active
AT NORTHBAY HEALTH

# NOVEMBER
# GROUP EXERCISE SCHEDULE

**1st Floor:** Pools

**2nd Floor:** MindBody Studio

**3rd Floor:** ZONE & Cycle Studios

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5:30AM | | **Cycle Interval** Dan \| Cycle Studio | | **Cycle Interval** Martha \| Cycle Studio | | | |
| 7:30AM | | | | | **Barre Fusion** Tabatha \| MindBody | | |
| 8:00AM | **Strength & Balance** Martha \| ZONE Studio | | **Strength & Balance** Martha \| ZONE Studio | | **Strength & Balance** Martha \| ZONE Studio | **Aqua Fit** Staff \| Main Pool | |
| 8:30AM | **Vinyasa Yoga** Vania \| MindBody | | **Vinyasa Yoga** Vania \| MindBody | | **Vinyasa Yoga** Vania \| MindBody | **Cycle Interval** Nicole\| Cycle Studio | **Cycle Interval** Martha \| Cycle Studio |
| 9:00AM | **Aqua Fit** Lisa \| Main Pool | **Functional Fit** Megan \| ZONE Studio | | **Functional Fit** Megan \| ZONE Studio | **Aqua Fit** Lisa \| Main Pool | | **Total Body Sculpt** Kamra \| ZONE Studio |
| 9:15AM | **Cycle Interval** Martha \| Cycle Studio | | **Step Aerobics** Martha \| ZONE Studio **Cycle Interval** Dan \| Cycle Studio | | **Cycle Interval** Martha \| Cycle Studio | **Shred** Cami \| ZONE Studio | |
| 9:30AM | **Zumba** Ale \| MindBody | | **Zumba** Ale \| MindBody | | **Zumba** Ale \| MindBody | | |
| 10:00AM | | **Aqua HIIT** Debbie \| Main Pool | **Aqua Fit** Debbie \| Main Pool | **Aqua HIIT** Debbie \| Main Pool | | **Zumba Gold Toning** Martha L \| Mindbody | |
| 10:15AM | | **Yogalates** Megan \| MindBody | | **Yogalates** Megan \| MindBody | | | |
| 10:30AM | **Yoga Restore** Vania \| MindBody | | **Stretch** Megan \| MindBody | | **Stretch** Megan \| MindBody | | |
| 11:00AM | | **Sit and Be Fit** Steph \| ZONE Studio | **Chair Yoga** Heather \| ZONE Studio | **Sit and Be Fit** Steph \| ZONE Studio | | **[11/7 & 11/21] Mat Pilates** Elizabeth \| MindBody | |
| 11:30AM | **Strengthen & Lengthen** Houston \| MindBody | **Soul Line Dance** Dawnita \| MindBody | **Strengthen & Lengthen** Houston \| MindBody | **Soul Line Dance** Dawnita \| MindBody | **Strengthen & Lengthen** Rachel \| MindBody | | |
| 12:00PM | | **Aqua Arthritis** Debbie \| Warm Therapy Pool | | **Aqua Arthritis** Debbie \| Warm Therapy Pool | | | |
| 12:30PM | | **Zone Studio Closed 12:30pm - 1:45pm** | | **Zone Studio Closed 12:30pm - 1:45pm** | **Zone Studio Closed 12:30pm - 1:45pm** | | |
| 1:00PM | | **Pools Closed For Cleaning** | | | **Pools Closed For Cleaning** | | |
| 5:00PM | | **Stretch & Restore** Vania \| MindBody | | **Strength & Balance** Rachel \| MindBody | | | |
| 5:30PM | **Aqua Fit** Miranda \| Main Pool **Soul Line Dance** Dawnita \| MindBody | | **Aqua Fit** Christine \| Main Pool | | | | |
| 6:00PM | **Shred** Cami \| ZONE Studio | **Dance Beatz** Lisa \| MindBody | **Shred** Cami \| ZONE Studio | **Cycle Interval** Dan \| Cycle Studio **Dance Beatz** Lisa \| MindBody | | | |
| 6:30PM | | **Total Body Sculpt** Cami \| ZONE Studio | **Mat Pilates** Staci \| MindBody | | | | |
| 7:30PM | | | **Zumba** Sandra \| MindBody | | | | |

**Paid Classes:**

Pilates Reformer

Tues/Thurs at 5:00pm & 6:00pm

The ZONE KO

Mon/Weds at 5:00pm

Tues/Thurs at 5:15pm

**Club Hours | Mon-Fri: 5:00AM - 9:00PM Sat-Sun: 7:00AM-5:00PM**

**Aqua Arthritis:** This 45 minute class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. **Level: ALL**

**Aqua HIIT:** Ditch the treadmill and utilize the Pool with this HIIT (high intensity interval) workout! In 55 minutes you can expect to improve cardiovascular fitness, circulation and endurance, all while enjoying a low impact workout in the pool. **Level: ALL**

**Aqua Fit:** This 55- minute pool based class is a low impact workout designed to elevate your heart rate, increase flexibility, and build muscle. Each class will combine light aerobic activity with water exercises set to fun music! **Level: ALL**

