoga/Mind Body

January-April 2025



## General & Specialty Fitness Classes\*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

### NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$100
- Specialty fitness class drop-in fee: \$12

General Class • = All levels •• = Intermediate/Advanced  
Specialty Class SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Flex & Flow • Andrea 8:00-8:45 a.m.		
Flex & Flow • Kirsten 10:15-11:15 a.m.	Pilates Mat • Elise 10:15-11:15 a.m.	Balance, Core & More • Amanda 10:15-11:15 a.m.	Flex & Flow • Dawn 10:15-11:15 a.m.	Mindful Flow Yoga • Mandy 10:15-11:15 a.m.
	Tai Chi • Ed 11:30 a.m.-12:30 p.m.	Mindful Flow Yoga • Kathleen 12-1 p.m.	Tai Chi • Ed 11:30 a.m.-12:30 p.m.	
		Pilates Mat • Solo 4:30-5:30 p.m.		
Yin & Restorative Yoga • Audrey 5:45-6:45 p.m.		Yin & Restorative Yoga • Wendy 5:45-6:45 p.m.		

\*Updated 1/10/2025

\*All classes listed are subject to change or cancellation.

# Swim & Fitness Center

## Class Descriptions

### Total Body Remix

Maximize your time for the most efficient calorie burn utilizing high-intensity interval training that includes functional resistance exercises to build cardiovascular and muscular endurance, core strength, and flexibility.

### Flex & Flow

Focus on building strength, toning your body, improving your cardio and then move into a yoga flow to elongate muscles, release connective tissue, and gain mobility.

### Pilates Mat

Feel long and lean as you develop core strength and body awareness. Stretch, strengthen, lengthen and tone while improving core strength, posture, flexibility and balance.

### Yin & Restorative Yoga

Yin Yoga helps produce stronger ligaments, joints, and bones by holding poses on the floor for long periods of time to release the fascial system. Restorative Yoga is designed to move you into a parasympathetic state to restore and recharge your vital organs. Expect to hold poses on bolsters and blankets for long periods to let go of stressors of everyday life.

### SocaFit® Dance

SocaFit® is a Caribbean Carnival style full body workout, giving lots of attention to stamina, strength, and cardio with a lot of action on the waistline. Upbeat rhythms from the islands to get you moving.

### Barre (less) Bliss

Fusing the best of Pilates, Yoga, aerobics, and dance, Barre delivers a results-driven workout that is fun, dynamic and will sculpt you into amazing shape! Typically used with a traditional dance barre, but no barre required for this dynamic class.

### Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful movements to relieve stress as you improve balance, posture, flexibility and internal energy.

### Mindful Flow Yoga

Align mind, body and breath in this all-levels class that increases flexibility, strength and balance while focusing on breath and body awareness in space.

### Zumba®

Ditch the workout.... Join the party! Zumba® fuses Latin and other world dance rhythms to create an exhilarating fitness experience. Escape from the daily grind and dance away your worries!

### Hi/Lo Aerobics

Hi/low aerobics is a cardio exercise class that alternates between high impact and low impact movements. This class is upbeat and will increase your heart rate and will make you sweat.

### Balance Training

This class is designed to improve your stability, strength, coordination to help you improve your overall balance.