

DAY & TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5/6 A.M.		6:00-7:00 a.m. Cardio Kickboxing Joan Group Fitness Room		5:15-6:15 a.m. Boxology Cardio/HIIT Boxing Keeley Group Fitness Room	7:00-8:00 a.m. Mixed Cardio Boxing Melanie Group Fitness Room	7:30-8:30 a.m. Vinyasa Yoga Debbie Group Fitness Room	
8 A.M.	8-8:55 a.m. Cardio Dance Eleni Group Fitness Room	8-8:55 a.m. Core, Balance & Strength Eleni Group Fitness Room	8-8:55 a.m. Cardio Dance Eleni Group Fitness Room	8-8:55 a.m. Strength & Conditioning Eleni Group Fitness Room	8-8:55 a.m. Cardio Dance Eleni Group Fitness Room		
		8:30-9:30 a.m. HIIT + Strength Angie Basketball Gym 3/4		8:30-9:30 a.m. HIIT + Strength Angie Basketball Gym 3/4	9:00-10:00 a.m. Chair Yoga Debbie Civic Fitness #1		
9 A.M.	9-10 a.m. Hip Hop Toning Renee Group Fitness Room	9-10 a.m. Hip Hop Cardio Renee Group Fitness Room	9-10 a.m. Tabata Renee Group Fitness Room	9-10 a.m. Hip Hop Cardio Renee Group Fitness Room	9-10 a.m. Tabata Renee Group Fitness Room	9-9:55 a.m. Zumba Carmen Group Fitness Room	
	9-10 a.m. Pilates Jen.H Civic Fitness #1	9:00 a.m. Yoga Robyn Civic Fitness #1		9:00 a.m. Yoga Robyn Civic Fitness #1			
	9-10:00 a.m. Deep Water Aerobics Eleni Diving Well	9-10:00 a.m. Deep Deep Water Aerobics Eleni Diving Well	9-10:00 a.m. Deep Water Aerobics Eleni Diving Well	9-10:00 a.m. Deep Deep Water Aerobics Eleni Diving Well	9-10:00 a.m. Deep Water Aerobics Eleni Diving Well		
10 A.M.	10-11:00 a.m. Shallow Water Aerobics Eleni Lap Pool	10-11:00 a.m. Shallow Water Aerobics Eleni Lap Pool	10-11:00 a.m. Shallow Water Aerobics Eleni Lap Pool	10-11:00 a.m. Shallow Water Aerobics Eleni Lap Pool	10-11:00 a.m. Shallow Water Aerobics Eleni Lap Pool		
		10:15-11:15 a.m. Yoga/Pilates Ginger Group Fitness Room		10:15-11:15 a.m. Yoga/Pilates Ginger Group Fitness Room	10:15 - 11:15 a.m. All Levels Vinyasa yoga Beth Group Fitness Room		
4 P.M.		3:00-4:00 p.m. Adult Jujitsu Mike Group Fitness Room		3:00-4:00 p.m. Adult Jujitsu Mike Group Fitness Room	<p>FITNESS CLASS FEES Classes cost \$7 each (drop-in fee), or require a punch card or monthly pass.</p> <p>12-class Pass: \$65 Monthly Membership: \$60 Reoccurring Monthly Membership: \$55</p> <p>A VIP membership also is available to residents for \$69 per month. Membership includes unlimited monthly classes and two hours of Adventure Club for up to two children per day. Additional adult and children can be added to the membership for an additional fee. <i>Adventure Club is available only at the Community Center.</i></p> <p><i>All Guest must sign in for a fitness class with an Anthem resident present.</i></p>		
		4:00-4:45 p.m. Kids Jujitsu Mike Group Fitness Room		4:00-4:45 p.m. Kids Jujitsu Mike Group Fitness Room			
5 P.M.		4:45-5:45 p.m. Kids Jujitsu Mike VIP Fitness Room		4:45-5:45 p.m. Kids Jujitsu Mike VIP Fitness Room			
	5:30-6:30 p.m. Boxology Cardio/HIIT Boxing Keeley Group Fitness Room	5:30 - 6:30 p.m. Strength & Cardio Melanie Group Fitness Room	5:30-6:30 p.m. Boxology Cardio/HIIT Boxing Keeley Group Fitness Room	5:30-6:30 p.m. Zumba Carmen Civic Fitness #1			
7 P.M.		5:45-6:45 p.m. Swordfit Mike Fitness Room	VIP	5:45-6:45 p.m. Swordfit Mike Fitness Room			

Classes highlighted in Purple are at the Civic Building and do not provide child care options. See reverse side for class descriptions.

