

Tonto Verde Fitness Class Schedule



Mondays:	Body Sculpt	6:45 -7:45 a.m.
	Water Workout	8:15 -9:15 a.m.
	Gentle Fitness	1:00 -1:45 p.m.
	Yoga Class	2:00 -3:00 p.m.
	Dynamic Stretch & Core	3:15 -4:15 p.m.
	Gentle Yoga	4:30 -5:30 p.m.
Wednesdays:	Body Sculpt	6:45 -7:45 a.m.
	Dynamic Stretch & Core	8:00 -9:00 a.m.
	Water Workout	8:15 -9:15 a.m.
	Gentle Fitness	9:15-10:00 a.m.
Fridays:	Body Sculpt	6:45 -7:45 a.m.
	Water Workout	8:15-9:15 a.m.

Body Sculpt: This multi-level class combines cardio, body toning, balance coordination and functional movements. Be ready for a fun and challenging workout using a variety of equipment including hand weights, tubing and other props.

Water Workout: This class improves cardio fitness, strength, flexibility and balance.

Yoga: This alignment-based class focuses on the fundamentals of basic yoga postures through precise instruction and attention to each individual. Standing poses, seated poses and other essential poses are emphasized with the use of props to improve balance, correct posture, build strength, develop flexibility and calm the mind.

Dynamic Stretch, Foam Roll & Core Strength: This class focuses on releasing connective tissue to increase flexibility, promote muscle recovery, prevent injury, maintain stability, generate power, improve balance and promote overall wellness. Your strong core from shoulders to hips combined with increased range of motion will enhance performance in all areas of athletics and general activities.

Gentle Yoga: This class combines breath, asana, mindfulness and Feldenkrais (somatic movement) for lower back, neck, shoulders, knees, hips and overall well being. To be able to attend this class, you need to be able to get up and down off the floor independently. Some use of chairs is incorporated in the class.

Classes Begin: February 1, 2016 and open to all residents of Tonto Verde and as space permits, Rio Verde Residents are welcome.

