



# Group Exercise Strength & Conditioning

## Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15am</b> <b>CS Strength &amp; Conditioning</b> Studio B Henry T	<b>5:15am</b> <b>CS Indoor Cycle</b> Studio B Henry T		<b>5:15am</b> <b>CS Indoor Cycle</b> Studio B Henry T		

## Morning & Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30am</b> <b>Ultimate Conditioning</b> Studio A Theresa	<b>9:30am</b> <b>Silver Sneakers</b> Circuit Studio A Stephanie	<b>8:30am</b> <b>Ultimate Conditioning</b> Studio A Theresa	<b>9:30am</b> <b>Silver Sneakers</b> Circuit Studio A Stephanie	<b>8:30am</b> <b>Ultimate Conditioning</b> Studio A Theresa	<b>8:15am</b> <b>Family Ultimate Conditioning</b> Studio A Jen/Stephanie
<b>9:30am</b> <b>Silver Sneakers</b> Classic Studio A Stephanie	<b>9:30am</b> <b>Ultimate Conditioning</b> Studio B Jodi	<b>9:30am</b> <b>Silver Sneakers</b> Classic Studio A Stephanie	<b>9:30am</b> <b>Ultimate Conditioning</b> Studio B Cheryl	<b>9:30am</b> <b>Silver Sneakers</b> Cardio Fit Studio A Stephanie	<b>9:15am</b> <b>CS Indoor Cycle</b> Studio B Stephanie
				<b>10:30am</b> <b>Senior Cycle &amp; Strength</b> Studio B Henry	<b>10:15am</b> <b>Strength &amp; Balance</b> Studio B Stephanie
<b>12:15pm-12:45pm</b> <b>Ultimate Conditioning</b> Studio A Jen		<b>12:15pm-12:45pm</b> <b>Ultimate Conditioning</b> Studio A Jen			

## Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00pm</b> <b>CS Indoor Cycle</b> Studio B Henry T	<b>6:30pm</b> <b>Ultimate Conditioning</b> Studio B Esther	<b>6:00pm</b> <b>CS Indoor Cycle</b> Studio B Henry T	<b>6:30pm</b> <b>Ultimate Conditioning</b> Studio A Esther		

**3-1-2020 to 5-31-2020**

**Classes are approximately 50 minutes unless stated.**

**Included In Copper Sky Membership**

**Strength & Conditioning Class Descriptions**

**CS Strength and Conditioning** This format focusses on the perfect combination of strength and Conditioning. This class is designed to train your entire body. All fitness levels welcome!

**CS Indoor Cycle** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome and the specific class programming depends entirely on the instructor teaching it. Remember to bring a towel and water bottle!

**Senior Cycle & Strength** This original format is designed for the healthy senior in mind that enjoys Indoor Cycling and Strength Training! Great class to improve cardiovascular activity while increasing your strength!

**Senior Strength & Balance** This format focusses on the perfect combination of strength and balance., and is designed with Seniors in mind.

**Silver Sneakers (Cardio Fit)** 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)** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**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. Handheld weights, elastic tubing, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Activate your urge for variety!

**Ultimate Conditioning/Family Ultimate Conditioning** This high energy class works the entire body using various modes and intervals! This class is designed to achieve the conditioning you need to accomplish any fitness goal by training your entire body. All fitness levels welcome!

**Paid: Reserved & Advanced Classes**

***\*\*\*Please see our paid and advanced schedule for additional classes.***

**Class are approximately 50 minutes unless stated.**




# Group Exercise

## Mind, Body, and Movement

### Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 am</b> Yoga Ashtanga Mix Studio B Alyshea	<b>8:30 am</b> Yoga Flow (All Levels) Studio B Shonda	<b>7:00 am</b> Yoga Flow Studio A Denise	<b>8:30 am</b> Yoga Flow (All Levels) Studio B Shonda		
	<b>8:30am</b> Dance Fit Studio A Cheryl		<b>8:30am</b> Dance Fit Studio A Cheryl		<b>10:15am</b> Zumba Studio A Nancy
<b>10:30am</b> Zumba Studio A Maria	<b>10:30am</b> Zumba Studio A Nancy	<b>10:30am</b> Zumba Studio A Maria	<b>10:30am</b> Zumba Studio A Nancy	<b>10:30am</b> Zumba Studio A Maria	<b>11:15am</b> Family Yoga Studio B Stephanie
	<b>11:30 am</b> Yoga Flow Studio B Shonda	<b>11:00 am</b> Advanced Senior Cardio Fitness Gym Jen	<b>11:30 am</b> Yoga Flow Studio B Shonda	<b>11:30 am</b> Advanced Senior Cardio Fitness Studio A Jen	

### Evening

Monday	Tuesday	Wednesday	Thursday	
<b>6:00pm</b> Zumba Studio A Clarissa	<b>6:00pm</b> Zumba Studio A Clarissa	<b>6:00pm</b> Zumba Studio A Clarissa	<b>6:00pm</b> Yoga Studio B Stephanie	 <p><b>Yoga for Vets</b> (<a href="http://www.yogaforvets.org/">http://www.yogaforvets.org/</a>) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend <u>any</u> Copper Sky Yoga class for free with Valid Veteran ID and picture ID. VA I.D. or DD214 with Picture I.D.</p>
<b>7:00pm</b> Yoga Relaxation Studio B Stephanie	<b>7:00pm</b> Zumba Toning Studio A Josie	<b>7:00pm</b> Yoga Relaxation Studio B Alyshea		
<b>7:00pm</b> Zumba Studio A Josie		<b>7:00pm</b> Zumba Studio A Josie		

3-1-2020 to 5-31-2020

Classes are approximately 50 minutes unless stated.

