

HERITAGE PALMS FITNESS CALENDAR - MAY 2012

Aqua Aerobics is held at the Clubhouse Pool. All other fitness classes are held at the Lodge
There is no charge for members. Guests - \$5.00 per class.

MONDAY

8:15am - 9:15am Lo/Impact and Sculpt
9:40am - 10:25am Aqua Aerobics
2:30pm - 3:15pm Sit to be Fit (Fitness Center)

TUESDAY

8:15am - 9:15am Step and Sculpt
9:40am - 10:25am Aqua Aerobics
2:30pm - 3:30pm Stretch and Core
3:30pm - 4:30pm Body Sculpting

WEDNESDAY

8:15am - 9:15am Lo/Impact and Sculpt
9:40am - 10:25am Aqua Aerobics
2:30pm - 3:15pm Sit to be Fit (Fitness Center)

THURSDAY

8:15am - 9:15am Step and Sculpt
9:40am - 10:25am Aqua Aerobics
4:30pm - 5:30pm Body Sculpting

FRIDAY

8:15am - 9:15am Lo/Impact and Sculpt
9:40am - 10:25am Aqua Aerobics
2:30pm - 3:30pm Stretch and Core (Co-Ed)

NEW YOUTH SUMMER CLASSES JUNE - JULY

Youth Fitness Yoga, Wednesday, 9:30am - 10:30am

Youth Fitness Kid Box, Friday, 1:00pm - 2:00pm

Please register with Toni at 239-278-9090 Ext. 7 or email at tgrace@hpgcc.com

Deadline for registration May 18th

If you have any questions, contact Toni Grace at tgrace@hpgcc.com

SUMMER CLASS DESCRIPTIONS

Aqua Aerobics : Is performed in deep or shallow water. The buoyancy of the water significantly reduces stress on joints and muscle. Water creates a lot of resistance with or without aqua weights, strengthen muscles and improves circulatory and respiratory system.

Body Sculpting: Is a strength training class using weights, barbells, bands and exercise balls.

Lo/Impact and Sculpt: Is 25 minutes of basic low impact class keeping one foot n the floor at all times adding a little Zumba Gold twist to fun music. Weight training for strength in the upper and lower body followed by core work on the floor and gentle stretching. This class is for all levels.

Sit to be Fit : A class for seniors with special considerations. Begins with a 10 minute warm up seated or standing followed by a light and easy cardio to improve bone density. Weight training is added to increase muscle tone, and standing leg work to improve balance and coordination.

Step & Sculpt : Is choreographed to music using platforms of various heights depending on your fitness level. Hand weights, bands and barbells are used to increase strength in the upper and lower body.

Stretch and Core: Is a class for men and women to increase flexibility, balance using bands, yoga blocks and core strength exercise ball.

Youth Fitness Summer Program June-July

Kid-Box : A physical conditioning to increase energy levels for youth ages 5-14 years old in which self-confidence and self discipline is developed through a series of exercise drills to help increase endurance, attention span and overall health and wellness.

Yoga/Pilates : Is a great class for youth ages 5-14 to learn basic anatomy and the art of ancient Yoga emphasizing on breathing technique through various Yoga poses to help them relax. Pilates will teach good form, precision, coordination and concentration that will develop strength in the abdominal and back.