



- Yoga
- Spin
- Aqua Aerobics
- Pilates

# NOAC GROUP CLASS SCHEDULE

- Tai Chi/Karate/Fencing
- Fundamentals of Boxing
- Cardio/Strength/Dance
- Acting/Improv



|  | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|--|---|--|---|--|--|
| 6:00am                                   |  |  |   |  |   |  |  |
| 7:00 am                                  |  | Barre/Yoga Fusion<br>8:15 AM – 9:15 AM<br>Aaron/Ballroom/All   | Spin<br>7:30-8:15 AM<br>Jessica/Spin Rm/All                     |  | Spin<br>7:30-8:15 AM<br>Jessica/Spin Rm/All                       |  |  |
| 9:00am                                   | Yoga<br>9:30 AM – 10:30 AM<br>Rebecca/Ballroom/All                 | Yoga<br>9:30 AM – 10:30 AM<br>Aaron/Ballroom/All               | Interval/Low Impact<br>9:00 - 9:45 AM<br>Wendell/ Ballroom/ All | Cardio Interval<br>9:00 - 10:00 AM<br>Wendell/ Ballroom/ All   | HIIT<br>8:15 - 9:15 AM<br>Jody/ Ballroom/ All                     | Cardio Kickboxing<br>9:00 - 10:00 AM<br>Wendell/ Ballroom/ All | Spin<br>9:00 - 10:00 AM<br>MJ/SpinRm/All               |
| 10:00am                                  | HIIT Spin<br>10:00 - 11:00 AM<br>MJ/Spin Rm/Int, Adv               |  | Yoga<br>10:00 - 11:15 AM<br>Elaine/Ballroom/ All                |  | Power Yoga<br>10:00 – 10:45 AM<br>Giselle/ Ballroom/ All          |  | Aqua Aerobics<br>10:00 – 11:00 AM<br>Annette/Pool/All  |
| 11:00 am<br>11:30 am                     | Zumba/Cardio Dance<br>11:00 am - 12:00 PM<br>Claudia/ Ballroom/All | TAI CHI<br>11:00 AM – 12:00 PM<br>Sam/Ballroom/All             |   | Barre/Yoga Fusion<br>10:45 AM – 11:45 AM<br>Aaron/Ballroom/All | TAI CHI<br>11:00 AM – 12:00 PM<br>Sam/Ballroom/All                | Barre/Yoga Fusion<br>10:45 AM – 11:45 AM<br>Aaron/Ballroom/All | Yoga<br>10:30 - 11:45 AM<br>Elaine/ Ballroom / All     |
| 12:00 pm<br>1:00pm<br>1:30pm             | Yoga<br>12:15 - 1:15 PM<br>Giselle/Ballroom/ All                   |  | Flow Yoga<br>12:00 - 1:15 PM<br>Michael/Ballroom/ All           |  | Yoga<br>12:00 AM – 1:00 PM<br>Elaine/Balroom/ All                 |  | Pilates Mat<br>12:00 - 1:00 PM<br>Jessica/Ballroom/All |
|  |  | Pilates Xpress<br>12:15 - 1:00 PM<br>Jessica / Ballroom/All    |   | Pilates Xpress<br>12:15 - 1:00 PM<br>Jennifer/Ballroom/All     |   | Pilates Xpress<br>12:15 - 1:00 PM<br>Jennifer/Ballroom/All     |  |
