

2012 CALENDAR

VIDA
FITNESS

TIME	MON	TUES	WED	THURS	FRI	SAT
7:30am - 8:30am	Body Tone Viviana	Low Impact Aerobics Viviana	Body Tone Viviana		Body Tone Viviana	
8:30am - 9:30am	Aqua Fitness Audrey	Aqua Fitness Audrey	Aqua Fitness Gaja	Aqua Fitness Audrey	Aqua Fitness Kym	Aqua Fitness Audrey
9:00am - 10:00am	Yoga Becky		Yoga Becky		Yoga Becky	
9:15am - 10:15am		Pilates Carol		Pilates Carol		
12:00pm - 12:45pm		Zero Stress Meditation Liam				

CLASS DESCRIPTIONS

Aqua Fitness

Use the water's natural buoyancy to achieve a greater degree of stretching, reduced stress and muscle relaxation while improving cardiovascular and neuromuscular training. By using resistive equipment (gloves, buoys and noodles), you receive an even greater workout.

Aqua Lite

A one-hour gentle water workout that includes water walking, tai chi and yoga and is the perfect class for beginners or those who want to become active.

Body Tone

An intense strength and endurance workout, focusing on strength and conditioning of the whole body. You will mix resistaballs, dumbbells and all the elements you love about group exercise to make this early morning class a favorite.

Low Impact Aerobics

Low impact cardiovascular aerobics training. Start with a warm up and then move to fun music while you jumpstart your cardio health. A cool down will complete the session.

Pilates

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.

Yoga

A form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance as well as relieving stress.

Zero Stress Meditation

Enter the zero stress zone. This gentle, guided meditation is designed for comfort and ease. Participants simply lay down with a blanket and follow a series of breathing techniques, leaving you with a feeling of tranquility.

STAFF AND HOURS OF OPERATION

PERSONAL TRAINERS

Sean Keith, Owner, CPT
Jason Reynolds, Owner, CPT
Dana Stewart, CPT
Shelly Davies, CPT

GROUP INSTRUCTORS

Audrey Schoniger
Kym Dunton
Viviana Drake
Carol Rossmiesel
Becky Stafford
Gaja Moriconi
Liam Gillen

HOURS OF OPERATION

Monday - Friday, 6 a.m. - 8 p.m.
Saturday, 7 a.m. - 7 p.m.
Sunday, 8 a.m. - 6 p.m.

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