

ROMULUS ATHLETIC CENTER

Land & Aqua

FITNESS CLASSES



Monday

- 8:00a Classic Aqua II w/Julie
- 9:00a Core & More w/Aisha
- 9:00a Aqua Zumba w/Rosa 45 mins
- 10:00a Arthritis River Aqua w/Lanah
- 10:00a Kickboxing/Susan
- 11:00a Senior Circuit w/Michele
- 5:00p Pilates w/Susan
- 6:00p Slow Yoga w/Karen

Tuesday

- 8:00a Silver Splash w/Gail
- 9:00a Body Sculpting w/Michele
- 9:00a Classic Aqua I w/Gail
- 10:00a BOOM Move w/Susan
- 11:00a Senior Classic w/Susan
- 5:00p Cardio & Sculpt w/Michele
- 6:00p Zumba w/Elone
- 7:00p Fit Drum w/Elone

Wednesday

- 8:00a Classic Aqua II w/Julie
- 9:00a Step Class w/Elone *45mins*
- 9:00a Deep Water w/Gail
- 10:00a Zumba Gold w/Elone
- 10:00a Arthritis River Aqua w/Lanah
- 11:00a Senior Chair Yoga w/Regina

Thursday

- 8:00a Silver Splash w/Gail
- 9:00a Step/Cardio/Kick Combo w/Aisha
- 9:00a Classic Aqua I w/Gail
- 10:00a BOOM Move w/Susan
- 11:00a Senior Classic w/Susan
- 11:00a H2Yoga w/Julie
- 5:00p Low Impact Cardio w/Susan
- 6:00p Senior Floor Yoga w/Regina

Friday

- 8:00a Classic Aqua II w/Julie
- 9:00a Weight Sculpting w/Elone
- 10:00a Zumba Gold w/Elone
- 10:00a Arthritis River Aqua w/Lanah
- 11:00a Senior Chair Yoga w/ Regina

Saturday

8:00a Barrew/Susan *45 mins*

9:00a Tabata w/Susan

Free Classes!

Oct. 26-31 Lanah
Nov. 2-7 Regina
Nov. 9-14 Susan
Nov. 16-21 Elone
Nov. 23-28 Gail
Nov. 30-Dec. 5 Julie

= Aqua Fitness Class

Classes in Blue Font are free to all our SilverSneakers, Silver & Fit, RenewActive, OnePass & FitOn Members

Instructor Spotlight: Each week we will spotlight 1 instructor and promote their classes for FREE to members.

Member Punch Cards: $70/10 Visits
Class Drop-in Fee: $10/class

Unlimited Classes now available with Boarding Plus Memberships
Monthly: $45
Quarterly: $120
Yearly: $420

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CLASS DESCRIPTIONS

AQUA CLASSES

Classic Aqua I & II: This class incorporates a classic blend of aerobics, toning and stretching in chest deep water. This class may be the ideal start for those new to aquatic fitness, for those participants who may desire to maintain their current fitness level, or for those who would like a push off of a fitness plateau. Classic Aqua I is designated low intensity and Classic Aqua II is designated medium intensity.

Arthritis River Aqua: The Arthritis Aqua class is a structured plan of exercise geared for those participants with arthritis and other joint related conditions. This course is perfect for any age or participant interested in flexibility and strength increases, but not in intense cardiovascular work. Instructors lead class members to better flexibility though gentle movements.

Deep Water Aqua Aerobics: An aquatics aerobic class taught exclusively in deep water, this course challenges the participants to a full-body workout with zero impact. Any fitness level may participate, and flotation belts may be used for comfort. Water confidence and some swimming skills are recommended. Buoyancy belts will be available to participants.

H2 Yoga / Aqua Yoga: Experience this new way to practice the ancient forms of yoga using the water to support you and keep pressure off of your joints. The water acts as resistance, creating more intensity for your workouts!

SilverSplash®: SilverSplash is a specially designed Aquatic Fitness class for Seniors. Silver Splash focuses on increasing agility, range of movement and cardiovascular conditioning. Participants learn how to develop strength, balance and coordination in a safe, fun and effective way.

Aqua Zumba*: A pool party" workout for all ages. A class that is safe, effective and a challenging water-based workout that integrates the Zumba formula into traditional aqua fitness disciplines. A workout that is cardio-conditioning, body toning, and most of all, exhilarating beyond belief! *This is a 45 minute class.

LAND CLASSES

30/30: 30 minutes of cardio and 30 minutes of either weight training or mind body. Great way to start your week.

Senior Yoga: Finally a Yoga Class that anyone can do! Easy to follow with the right amount of flowing combinations.

Body Sculpting: A total body workout involving body weight exercises, hand weights, stability balls and resistance tubing, designed to sculpt the body and increase muscular endurance. This class is fun, effective and for all levels of fitness.

Boom Move: A 45 minute class perfect for the senior that likes to really improve their cardio.

Core & More: Zoning in on your core using contemporary body sculpting movements. Utilizing stability balls, resistance tubing, Pilates power ring, and more to enhance all of your muscles while shaping, defining, and strengthening your body. Beginner to advanced.

Guts & Butts: Strengthen and ton the gluts and core using a variety of equipment.

Pilates Core: Pilate moves to strengthen, tone, and improve your core.

Senior Circuit: (Advanced Class) Combine fun with fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing and a SilverSneakers ball alternated with low impact choreography.

Senior Classic: Increase muscle strength and range of movement, and improve activities for living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Senior Yoga: Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Tabata: 20 Second Interval work followed by 10 seconds of rest, 4 rounds of 2 moves with a 1 minute break after the 8 minute block.

Total Body Fitness: A combination of cardio, core, upper/lower body strength conditioning and balance. It is also designed to help improve muscular strength and cardio endurance. This class will use a variety of fitness equipment that will challenge your body. A light stretching segment is also included.

Zumba Gold: Toning for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.