|  |  | Cardio Interval<br>1:30 - 2:30 PM<br>Wendell/ Ballroom/ All    |   | Cardio Interval<br>1:30 - 2:30 PM<br>Wendell/ Ballroom/ All    | Cardio Cross Training<br>1:30 - 2:30 PM<br>Wendell/ Ballroom/ All |  | Boot Camp<br>1:30 - 2:30 PM<br>Wendell/ Ballroom/ All  |
|  |  |  |   |  |   |  | Karate<br>2:45 – 5:30 PM<br>Doug/Ballroom/All          |
| 4:15pm<br>4:30pm                         |  | Hip Hop Cardio<br>4:30-5:30 PM<br>Shanda/Ballroom/All          |   | Sculpt and Sweat<br>4:30 – 5:20 PM<br>Danielle/Ballroom/All    | Pilates Mat<br>5:00 – 5:45 PM<br>Christine/Ballroom/All           |  |  |
| 5:30pm<br>5:45 pm                        |  | Step Challenge<br>5:45 - 6:30 PM<br>Tony/ Ballroom/ All        | Mini Boot Camp<br>5:30 - 6:15 PM<br>Tony/ Ballroom/ All         |  | Spin<br>5:30-6:30 PM<br>Jenn/Spin Rm/All                          | FlowYoga<br>5:30 – 6:30 PM<br>Laura/Ballroom/All               |  |
| 6:00 pm                                  |  |  | Spin<br>5:30-6:30 PM<br>Jenn/Spin Rm/All                        | SprintStepThree<br>5:30 - 6:15 PM<br>Tony/ Ballroom/ All       |   |  |  |
|  |  | Yoga On Wall: Strength<br>6:00 PM - 7:15 PM<br>Elaine/Roof/All | Aqua Aerobics<br>6:00 – 7:00 PM<br>Annette/Pool/All             |  | Aqua Aerobics<br>6:00 – 7:00 PM<br>Annette/Pool/All               |  |  |
|  |  | Yoga On Wall: Stretch<br>7:15 PM - 8:00 PM<br>Elaine/Roof/All  | Pilates Mat<br>6:00 - 7:00 PM<br>Jessica/Roof/ All              | Improv Class<br>6:00 – 7:00 PM<br>Chris/Roof/All               | Flow Yoga<br>6:00 PM – 7:00 PM<br>Caroline/Ballroom/All           |  |  |
| 6:30 pm<br>7:00 pm<br>7:15 pm<br>7:20 pm |  | Hard Bodies<br>6:30 - 7:15 PM<br>Tony/ Ballroom/ All           | FlowYoga<br>6:30 – 7:10 PM<br>Laura/ Ballroom/ All              | Yoga<br>6:30 - 7:30 PM<br>Elaine/ Ballroom/ All                | Fundamentals of Boxing<br>6:30 - 7:30 PM<br>Joe/Boxing/All        |  |  |
|  |  | Fundamentals of Boxing<br>6:30 - 7:30 PM<br>Joe/Boxing/All     | Fencing<br>7:15 – 8:15 PM<br>John/Ballroom/ All                 |  |   | Acting Class<br>7:00 – 8:00 PM<br>Mac&Wendell/Roof/All         |  |
|  |  | Karate<br>7:20 – 8:20 PM<br>Doug/Ballroom/All                  |   |  | Karate<br>7:20 – 8:20 PM<br>Doug/Ballroom/All                     |  | Updated 1/12/22  |

