

# Active Aging Group Exercise Schedule Revised December 22, 2017

| MONDAY  | TUESDAY                                  | WEDNESDAY   | THURSDAY  | FRIDAY                                      | SATURDAY   |
|---|--|---|---|---|--|
| 6:30 Vinyasa Yoga<br>Jill (B) Level 2 <small>New Instructor</small> | 8:00 Aqua Max<br>Renee (IP)              | 5:30 Yinyasa Yoga<br>Lisa (B)<br><i>60min</i>           | 9:15 Active Rhythm<br>Margaret (A)              | 6:30 Vinyasa Yoga<br>Jen (B) Level 2        | 8:30 Flex 30<br>Lorraine (K)                     |
| 8:00 Aqua Max<br>Barbora (IP)<br><i>45min</i>                       | 8:00 Pilates Mat<br>Carol (B)            | 7:00 Yinyasa Yoga<br>Carrie (B) Level 2<br><i>90min</i> | 9:30 Aqua Fit<br>Marge (OP)                     | 8:00 Aqua Max<br>Barbora (IP)               | 8:30 Aqua Tabata<br>Christine (OP)               |
| 8:30 Zumba®<br>Jane (A)   | 9:30 Aqua Fit<br>Renee (IP)              | 8:00 Aqua Tabata<br>Karen (IP)                          | 10:00 Zumba Gold®<br>Carolina (B)               | 8:30 Roll & Release<br>Pat (B)              | 9:30 Redefine<br>Lorraine (B)<br><i>45min</i>    |
| 9:30 Aqua Fit<br>Karen (IP)   | 10:00 Tai Ch<br>Cathy (A)                | 9:30 Aqua Fit<br>Renee (IP)                             | 11:30 Restorative Yoga<br>Mary S. (B) Level 1/2 | 8:30 Zumba®<br>Carolina (A)                 | 10:00 Aqua Tai Chi<br>Lisa (IP)                  |
| 10:30 Aqua Running<br>Karen (IP)                                    | 10:00 LeBarre<br>Kathy (B)               | 10:30 Aqua Running<br>Karen (IP)                        | 12:00 Active Fit<br>Penelope (A) Level 1        | 9:00 Pilates Mat<br>Pat (B)                 | 11:15 Gentle Flow Yoga<br>Penelope (A) Level 1/2 |
| 10:30 Core & More<br>Kathy (B)                                      | 11:00 Dance & Tone<br>Margaret (B)       | 11:00 Flex 30<br>Gina (A)                               | 5:30 Aqua Zumba<br>Gina (IP)                    | 9:30 Aqua Fit<br>Diane (IP)                 |  |
| 11:30 Gentle Flow Yoga<br>Mary S. (B) Level 1                       | 11:30 Kripalu Yoga<br>Shawn (A) Level 2  | 11:30 Gentle Flow Yoga<br>Pat (A) Level 1               | 6:15 Pilates Mat<br>Teal (B)                    | 10:00 Classic BARRE<br>Kathy P. (B)         | <b>SUNDAY</b>                                    |
| 12:00 Active Fit<br>Kathy (A) Level 1                               | 12:15 Active Fit<br>Pat (B) Level 1      | 5:00 Redefine<br>Lorraine (B)                           | 7:30 Gentle Flow Yoga<br>Pat (B) Level 1        | 10:30 Aqua Running<br>Diane (IP)            | 8:00 Pilates Mat ***<br>Pat (B)                  |
| 7:00 Redefine<br>Lorraine (B)                                       | 5:30 Aqua Running<br>Christine (IP)      |   |   | 11:00 Flex 30<br>Kathy P. (B)               | 8:00 Zumba®<br>Toni G. (A)                       |
|   | 6:15 Pilates Mat<br>Grace (B)            |   |   | 11:30 Kripalu Yoga<br>Shawn (B) Level 2     | 9:00 Aqua Challenge<br>Diane (IP)                |
|   | 7:30 Vinyasa Yoga<br>Grace (B) Level 1/2 |   |   | 11:30 Gentle Flow Yoga<br>Margo (A) Level 1 | 11:30 Restorative Yoga<br>Penelope (A) Level 1   |

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View schedule online at [theatlanticclub.com](http://theatlanticclub.com)  
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## SYMBOL GUIDE

|      |                 |      |                |
|------|-----------------|------|----------------|
| (A)  | Aerobic Room A  | (CP) | Cabana Pool    |
| (B)  | Aerobic Room B  | (K)  | Kinesis Studio |
| (RC) | Ride Center     | (OT) | Outdoor Trail  |
|      | adjacent to gym | (G)  | Gym 2nd Floor  |
| (IP) | Indoor Pool     |      |                |

**\*Please Note:** Zumba Gold sign ups begin 30 minutes prior to the start of class. Participants may sign up for themselves ONLY!  
**\*\*\*PILATES MAT:**

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## CARDIO

**ACTIVE RHYTHM (60 min)** Fun choreography containing jazz, hip-hop & dance moves geared to both beginners & advanced. AL

