



The Connection

for Women and Families

Adult Fitness/Dance/Wellness Schedule

Summer 2010

June 28 – August 22, 2010

79 Maple Street

Summit, NJ 908-273-4242

www.TheConnectionOnline.org

CLOSED JULY 4, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:45-7:45 Yoga-all levels	6:45-7:45 Gentle Stretch Yoga		6:30-7:30 Yoga-all levels	7:30-8:30 Pilates	7:45-9 Yoga	7:30-8:55 Yoga-all levels
	7:30-8:30 Joyful Cardio	7:30-8:30 Roll Into Fitness		7:45-8:45 Gentle Stretch Yoga	9-10:25 Yoga-all levels	9-10 Fluid Sculpt R	8-9 Cross Training
	7:45-8:45 Restorative Yoga			9:30-10:30 willPower & Grace	9:30-10:30 Salsa Size	10-11 ZUMBA	9-10 Yoga/Pilates
	9:30-10:30 Low Impact	9:30-10:30 Cross Training	9:30-10:30 BSW		10-30-11:55 Adv. Yoga		10-10:55 Yoga-all levels
	10:30-11:30 FIT						
Afternoon		4:30-5:30 Circuit Plus		4:30-4:55 Back Care			
Evening	5:30-6:30 Yoga-all levels	5:30-6:30 Cardio Dance	5:30-6:25 Cross Training	5-5:55 Gentle Stretch Yoga	5:30-6:30 Adult Hip Hop R		
	Cross Training	Fluid Sculpt R	5:30-6:30 Adult Hip Hop R				
	5:30-7 Adult Belly Dancing R	5:30-6:25 Gentle Stretch Yoga	6:30-7:30 Pilates	6-6:55 willpower & Grace	5:30-6:30 Yoga-all levels		
		6:30-7:30 Yoga-all levels	Ballet Floor Barre R	6:30-7:30 Yoga-all levels Adult Karate Beg.			
	6:30-7:25 Gentle Stretch Yoga	6:45-7:45 ZUMBA	7:30-8:30 ZUMBA	7-8 Ballroom I R	7-8:15 Tai Chi R		
	6:30-7:30 ZUMBA	8-9 Cabaret Belly Dancing R	Tap Mixed Level R	7:30-8:30 Adult Karate Int.			
	7-8:15 Tai Chi R			7:30-9 Ballet R			
7:30-9 Adv. Yoga			8-9 Ballroom II R				
All That Jazz R							

CLASSES ARE FREE FOR TOTAL FACILITY MEMBERS
R – These classes require registration

Dated 7/12/10

ADULT FITNESS/DANCE/WELLNESS
CLASS DESCRIPTIONS

All That Jazz Mon. 7:30p

All levels welcome. A dance technique that is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns.

Back Care Th. 4:30p

Designed to care for your back. Includes stretching and strengthening exercises specifically targeting back and core muscles.

Ballet Th. 7:30p

Fundamental ballet technique is taught to improve strength, tone and flexibility. Knowledge of technique and terminology needed for advanced class.

Ballet Barre Wed. 6:30p

Stretch and strengthen with floor as well as barre work.

Ballroom Dance

I - Th. 7p

II - Th. 8P

Have fun learning the Tango, Jitterbug, Fox Trot and other steps. Learn to lead and follow. A partner is not necessary.

Belly Dance Mon. 5:30p

Belly up to the barre! Blending many cultural styles, this dance of female expression is based on the ways a woman moves.

BSW Wed. 9:30

Body sculpting with weights. Enjoy calisthenic choreography with rhythmic warm-up, upper body weight work, lower body strengthening and abdominal work.

Cardio Dance Tues. 5:30p

A mix of cardiovascular activity and contemporary choreography.

Cabaret Belly Dance Tues. 8p

Cabaret style is the glitzy, flamboyant style of Belly Dancing. A dance experience through grounded movement and musical expression.

Circuit Plus! Tu. 4:30p

Cardio warm-up, weight training, stretch and cool down. Improve balance and overall strength.

