COPPER SKY
MULTIGENERATIONAL CENTER

Group Exercise Schedule

"Conditioning"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning & Afternoon					
5:30am **Tabata X** *Studio A* *Nicole*	**5:30am** **Sunrise Cycle** *Studio A* *Henry*	**5:30am** **Tabata X** *Studio A* *Nicole*	**5:30am** **Sunrise Cycle** *Studio A* *Henry*	**5:30am** **Tabata X** *Studio A* *Nicole*	**8:15am** **Class Coming Soon** *Studio B*
9:00am **R.I.P.P.E.D.** *Studio A* *Theresa*	**9:15am** **Indoor Boot Camp** *Studio A* *Rachel*	**9:00am** **R.I.P.P.E.D.** *Studio A* *Theresa*	**9:15am** **Indoor Boot Camp** *Studio A* *Rachel*	**9:00am** **Step** *Studio B* *Theresa*	**9:15pm** **HIIT Conditioning** *Studio B* *Stephanie*
9:15am **Aqua Fit** *Pool* *Aquatics Staff*	**10:30am** **Silver Sneakers Classic** *Studio A* *Michelle*	**9:15am** **Aqua Fit** *Pool* *Aquatics Staff*	**10:30am** **Silver Sneakers Classic** *Studio A* *Michelle*	**9:15am** **Aqua Fit** *Pool* *Aquatics Staff*	**10:15am** **Copper Sky Cycle** *Studio B* *Jamie*
10:30am **Silver Sneakers Circuit** *Studio A* *Michelle*	**11:45am** **Aqua Fit** *Pool* *Michelle*	**10:30am** **Silver Sneakers Cardio Fit** *Studio A* *Michelle*	**11:45am** **Aqua Fit** *Pool* *Michelle*	**9:15am** **Cardio Kickboxing** *Studio A* *Rachel*	**11:15am** **Aqua Fit** *Pool* *Aquatics Staff*
12:15am **Aqua Fit (Deep Water)** *Pool* *Michelle*	**12:15-12:45pm** **Power-Lunch Conditioning** *Studio B* *Matthew*	**12:15am** **Aqua Fit (Deep Water)** *Pool* *Michelle*	**12:15-12:45pm** **Power-Lunch Conditioning** *Studio B* *Matthew*	**10:30am** **Silver Fit Camp** *Studio B* *Michelle*	**11:15am** **Cardio Kickboxing** *Studio A* *Jamie*
Evening					**Sunday**
6:00pm **Cardio Kickboxing** *Studio A* *Esther*	**6:00pm** **Flex Power** *Studio A* *Esther*	**6:00pm** **Sunset Cycle** *Studio B* *Jamie/Henry*	**6:00pm** **Flex Power** *Studio A* *Esther*		**11:15am** **Tabata & Abs** *Studio A* *Nicole*
6:00pm **Sunset Cycle** *Studio B* *Stephanie/Henry*	**7:00pm** **Tabata & Abs** *Studio A* *Esther*		**7:00pm** **Tabata & Abs** *Studio A* *Esther*		**12:15pm** **HIIT the Cycle** *Studio B* *Nicole*
					1:15pm **Copper Sky Cycle** *Studio B* *Henry*
					2:30pm **Silver Fit Camp** *Studio B* *Henry*

March 30th to April 26th ***Classes are approximately 50 minutes unless stated***

Class Descriptions

Conditioning

Aqua Fit / AquaFit (Deep Water) This shallow water workout includes calisthenics style movements with variations of upper and lower body moves. As the participant, you manipulate the water to create your preferred level of intensity. Deep Water is located in the deep end of the lap pool.
Cardio Kickboxing Cardio Kickboxing is an action-packed workout that combines a series of punching and kicking combinations. Kickboxing will improve your strength, muscle tone, aerobic fitness, coordination and balance, but most of all, cardio kickboxing is fun! Set to upbeat music, kickboxing is a positive and productive way to relieve stress and get in great shape.
Cycle Indoor - Express/Copper Sky/Sunrise/Sunset This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!
Flex Power is a non-aerobic class that brings weight training and body sculpting to the studio in an original group format. Please arrive 5 minutes before class to set up your equipment.
HIIT Conditioning class is total body High Intensity Interval Training (HIIT), heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, develop your endurance and improve your stamina. Participants are encouraged to go at their own pace and modifications are provided making this the perfect class for all fitness levels, particularly participants new to high intensity training.
HIIT the Cycle – A High Intensity Interval Training (HIIT) class all on our top of the line indoor cycles. If you like Indoor Cycling and want to burn the fat off while get in amazing shape this class is for you! Inspired by our Tabata X and Tabata & Abs class this class delivers an amazingly challenging interval workout while riding on our indoor cycles!
Power Lunch Conditioning This fast 30minute workout is designed to give you the safest and most effective workout possible while still meeting those strict lunch hour time frame demands. Get ready to be revitalized for the next half of your day!
R.I.P.P.E.D. – The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.
Silver Sneakers (CardioFit) Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
Silver Sneakers (Circuit) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
Silver Sneakers (Classic) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
Silver Fit Camp Offers a boot camp type atmosphere for the older adult. This workout is designed to give you the safest and most effective workout while trying new things. This hour long class will offer you cardio and strength building exercises. There are no limits in this class.
Step & Sculpt / Step A mix of basic step, aerobics, and strength conditioning exercises. This is the perfect combination for beginners to intermediate. Step is just pure step with no conditioning exercise.
Tabata & Abs This class is a blend of Tabata Interval Training, a popular form of High Intensity Interval Training, aka. HIIT, topped off with ab-blasting exercises that will get the heart pumping and the calories burning!
Tabata X The ultimate cross-training collaboration between Tabata and Indoor Cycle! If you are looking to burn off the fat and get in amazing shape this class is a great way to start your day!