**CARDIO CALIENTE (60 min)** A heart pounding, music pumping, fat burning, punching, kicking time! IA

**ZUMBA® (60 min)** A fusion of Latin and international rhythms with easy to follow move for a one of a kind workout! A dance class that is a high calorie burning and body energizing experience. AL

**ZUMBA GOLD® (45 min)** A low impact, easy-to-follow and fun Latin-inspired dance class with strength and stretch. AL

## CARDIO/STRENGTH

**ACTIVE FIT (60 min)** Stay active. Stay fit. A safe and effective cardio and strength class specifically designed to meet the needs of our mature exerciser. (AL)

**CORE & MORE(60 min)** A total body strength class using the stability ball for core results. (AL)

**DANCE & TONE (60 min)** A gentle dance class which incorporates elements of strength and balance. (AL)

## MIND/BODY

**FLEX 30 (30 min)** A relaxing class designed to stretch all of the major muscles. (AL)

**GENTLE FLOW YOGA (60 & 90 min)** Revisit the basic principles in this reunion of mind and body. A practice of meditation in motion. This class will mindfully and slowly move you through simple postures. (AL)

**KRIPALU (90 min)** A 3-stage yoga that emphasizes mind/body awareness through postures, pranayama (breath work) and meditation in a compassionate environment. (AL)

**RESTORATIVE (90 min)** This gentle approach to yoga will help you experience the sense of renewed energy and peace. Blocks and straps will help you ease into comfortable yoga positions. (AL)

**TAI CHI (60 min)** Tai Chi is the ancient Chinese art of slow graceful body movements and meditative exercises. Tai Chi promotes the body's own natural healing and restorative abilities. (AL)

**VINYASA (75 & 90 min)** A class that incorporates traditional poses with breath that flows seamlessly from beginning to end. De-stress while enhancing flexibility and calming your mind. (IL)

## STRENGTH

**REDEFINE (45 or 60 min)** A Total Body workout using various resistance props to help you achieve the ultimate fit body. (AL)

**STRENGTH 30 (30 min)** A safe and effective total body strength class for those on the go. AL

## WATER CLASSES

**AQUA CHALLENGE (60 min)** This class will challenge you with strength and cardio drills in both deep and shallow water. (AL)

**AQUA FIT (60 min)** Specifically designed resistance props and the water give an intense workout that is easy on the joints. (AL)

**AQUA MAX (45 min)** An athletic workout in the deep water with a flotation belt. It includes intervals of running, walking, cycling, and sprinting. Great workout without impact! (IL)

**AQUA TABATA (60 min)** This class follows the principles of Tabata in the water. The 4 minute intervals consist of 20 seconds of intense work with a 10 second recovery. (AL)

**AQUA TAI CHI (60 min)** The gentlest of the water combined with the fluid and graceful movement of Tai Chi. (AL)

**AQUA RUNNING (45 min) & PLUS (60 min)** Water is a unique medium for improving your cardiovascular efficiency, toning your muscles and increasing your flexibility. (AL)

**WATER CLASS RULES:** During water classes, at least 2 lanes are available for lap swim. Additional lap lanes will be added for lap swimming when there are less than 18 participants. Lane allocation will be determined 10 minutes after the start time of each class using this guideline:

3 lanes available: Up to 17 participants (Up to 15 in Aqua Tai Chi)

4 lanes available: Up to 9 participants

## PILATES/BARRE

**PILATES MAT (60 min)** A series of mat exercises that improve strength, breathing, flexibility, and balance. Creates a long and lean body while keeping your powerhouse strong. (AL)

## CLASS ETIQUETTE

- Be considerate of other Members' exercise space
- Keep conversation to a minimum
- Cell phone use is prohibited
- Classes with 10 or less participants are subject to change
- Appropriate athletic-wear is required
- Gym bags and purses should be stored in the locker rooms
- For your safety, athletic shoes only in the studios with the exception of Mind and Body classes
- No food in the studios at any time
- Junior Members ages 15 and up may participate in Group Ex classes
- You must be accompanied by an instructor or trainer when exercising in any of the studios
- Please check class schedule to see which classes require a sign up
- For safety reasons, Members will not be permitted to enter a class already in progress

## YOGA LEVELS

- **Level 1:** New to Yoga? This non-intimidating class is performed at a slower pace to introduce yoga terminology, postures and breath awareness. Experienced practitioners may use this class to revisit the basics.
- **Level 1/2:** Ready to take the next step on advancing your practice. Slightly more advanced poses will be introduced in a flowing sequence.
- **Level 2:** Challenge yourself with more advance poses in this intermediate level class.
- **Level 2/3:** Designed for intermediate/advanced practitioners. This class includes challenging poses and previous experience is required of all students.
- **Level 3:** Designed for the advanced practitioner and a high level of fitness. Students must have several years of intermediate yoga practice.
- **AL** - All levels
- **IA** - Intermediate/Advanced

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