



- Yoga/YoPi
- Spin
- Aqua Aerobics
- Pilates

# NOAC GROUP CLASS SCHEDULE

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



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am							
7:00 am		Barre/Yoga Fusion 8:15 AM – 9:15 AM Aaron/Ballroom/All		Barre/Yoga Fusion 7:15 AM – 8:15 AM Aaron/Ballroom/All		Barre/Yoga Fusion 7:15 AM – 8:15 AM Aaron/Ballroom/All	
9:00am		Yoga 9:30 AM – 10:30 AM Aaron/Ballroom/All	Interval/Low Impact 9:00 - 9:45 AM Wendell/ Ballroom/ All	Cardio Interval 9:00- 10:00 AM Wendell/ Ballroom/ All		Cardio Kickboxing 9:00 - 10:00 AM Wendell/ Ballroom/All	Spinning 9:00 - 10:00 AM MJ/SpinRm/All
10:00am	HIIT Spin 10:00 - 11:00 AM MJ/Spin Rm/Int, Adv		Yoga 10:00 - 11:15 AM Elaine/Ballroom/ All		Yoga 10:00 AM – 10:50 AM Elaine/Ballroom/ All		Aqua Aerobics 10:00 – 11:00 AM Annette/Pool/All
11:00 am 11:30 am	Zumba/Cardio Dance 11:00 am - 12:00 PM Claudia/ Ballroom/All	TAI CHI 11:00 AM – 12:00 PM Sam/Live Stream Only/All			TAI CHI 11:00 AM – 12:00 PM Sam/Ballroom/All		Yoga 10:30 - 11:45 AM Elaine / Ballroom / All
12:00 pm 1:00pm 1:30pm		Pilates Xpress 12:15 - 1:00 PM Jessica / Ballroom/All	Flow Yoga 12:00 - 1:15 PM Laura/Ballroom/ All	Cycle Lunch Crunch 12:00 – 12:30 PM MJ/Spin Rm/All		Pilates Xpress 12:15 - 1:00 PM Jennifer/Ballroom/All	Pilates Mat 12:00 - 1:00 PM Jessica/Ballroom/All
		Cardio Interval 1:30 - 2:30 PM Wendell/ Ballroom/ All		Cardio Interval 1:30 - 2:30 PM Wendell/ Ballroom/ All	Cardio Cross Training 1:30 - 2:30 PM Wendell/ Ballroom/ All		Boot Camp 1:30 - 2:30 PM Wendell/ Ballroom/ All
4:15pm 4:30pm		Hip Hop Cardio 4:30-5:30 PM Shanda/Ballroom/All		Sculpt and Sweat 4:30 – 5:20 PM Danielle/Ballroom/All	Pilates Mat 4:15 – 5:15 PM Christine/Ballroom/All		
5:30pm 5:45 pm 6:00pm		Step Challenge 5:45 - 6:30 PM Tony/ Ballroom/ All	Mini Boot Camp 5:30 - 6:15 PM Tony/ Ballroom/ All	Yoga Form & Foundation 5:30 PM – 6:45PM David/ Roof/ All	Spin 5:30-6:30 PM Jenn/Spin Rm/All	FlowYoga 5:30 – 6:30 PM Laura/Ballroom/All	
		Yoga On Wall 6:00 PM - 7:15 PM Elaine/Roof/All	Spin 5:30-6:30 PM Jenn/Spin Rm/All	SprintStepThree 5:30 - 6:15 PM Tony/ Ballroom/ All	Aqua Aerobics 6:00 – 7:00 PM Annette/Pool/All		
		Hard Bodies 6:30 - 7:15 PM Tony/ Ballroom/ All	Aqua Aerobics 6:00 – 7:00 PM Annette/Pool/All		Flow Yoga 6:00 PM – 7:00 PM Caroline/Ballroom/All		
6:30pm		Fundamentals of Boxing 6:30 - 7:30 PM Joe/Boxing/All	FlowYoga 6:30 – 7:10 PM Laura/ Ballroom/ All	Yoga 6:30 - 7:30 PM Elaine/ Ballroom/ All	Fundamentals of Boxing 6:30 - 7:30 PM Joe/Boxing/ All		
7:00 pm 7:15 pm 7:20 pm				Pilates Mat 7:00 - 8:00 PM Jessica/Roof/ All			
			Fencing 7:15 – 8:15 PM John/Ballroom/ All				
		Karate 7:20 – 8:20 PM Doug/Ballroom/All			Karate 7:20 – 8:20 PM Doug/Ballroom/All		Updated 9/17/21

**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. *Instructor: Wendell Bullock*

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

**Hard Bodies:** This class is designed to give a toning workout that is geared for the beginner, intermediate, and advanced participants. 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. The class is centered on toning the major muscle groups with an emphasis on form and technique. *Instructor: Tony Cangelosi*

**Sprint Step Three:** 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. She is familiar with the major styles of yoga and tai chi chuan / chi kung and teaches from her experience with many masters. Her yoga emphasizes the most important yoga poses, movements and meditations taught by her Asian teachers and verified by American research. This yoga is designed to produce the best strength, flexibility, balance, coordination, endurance, relaxation and enlightenment in the body and the mind. Classes are open to all levels. *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: Claudia Vallejo*

**Salsa:** Intro class. Come get your cardio in the most fun way imaginable while making friends and learning the invaluable life skill of social dancing! No partner necessary. *Instructor: Peter Fitzgerald/Tina Singh*