**Aqua Aerobics:** A fun deep and shallow water workout in the pool. It consists of cardiovascular endurance training, shaping and strengthening all muscle groups, increasing flexibility, using state of the art equipment. No swimming skills needed. *Instructor: Annette Watts*

**Boxercise:** A combat sport dating back to Ancient Greece, boxing is fun, high intensity interval training. Using a circuit training format, students achieve full-body (cardio/aerobic, strength training/muscle building) workouts while learning punching and defense techniques and reinforcing those skills working with each of the nine training stations. All equipment provided. *Instructor: Joe Zanetti*

**Fencing:** One of the first Olympic sports, the art of fencing has evolved from swordsmanship used for duels and self-defense. Centered in the study of épée fencing, students learn fundamental skills used in competition and progress by studying and practicing advanced techniques and strategies. Equipment provided. *Instructor: John Crouch*

**Shotokan Karate:** Traditional Japanese Martial Art founded by Master Gichin Funakoshi and is the most popular style of Karate worldwide. Classes are taught by a certified instructor of The Japan Karate Association. *Instructor: Doug Walsh*

**Tai Chi:** Ancient Chinese martial art and a meditative exercise meant to be practiced and performed with mindfulness and complete relaxation of the body. These practices promote mind/body connection, relaxation, balance, coordination, and strength. *Instructor: Sam Killpack*

**Pilates Mat:** Pilates works to strengthen deep abdominal musculature, lengthen the spine, increase body awareness, build muscle tone and gain flexibility. At the same time, it challenges the mind for concentration, precision and breathing. Classes focus on fundamentals to gain an insight into proper muscle usage, and then move into a variety of exercises. Beginner to advanced levels *Various Instructors*

**Spinning:** Power Cycle is a stationary bike workout that offers all the cardiovascular benefits and none of the impact associated with aerobics and running programs. Take your athletic conditioning to a higher level. *Various Instructors*

**Cardio Interval:** Monday - medium weights      Wednesday - high and low impact with heavier weights *Instructor: Wendell Bullock*

**Boot Camp:** Provides a high intensity cross training class alternating intense, repetitive aerobic activity with a variety of muscle-toning activities using resistance weights and a variety of exercises to focus on toning. *Instructor: Wendell Bullock*

**Cardio Kickboxing:** Experience power and energy in this action-packed cardiovascular workout. Weights and floor work incorporated as well.

**Intervals:** High intensity weights with cardio interval class. It includes kickboxing, core work, and more. All levels welcome. *Instructor: Wendell*

**Hard Bodies:** This class is designed to give a toning workout with emphasis on form and technique. Intensity is achieved by varying the weight size along with a number of repetitions. In addition, various exercises are used for the same muscle group to achieve proportionate muscle development. *Instructor: Tony Cangelosi*

**Sprint StepThree:** Combines the cardio benefits of aerobic activity (while maintaining target heart rate) with the bench stepping benefits of toning and strengthening the lower-body muscle groups. Toning and strengthening are achieved through the use of repetitive movements while engaging the step and the use of power moves, respectively. *Instructor: Tony Cangelosi*

**Step Challenge:** A classic, high intensity fat burning class using adjustable platform. Moderate to high impact moves. *Instructor: Tony*

**Sculpt and Sweat:** Improve muscle tone and cardiovascular fitness. This interval-based class combines high intensity cardio bursts, resistance exercises, and core training for a complete workout. All-levels welcome! *Instructor: Danielle Martin*

**Elaine's Yoga Classes:** Elaine is a yoga 'grandmother' certified by the Yoga Alliance at the highest level and has been teaching since 1971. Yoga On Wall: Strength - The Strength Class serves to improve the strength, health and fluid circulation of muscles, bones, organs, skin, and moods. The wall provides beginner training safety and support, as well as postural alignment, for poses including handstand, forearm stand, supported shoulder stand, down-facing dog, legs up the wall, forward-fold poses (uttanasana), and others.

Yoga on Wall: Stretch - The Stretch Class serves to improve the suppleness, flexibility, calm, health and grace of the bodymind and mood. Relaxing poses supported by the wall, pillow bolsters, blocks and/or straps are held longer in order to provide the superior deep stretch. Elements of Yin (soft) Yoga, Restorative (recovery) Yoga, Pranayama (breath) and Meditation are cultivated. *Instructor: Elaine Agamy*

**Flow Yoga:** A challenging and rigorous form of vinyasa flow based asana where original scriptures are cited through spoken word, Sanskrit is chanted, and an inspiring musical soundtrack is a part of every class. Levels vary from I-III. *Various Instructors*

**Barre/yoga Fusion:** Barre/Yoga Fusion is a combination of hatha yoga and "barre" exercises. The class is designed to increase strength and flexibility no matter if it's your first time exercising or if you're a fitness professional. The 60 min class features high energy music and instruction with intermittent periods of stretching and relaxing adding a cardiovascular element to the mix. *Instructor: Aaron Brewer*

**Zumba:** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training. It is a mixture of body sculpting movements with easy to follow dance steps. *Instructor: ClaudiaVallejo*

**Acting Class:** The class will consist of vocal and movement warmups, improv games, and scene study. *Instructor: Mac McCall/Wendell Bullock*