CLASS DESCRIPTIONS

ALL LEVELS YOGA: Robins Classes cover yogic postures, alignment, yogic concepts and how to grow the practice into everyday life. With emphasis on fundamentals and the proper form, alignment and awareness, the practice is easy enough for first-time students and challenging enough for returning students. This is a great class for those new to yoga or who want a refresher on fundamentals.

BOXOLOGY Cardio Boxing: A high-impact cardio workout that utilizes a boxing bag with continuous cardio movements. Classes include but are not limited to combos, boxing drills, Tabata and HIIT. This class teaches self-defense, will help improve your stamina and endurance, reduce stress, improve your confidence and increase muscle mass.

CARDIO DANCE: Join our morning dance party and get your workout in while you're at it! Dance to a variety of music, following along with simple and fun moves that work your entire body. No dance experience necessary.

C.B.S. (Core-Balance-Strength): Toughen up your core, improve your balance, and increase your overall strength! Enjoy using a variety of equipment while performing exercises that will increase your stability and muscle tone. We welcome participants of all levels and abilities.

DEEP WATER: Get your full-body workout while enjoying fresh air, beautiful views, and friendly company! You can opt to wear a belt that will help keep you afloat while you perform a variety of fun exercises. Water workouts are ideal for just about everyone, including those with injuries and difficulties with mobility and balance. Deep Water exercises are a FUN way to avoid joint stress and alleviate muscle soreness, while improving strength, endurance, and balance!

HIIT BOXING/HIIT + Strength: A form of interval training, this exercise strategy alternates short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity and condition, as well as improved glucose metabolism.

HIP-HOP CARDIO: High-impact dance fitness to the latest hip-hop/pop music.

HIP HOP TONING: Fitness dance with light weights coordinated to the latest hip-hop/pop music.

KICKOLOGY STRONG: 40 minutes of cardio kickboxing with the option of adding light weights, 10 minutes focused lifting with heavy weights, and 10 minutes of core work. The combination of cardio and weights offers a high calorie burn while also toning muscle.

MAT PILATES: Full body workout focusing on core strength (Ab's, Back, Hips) This non-impact class, involves a series of floor exercises using your own body weight for resistance. Improve overall strength, flexibility, posture, and balance. All exercises can be modified from beginner to advanced, ideal for multiple fitness levels.

MIXED BOXING: Three rounds of cardio kickboxing, boxing, and core work for a total body workout that sculpts and tones while keeping the heart rate up for an optimal calorie burn. All skill levels are welcome. Gloves are required.

SHALLOW WATER: Water exercises are not only gentle on the joints, but they also invigorate all muscles, as well as loosen up and relax sore ones. This class is a great place to have fun and make friends while alternating between cardio and muscle-building exercises.

STRENGTH & CARDIO: a full body focus on strength and endurance with a combination of body resistance and weights as well as a variety of modalities with cardio bursts between sets.

STRENGTH & CONDITIONING: Challenge your body and avoid fitness plateaus by using a wide variety of equipment and performing many types of exercises. Alternate between cardio and strength-building sets to keep your body guessing. All ages and fitness levels welcome.

STRENGTH TRAINING: Work all muscle groups with a variety of strengthening and conditioning exercises. Using light to moderate weights with lots of repetition. A great way to define, sculpt and build lean muscle. Class Focuses on form and isolation exercises using resistance.

TABATA: 20-second high intensity intervals are followed by a 10-second rest for a total of four minutes, using a variety of exercises and equipment that focus on strengthening the entire body.

TOTAL BODY Strength: An anaerobic workout that focuses on full body toning and strengthening incorporating a mix of weights, mat work, and yoga poses.

Yoga/Pilates: classes cover yogic postures, alignment, yogic concepts, and how to grow the practice into everyday life. With emphasis on fundamentals and the proper form, alignment and awareness, the practice is easy enough for first-time students and challenging enough for returning students. This is a great class for those new to yoga or who want a refresher on fundamentals.

ZUMBA: Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. You don't need to be a great dancer to feel welcomed in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required.