**Barre Fusion:** In this 55-minute Barre based class, we combine our favorite elements of ballet, yoga, Pilates, and functional movement to sculpt and tone the entire body. Using small, controlled movements and high-rep exercises, you'll build muscular endurance, improve posture, and enhance core stability. This class uses the barre, hand weights, Bender Balls, and your own body weight, to deliver the burn. **Level: ALL**

**Chair Yoga:** This 55-Minute class is developed specifically for those looking to for a more supportive and slower paced yoga class. The focus is on developing strength, flexibility, and balance in a supportive environment provided by the use of chairs and other props. People new to yoga are welcome! **Level: ALL**

**Cycle Interval:** Cycle Interval is a 55-minute workout that will simulate varied intervals, like sprints and other drills to give you a great cardiovascular workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for beginners as well as seasoned cyclists. **Level: ALL**

**Dance Beatz:** In this 55-minute party-like-class, you'll incorporate footwork and body movements from a wide variety of dances including hip-hop, Latin, and ballet (instructor's choice). Participants groove to the beat as they move their bodies like never before. **Level:ALL**

**Functional Fit:** Join us for 55 minutes of full body, low impact exercises, adaptable for all fitness levels; aiming to improve strength, power, mobility, and balance for everyday tasks. It focuses on strengthening muscles in a way that prepares the body for common movements like bending, twisting, lifting, and squatting. **Level: ALL**

**Gentle Yoga:** This 55 minute yoga class designed to stretch out and wake up your body, leaving you energized for the day ahead! This practice includes slow and fluid movements to rejuvenate and cultivate a sense of inner peace. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses. **Level: ALL**

**SHRED:** This 55 minute class is a strength training based program that focuses on the entire body and is designed to give your muscles a pump like no other! The class combines dumbbells and resistance bands to create compound and isolation exercises to get you lean, toned, and fit. **Levels ALL**

**Sit and Be Fit:** In this 45-minute chair based class, you can expect to improve your posture, breathing, strength, flexibility, and balance without ever having to stand up. This class uses an array of equipment like Pilates balls, resistance bands and hand weights, all set to fun upbeat music for an enjoyable workout experience. **Level: ALL**

**Soul Line Dancing:** This 55 minute class is a fun way to move & groove! Come enjoy line dancing to soul music, broken down step by step. **Level: ALL**

**Strength and Balance:** Get stronger, fit and become more balanced in this 55-minute workout! Class begins with lightweight warm-ups then moves into working core posture muscles and overall strength to enhance balance. Class ends with cool-down exercises and muscle stretches. **Level: ALL**

**Strengthen and Lengthen:** Get ready to feel strong and invigorated in this 55 minute strength training-mobility hybrid class. The first 35 minutes will focus on fundamental strength movements and the last 20 minutes on joint mobility/flexibility. Leaving you feeling strong and limber! **Levels: ALL**

**Stretch and Restore:** Restorative stretching is a restful practice that is all about slowing down and opening your body through passive stretching. This 55 minute class is an excellent pathway to quiet the mind and calm the body. **Level: ALL**

**$ The ZONE:** is a 60-minute athletic-inspired workout designed to help you efficiently achieve maximum results. Led by an expert coach, this revolutionary results-based program uses heart training technology and team-based camaraderie to take your workout to the next level. Please see the front desk for sign ups. **Level: ALL**

**$ The ZONE KO:** is a 60-minute class combining boxing, kickboxing, martial arts movements and traditional aerobic skills while aiming towards specific heart training goals. Participants are provided with loaner gloves, but you are encouraged to purchase your own. Please see the front desk for sign ups. **Level: ALL**

**Total Body Sculpt:** This is our original total body, dumbbell resistance training and cardio interval class. With 55 minutes, you experience an isolated focus on each major muscle group and expect a total body burn while building lean muscle mass. **Level ALL**

**Vinyasa Yoga:** The instructor sets the mood for the 55-Minute session, Where traditional Yoga poses are applied. This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses. **Level: ALL**

**Yoga Restore:** Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. This 55 minute class is an excellent pathway to quiet the mind and calm the body. **Level: ALL**

**Yogalates:** This class blends the mindful movement and flexibility of Yoga with the core-focused strength and stability work of Pilates for a balanced, full-body workout. Yogalates consists of mat-based exercises designed to improve core strength, posture, balance, mobility, and flexibility while also helping reduce stress and tension. Movements are slow, controlled, and guided with an emphasis on breath and body awareness. This class is approachable for beginners while still offering options to challenge more experienced participants. Expect to leave feeling stronger, longer, more centered, and refreshed. **Level: ALL**

**Zumba:** Get ready to have a blast while working up a sweat in the 55-Minute class. This class offers a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. **Level: ALL**

**Zumba Gold Toning:** This dance fitness class specifically designed for active older adults and beginners. It combines the low-impact, easy-to-follow moves of Zumba Gold with the added benefits of strength training using lightweight toning sticks. The class focuses on improving muscle strength, endurance, and balance, while still providing a fun and energizing dance experience. **Level: ALL**