Cross-Training Mon. 5:30p; Tu. 9:30a; Wed. 5:30p; Su. 8a

Challenging, fun and produces results. STEP, intervals, aerobic combinations, body sculpting with weights and floorwork.

F.I.T. Mon. 10:30a

Functional Interval Training. Practical strength and endurance training with resistance equipment. Improve core strength, coordination, balance, stability and stamina.

Fluid Sculpt Tu. 5:30p; Sa. 9a

A non-impact class that emphasizes lengthening, strengthening and core fitness with principals of dance and orthopedic exercises.

Gentle Stretch Yoga Mo. 6:30p; Tu. 6:45a & 5:30p; Th.7:45a & 5p

Designed for therapeutic and rehabilitative purposes. Slower-paced and modified exercises and poses.

Hip-Hop Wed. 5:30p; Fri. 5:30

Join the funky fun and satisfy yourself with a great workout through basic moves of "street-style" dancing performed to today's music.

Joyful Cardio Mon. 7:30a

A fun aerobic class geared to working at 60-70% of target heart zone for easy to follow 20 minutes of step, 20 minutes of cardio kickboxing, 20 minutes of cardio dance. All Levels.

Karate Th. 6:30p and 7:30p

Beginner and Intermediate. Develop mental discipline, coordination, flexibility, self-defense skills, strength and poise. Intermediate participants must have at least a yellow belt.

Low-Impact Aerobics Mon. 9:30a

All levels. Warm-up, 20-30 minutes of low-impact aerobics, resistance muscle work with weights, floorwork and stretching.

Pilates Wed. 6:30p; Fri. 7:30a

Precise, effective movements strengthen the mind-body connection for all levels. Develop long, strong, supple muscles, increase stamina and reduce fatigue.

Restorative Yoga Mon. 7:45a

A slower paced class than gentle stretch yoga that incorporates yoga moves with emphasis on stretching, joint flexibility and improving range of motion in joints.

Roll Into Fitness Tu. 7:30a

Class centers around a stability ball for an effective workout. Target core muscles, strengthen back and abdominal muscles, increase your balance and improve your overall fitness while having a ball!

Salsa-size Fri. 9:30 am

Want to dance yourself fit? This low impact aerobics class can lead to lower blood pressure, improved cholesterol levels, a reduced heart rate and burn 200-400 calories. Previous dance experience not necessary.

Tai-Chi Mon. 7p; Fri. 7p

Feel inner energy flow through your body. Unite mind, body and spirit through productive and healthy self-expression.

Tap Wed. 7:30p

Mixed Level. Learn the fundamentals of tap technique while getting a fabulous workout.

Yoga All Levels Mon. 6:45a & 5:30p; Tu.5:30p & 6:30p;

Th. 6:30 a & 6:30p; Fri. 9a & 5:30p; Sa. 8a; Su. 7:30a & 10a

Combination of Hatha and Iyengar yoga. Exercise and postures with rhythmic breathing to stimulate, tone and relax the body to promote well-being.

Yoga Advanced Mon. 7:30p; Fr. 10:30a

This class combines Hatha and Iyengar yoga at a more active, strengthening way, flowing from posture to posture. Basic knowledge of poses is strongly recommended.

Yoga/Pilates Sun. 9a

Combination class of *basic yoga and pilates*.

willPower & grace Th. 9:30a, 6p

A sweaty, dynamic fusion of the industry's most popular (and most effective) group exercise workout. All you need is your body weight and your bare feet.

ZUMBA Tu. 6:45p; Wed. 7:30p; Sa. 10a

A Latin-inspired, dance fitness class incorporating Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! Sneakers recommended.

Total Facility Fees

Enjoy full use of the Fitness Center and pool and participate in all adult aquatic, fitness and dance classes.

	<u>Monthly</u>	<u>Annual</u>
ADULT	\$50	\$588
HSHLD	\$71	\$840
SRS.	\$44	\$515
SR. HSHLD	\$61	\$720