



- Yoga
- Spin
- Aqua Aerobics
- Pilates

# NOAC GROUP CLASS SCHEDULE

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



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am 6:30am				HIIT LIIT & FIT 6:30 - 7:30 AM Katie/ Ballroom/ All			
7:00 am		Barre/Yoga Fusion 8:15 AM – 9:15 AM Aaron/Ballroom/All	Spin 7:30-8:15 AM Jessica/Spin Rm/All		Spin 7:30-8:15 AM Jessica/Spin Rm/All		
9:00am	Yoga 9:30 AM – 10:30 AM Rebecca/Ballroom/All	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	Spin 9:00- 10:00 AM MJ/SpinRm/All
10:00 am			Yoga 10:00 - 11:15 AM Elaine/ Ballroom/ All		Power Yoga 10:00 – 10:45 AM Giselle/ 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/Ballroom/All		Barre/Yoga Fusion 10:45 AM – 11:45 AM Aaron/Ballroom/All	TAI CHI 11:00 AM – 12:00 PM Sam/Ballroom/All	Barre/Yoga Fusion 10:45 AM – 11:45 AM Aaron/Ballroom/All	Yoga 10:30 - 11:45 AM Elaine / Ballroom / All
12:00 pm 1:00pm 1:30pm 2:00 pm	Yoga 12:15 - 1:15 PM Giselle/Ballroom/ All		Flow Yoga 12:00 - 1:15 PM Michael/ Ballroom/ All		Yoga 12:00 AM – 1:00 PM Elaine/ Ballroom/ All		Pilates Mat 12:00 - 1:00 PM Jessica/Ballroom/All
		Pilates Xpress 12:15 - 1:00 PM Jessica / Ballroom/ All		Pilates Xpress 12:15 - 1:00 PM Jennifer/Ballroom/All		Pilates Xpress 12:15 - 1:00 PM Jennifer/Ballroom/All	
	Kendo 2:00-3:30 PM Jake/Ballroom/Beg	Cardio Interval 1:30 - 2:30 PM Wendell/ Ballroom/ All	Bellydance 1:30 - 2:30 PM Laya/ 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
	Kendo 3:30-5:00 PM Jake/Ballroom/Adv						Karate 2:45 – 5:30 PM Doug/Ballroom/All
4:15pm 4:30pm		Dance Cardio 4:30 – 5:30 PM Danielle/Ballroom/All		Sculpt and Sweat 4:30 – 5:20 PM Danielle/Ballroom/All	Pilates Mat 5:00 – 5:45 PM Christine/Ballroom/All		
5:30pm 5:45 pm		Step Challenge 5:45 - 6:30 PM Tony/ Ballroom/ All	Mini Boot Camp 5:30 - 6:15 PM Tony/ Ballroom/ All	Sprint Step Three 5:30 - 6:15 PM Tony/ Ballroom/ All		FlowYoga 5:30 – 6:30 PM Laura/Ballroom/All	
			Spin 5:30-6:30 PM Colleen/Spin Rm/All		Spin 5:30-6:30 PM Colleen/Spin Rm/All	Karate 6:45 – 8:00 PM Doug/Ballroom/All	
6:00 pm		Yoga On Wall: Strength 6:00 PM - 7:15 PM Elaine/Roof/All	Aqua Aerobics 6:00 – 7:00 PM Annette/Pool/All	Improv Class 5:30 -6:30 PM Chris/Lower Bar/All	Aqua Aerobics 6:00 – 7:00 PM Annette/Pool/All		
		Fundamentals of Boxing 6:00 - 7:00 PM Joe/Boxing/All	Pilates Mat 6:00 - 7:00 PM Jessica/Roof/ All		Flow Yoga 6:00 PM – 7:00 PM Caroline/Ballroom/All		
6:30 pm 7:00 pm 7:15 pm 7:20 pm		Hard Bodies 6:30 - 7:15 PM Tony/ Ballroom/ All	FlowYoga 6:30 – 7:10 PM Laura/ Ballroom/ All	Yoga 6:30 - 7:30 PM Elaine/ Ballroom/ All	Fundamentals of Boxing 6:00 - 7:00 PM Joe/Boxing/ All		
		Yoga On Wall: Stretch 7:15 PM - 8:00 PM Elaine/Roof/All	Fencing 7:15 – 8:15 PM John/Ballroom/ All				
		Karate 7:20 – 8:20 PM Doug/Ballroom/All	Acting Class 7:30 – 8:30 PM Mac&Wendell/Roof/All	Tango 7:45 – 8:30 PM Karla&Deo/ Ballroom/ All	Karate 7:20 – 8:20 PM Doug/Ballroom/All		

Updated 8/26/22

**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*

**Kendo:** Kendo is a modern-day martial art that uses a bamboo sword (shinai) and armor (bogu) to practice traditional Japanese sword (katana) techniques in a safe and controlled environment. The concept of Kendo is to discipline the human character through the application of the principles of the katana. *Instructor: Jake Dupre*

**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*

**HIIT LIIT and FIT:** Bodyweight movements to improve your heart, muscles, balance, and mood. No weights or props, just moving our bodies!

Stretching, lunges, push-ups, crunches, squats, planks, etc. For all levels. *Instructor: Katie Leese*

**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*

**Bellydance:** This class is a beginner level, gentle & fun way to explore the art of bellydance – the focus is on arm & hand formations, hip & chest circles, shimmies and turns. *Instructor: Layla Musselwhite*