




# The Wellness Center at Bayside

“Add Years to Your Life and Add Life to Your Years”

Rev. 7/2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Walk Fit Janice		Cardio Janice	Yoga Joann	
8:30am	Resistance Training Janice		Resistance Training Janice			
9:00 am		Resistance Training Janice		Floor Core and More Janice	Walk Fit Janice	
9:30am	Pilates Janice	Pilates Janice	Pilates Janice	Pilates Janice		
10:15 am	Senior Yoga Stretch Janice	Senior Strength Janice	Senior Yoga Stretch Janice	Senior Strength Janice	Senior Cardio Janice	
4:30 pm	 ZUMBA fitness Angie		 ZUMBA fitness Angie			
5:30 pm	Boot Camp La'Shebia <hr/> Water Fit Cindi	BODYJAMZX La'Shebia  Water Fit Tami	Boot Camp Janice <hr/> Water Fit Cindi	ULTIMATE BODYJAMZX La'Shebia <hr/> Water Fit Tami		

## Hours of Operation:

5:30am-8:00pm Monday through Friday

8:00am-12:00pm Saturday

Child-Care Services available to members at no additional cost while you work-out  
Monday through Thursday, 4:30pm to 7:30pm

### **BODYJAMZX and ULTIMATE BODYJAMZX**

Body JamZ-X is a dance cardio class for weight loss, muscle toning and endurance. Ultimate Body JamZ-X is 30 minutes of dance cardio and 30 minutes of strength training for weight loss, muscle toning and endurance.

### **Boot Camp**

Bootcamp is a energetic, high intensity 60- minute workout that is always changing. Some Bootcamp group exercise classes use no equipment, while others integrate more equipment. Bootcamp focuses on cardio and strengthening exercises such as running, burpees, pushups and many more. Whatever workout your instructor has planned, each will have a different method and you will be guaranteed a great workout.

### **Cardio @ The Wellness Center at Bayside**

This dance aerobics workout is perfect for people who want to exercise and have fun. This is an easy-to-follow low-impact movement class, to help strengthen upper-body, including various stretching and relaxation exercises to energize your active lifestyle.

### **Floor Core and More**

Floor based class for all fitness levels that emphasize working on abdominals as well as other muscles in the body. Please bring a mat.

### **Pilates @ The Wellness Center at Bayside**

Developed by Joseph Pilates in the late 1800's, the focus is to connect the mind with purposeful exercise. When immigrating to the United States in the 1930's, his method became a unique combination of stretching and strengthening. Adding the integral mind-body connection, it requires the individual to pay close attention to the movement performed and the details that make the movement work. Bring a mat.

### **Resistance Training**

This class offers weight training and body sculpting in a group format. Weight training helps shape and strengthen muscles while building your body to use more calories throughout the day.

### **Senior Classes @ The Wellness Center at Bayside**

Senior Yoga Stretch · Senior Strength · Senior Cardio Circuit  
Strengthening and balancing classes to provide overall physical benefits.

### **Walking Fit**

Walking is a great exercise! In this indoor group class, we walk to various beats of music which increase your daily stamina and improve aerobic endurance. Lace up your shoes and let's walk!

### **Water Fit @ The Wellness Center at Bayside**

Looking for a splash-tacular workout? Jump into this class! Designed to strengthen muscle, improve cardio fitness, and assist in stretching.

### **Yoga @ The Wellness Center at Bayside**

Yoga helps promote strength, flexibility, and posture in a relaxing environment. Great for reducing stress. Bring Yoga Mat.

### **Zumba® at The Wellness Center at Bayside**

ZUMBA® is a fusion of Latin and International music/dance themes creating dynamic, exciting, and on the principle that a workout is "FUN AND EASY TO DO." Routines feature aerobic/fitness interval training, combining fast and slow rhythms to tone and sculpt the body. Zumba is a "feel-happy" workout, great for both the body and the mind.