

# January 2022 Fitness

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
3 9a-10a Zumba 10a-11a Gentle Yoga 2:30p-3p Stretch & Release for Men	4 9a-9:30a Cardio Intervals 9:30a-10:30a Core, Strength, and Balance	5 9a-9:30a Chair Yoga 2p-3p Guts + Butts	6 9a-9:30a Cardio Step 9:30a-10:30a Yoga Sculpt	7 9a-10a Zumba 10a-11a Gentle Yoga	1/8 11:15a-12:15p Cardio Strength Intervals
10 9a-10a Zumba 10a-11a Gentle Yoga 2:30p-3p Stretch & Release for Men	11 9a-9:30a Cardio Intervals 9:30a-10:30a Core, Strength, and Balance	12 9a-9:30a Chair Yoga 2p-3p Guts + Butts	13 9a-9:30a Cardio Step 9:30a-10:30a Yoga Sculpt	14 No Classes Today!	15 11:15a-12:15p Cardio Strength Intervals
17 9a-10a Zumba 10a-11a Gentle Yoga 2:30p-3p Stretch & Release for Men	18 9a-9:30a Cardio Intervals 9:30a-10:30a Core, Strength, and Balance	19 9a-9:30a Chair Yoga 2p-3p Guts + Butts	20 9a-9:30a Cardio Step 9:30a-10:30a Yoga Sculpt  <b>4:30p SUNSET BEACH YOGA</b>	21 9a-10a Zumba 10a-11a Gentle Yoga	22 11:15a-12:15p Cardio Strength Intervals
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**REMINDER: SIGN UP FOR THE  
JANUARY WALKING CHALLENGE!**

**Fitness Center: 239-992-7005**

**Wellness Director: Casey Kelley at [ckelley@spanishwellscountryclub.com](mailto:ckelley@spanishwellscountryclub.com)**

## **Fitness Class Descriptions**

***Aerobics & Strength:*** A blend of classic aerobics and strength training with a warmup to start and a cool down at the end.

***Cardio Intervals:*** Simple cardio movements, no dancing required. We'll work in intervals of 30 seconds of higher intensity effort followed by 15 seconds of lower intensity effort. Set to a fun, upbeat playlist, the moves are simple, but the workout will still challenge you and get your heart rate kicking.

***Cardio Strength Intervals:*** A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for a full hour.

***Cardio Step:*** 30 minutes of simple cardio step movements, no dancing required.

***Core, Strength, and Balance:*** This class is truly suitable for every level of fitness. We'll use light weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

***Guts and Butts:*** A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

***Gentle Yoga:*** A slow flowing class with focus on poses that relax and lengthen muscles. We'll breath slowly and move mindfully before drifting off into a soothing savasana.

***Chair Yoga:*** 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

***Yoga Sculpt:*** A blend of yoga, strength & body weight movements. This class will strengthen, tone, and lengthen muscles.

***Stretch & Release:*** A class for **Men**. Designed to lengthen muscles and release tightness in the body. Classes will vary from standing, seated on the floor, or seated on a chair.

***Zumba:*** A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between fast and slow rhythms. A class for all levels.