

Class Descriptions

- **Body Sculpting:** A challenging workout to build muscular strength, endurance, and flexibility. This conditioning workout will incorporate steps, weights, and body bars.
- **Boot Camp:** A high intensity class with rigorous and structured routines, designed to teach discipline but also burn calories
- **Mommy & Me:** A low intensity class with strength and flexibility exercises designed for pregnant women and new mothers. Children are invited to attend. (Doctor's clearance required).
- **Zumba:** A Latin dance based fitness class. Shake your body and burn calories while learning some new moves.
- **Functional Fitness:** This class is designed to develop muscular endurance, by toning and defining. All major muscle groups will be challenged in this course.
- **On-Ramp:** Introductory class for functional fitness. Class is required to attend prior to attending any other functional fitness class. Class is every second Saturday of the month from 1300-1400 hours.
- **Yoga:** A class that focuses on ascetic discipline, a part of which includes, breath control, simple meditation, and the adoption of specific bodily postures. It is widely practiced for health and relaxation.
- **Toddler Time:** This class is for both toddlers and parents, designed to promote early development and ascetic discipline.
- **Spin:** A group fitness class which replicates the feel of a bike on the open road.
- **Spin & Sculpt:** Indoor cycling with a targeted off-the-bike sculpting routine.
- **Cardio-Kickboxing:** Burn calories while improving flexibility, balance, and coordination, and build faster reflexes.

Instructors

Nora:

Body Sculpting, Boot Camp,
Mommy & Me

Valentina:

Functional Fitness

Helena:

Zumba

Connor:

Yoga, Toddler Time

Catherine:

Spin Class

Emily:

Functional Fitness, On-Ramp

Mika:

Cardio-Kickboxing

Coral Reef Fitness Center

Aerobics Schedule

JANUARY 2019



Hours of Operation

Manned Hours:

M-F 0600-2200

Weekends:

0800-1800

Federal Holidays & Family Days:

Unmanned

No classes

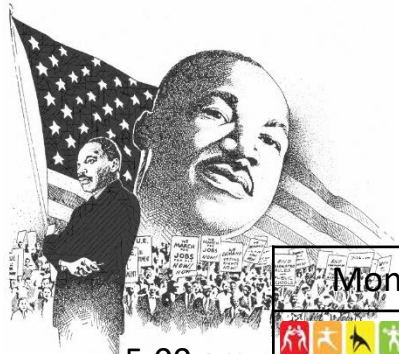
Family Days,

***Holidays or during base
exercises***

** Schedule is subject to change,
please check with the front desk for
updates.*


Call 366-6100





JANUARY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	
6:15 am						
8:30 am						
10:00 am						
12:00 pm						
1:00 pm						 On Ramp FUNCTIONAL FITNESS
4:30 pm						
5:15 pm	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	
5:30 pm		 ZUMBA		 ZUMBA		
6:30 pm						