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Group Exercise Schedule

"Mind and Body"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning & Afternoon					
5:30am **ZUMBA TONING®** *Studio B* *Clarissa*		**5:30am** **ZUMBA TONING®** *Studio B* *Clarissa*			**8:15am** **PIYO** *Studio A* *Vickie*
9:15am **Yoga Vinyasa Flow** *Studio B* *Stephanie*	**8:15am** **Barre Conditioning** *Studio A* *Sara*	**9:15am** **Yoga Power Flow** *Studio B* *David*	**8:15am** **Barre Conditioning** *Studio A* *Sara*		**9:15am** **Yoga (LIVE) Relaxation** *Studio A* *Vickie*
10:15am **ZUMBA ®** *Studio B* *Maria*	**9:15am** **ZUMBA ®** *Studio B* *Nancy*	**10:15am** **ZUMBA ®** *Studio B* *Maria*	**9:15am** **ZUMBA ®** *Studio B* *Nancy*		**10:15am** **ZUMBA ®** *Studio A* *Nancy*
11:30-12:05pm **Silver Sneakers Yoga** *Studio A* *Michelle*	**10:15am** **Yoga Vinyasa Flow** *Studio B* *Rachel*	**11:30-12:05pm** **Silver Sneakers Yoga** *Studio A* *Michelle*	**10:15am** **Yoga Vinyasa Flow** *Studio B* *Rachel*	**10:15am** **Pilates-Mat** *Studio A* *Crystal*	**11:15am** **Tai Chi** *Studio B* *Joe*
Evening					**Sunday**
	6:00pm **Yoga Strength** *Studio B* *Stephanie*	**6:00pm** **Barre Conditioning** *Studio A* *Sara*	**6:00pm** **Yoga Strength** *Studio B* *Stephanie*	**6:00pm** **Barre Conditioning** *Studio A* *Sara*	**11:15am** **ZUMBA ®** *Studio B* *Maria*
7:00pm **ZUMBA®** *Studio A* *Josie*	**7:00pm** ***ZUMBA TONING®*** *Studio B* *Josie*	**7:00pm** **ZUMBA®** *Studio A* *Josie*	**7:00pm** **ZUMBA TONING®** *Studio B* *Josie*		**12:15pm** **Barre Conditioning** *Studio A* *Sara*
7:00pm **Yoga Relaxation** *Studio B* *Vickie*		**7:00pm** **Yoga Relaxation** *Studio B* *Vickie*			
	8:00pm **ZUMBA TONING®** *Studio A* *Clarissa*		**8:00pm** **ZUMBA TONING®** *Studio A* *Clarissa*		

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Class Descriptions

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Mind and Body

Barre Conditioning is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning, and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.
Foam Roll & Stretch is a great way to learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching.
Pilates–Mat is a system of controlled exercises that engages the mind and conditions the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.
PIYO is a **Pilates** and **Yoga** inspired athletic workout that includes flexibility and strength training, conditioning and cardio movement to keep the heart rate up and the body burning fat. Yoga mat required (we have limited available); also bring a towel and plenty of water!
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. This is a great way to relax and be present for the weekend!
Yoga Power Flow Vigorous fitness-based yoga class with more challenging asanas (poses) sequenced to focus on strength and flexibility. All fitness and experience levels welcome and encouraged!
Yoga Vinyasa Flow This form of yoga is a "breath-synchronized with movement" class using traditional asanas (poses) to increase stamina, build strength, and improve flexibility. All fitness and experience levels from first timers to advanced yogis are welcome!
Yoga (LIVE) Relaxation Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class. (LIVE) If available Live music will be playing for this class.
Yoga Strength Yoga Strength, an all levels class, uses poses to help you tone and sculpt every major muscle group. As well as using your own body weight, you'll use free weights to create resistance and intensify each pose. This upbeat, creative yoga practice seamlessly links breath, movement and resistance in order to increase your stamina, build your confidence, and empower you with the strength to face anything.
ZUMBA® A Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body.
ZUMBA TONING® Combines targeted body-sculpting exercises and high-energy Latin-infused Zumba moves to create a calorie-torching, strength-training class.

Yoga for Vets (http://www.yogaforvets.org/) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend **any** Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).

Yoga FOR Vets