## Included In Copper Sky Membership

## Mind, Body, and Movement Class Descriptions

**Dance Fit** A perfect combination of dance moves and fitness exercises designed to maximize your fat-burning, fitness, and have fun while you are doing it.

**Yoga Rise & Shine** Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. This class combines a series morning routines designed to jump start your day, wake up your body and get your energy flowing! This is a wonderful way to stretch and tone the body and the mind for a positive day ahead.

**Yoga 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! **\*\*Beginners** will be reinforcing the basics with new Yogis, expect the class to be at a slower pace with more instruction

**Yoga Relaxation** Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class.

**Yoga Ashtanga Mix** a dynamic, challenging and fun vinyasa flow sequence. Link breath and movement as you build a foundation that empowers you to explore your limits. Prepare to sweat and move your body through challenging sets of standing and seated postures. Ashtanga yoga focuses on muscle training and develops physical strength. Push past what feels familiar to improve balance and stability in your practice. Modifications are offered for difficult poses. All levels welcome.

**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.

**Family Yoga** Designed for parents and children alike, Family Yoga is an enriching and fun way to spend time together. This class will give your family a space to have fun away from screens and other distractions and will allow you to bond, breath, and move together. Families will participate in a classic group yoga class that incorporates basic yoga poses, partner poses, breathing and relaxation techniques, meditations, and fun variations for parents and children. Parents and children of all ages are welcome.

## Paid: Reserved & Advanced Classes

**\*\*\*Please see our paid and advanced schedule for additional classes.**



**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.

**Class are approximately 50 minutes unless stated.**



# Group Exercise Aqua Fitness

Morning & Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30am</b> <b>Aqua Fit</b> Pool Henry T	<b>9:30am</b> <b>Silver Sneakers</b> <b>Splash</b> Pool Henry T	<b>9:30am</b> <b>Aqua Fit</b> Pool Suzy G	<b>9:30am</b> <b>Silver Sneakers</b> <b>Splash</b> Pool Suzy G	<b>9:30am</b> <b>Aqua Fit</b> Pool Henry T	

Included In Copper Sky Membership

**Aqua Fit** 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.

**Silver Sneakers (Splash)** Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Paid: Reserved & Advanced Classes

\*\*\*Please see our paid and advanced schedule for additional classes.

3-1-2020 to 5-31-2020

Classes are approximately 50 minutes unless stated.

# Copper Sky

## Group Fitness Ground Rules and Guidelines

Copper Sky Recreation Center is operated by the City of Maricopa which falls under the ISTAR core values: Integrity, Service, Teamwork, Accountability, and Respect. These ground rules and guidelines are here to help each member practice these core values so that every member can participate and enjoy all that Copper Sky Recreation Center has to offer.

We require all Group Fitness Instructors to be certified and well-trained. In conjunction with this philosophy, we strive to provide opportunities for our newer or less experienced instructors to learn and grow. Your respect and consideration in our efforts to provide these opportunities and to maintain these criteria is sincerely appreciated.

Participants must meet age policy for the fitness floor and have the proper wrists bands on.

The Copper Sky Recreation Center makes no assessment of your health status in participating in any type of fitness program or activity. Please consult your physician prior to beginning any type of exercise program.

The attendance of each class will be monitored on a monthly basis. Please be aware that if a class does not maintain an average of **at least 10 participants**, it poses potential for changes or cancellations. Two weeks will be given notice of cancelled classes.

Classes will always be taught no matter how many people show up to class or are signed up for class. Attendance will be monitored over a consistent period of time.

All classes are subject to change due to instructor substitutions/availability, class attendance or if emergency situations arise. Class cancellation may occur in extreme situations and every effort will be made to avoid these circumstances.

Anything that disturbs others or the instructor during class is not tolerated. Please keep talking to a mini-mum during class and refrain from using head phones while participating in a group fitness class. Please arrive early or on time for class; it is disruptive to interrupt a class once it has started.

Please follow the instructors lead as they will always include modifications. All instructors are certified and trained to lead a safe and effective workout. It is disruptive to the instructor and other participants when you are engaged in your own workout during class.

If you find it necessary to leave class early, please advise the instructor that you will be leaving early. Please exit the class in a manner that does not disturb the rest of the class. Most classes offer a cool down, stretching segment at the end of the class. If you leave before this section of class is completed, please ensure that you cool down and stretch out on your own, as this one of the most important and beneficial components of exercise allowing a safe recovery from your workout.

The Group Exercise Storage and Media Dock will remain locked when classes are not in session and will open 10-15 minutes before class starts.

