# September 2020 (Modified Group Schedule)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45am</td>
<td>Zumba Light Osvaldo</td>
<td>9:00-9:45am Stretch &amp; Core Osvaldo</td>
<td>9:00-9:45am Vinyasa Yoga Sandra Starts 10/7</td>
<td>9:00-9:45am Definitions Carole</td>
<td>9:00-9:45am Zumba Anaia Starts 9/11</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-10:45am</td>
<td>Core yoga Sandra Starts 10/5</td>
<td>10:00-10:45am Tai Chi for Health Pat</td>
<td>10:00-10:45am Stretch &amp; Core Carole</td>
<td></td>
<td></td>
<td>10:00 am Restorative Yoga Sandra Starts 10/11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 pm</td>
<td>SilverSneakers® Classic Mary Dietz /Osvaldo</td>
<td>12 pm SilverSneakers® Classic or Cardio Mary Dietz/ Osvaldo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As we return to business, group x classes will be limited to 10 students. Visit our website at [martinhealth.org/fitness](http://martinhealth.org/fitness) for all programs and services.

---

**MEMBERS**

During this time of Covid-19 and social distancing, our modified class schedule will be offered with reservations in advance due to the reduced capacity in the classroom.

Participants will be required to wear a mask and bring their own yoga mat or floor mat.

Minimal equipment will be used during class to allow for thorough disinfecting after use.
Group Exercise Class Descriptions

Mind & Body

Restorative Yoga: A beginner level class which focuses on a deeper stretch and relaxation so to restore the senses and feel rejuvenated.

Vinyasa Yoga: Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome. *Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

Core Yoga: A blend of low impact aerobics, yoga and palates moves designed to strengthen the core muscles that bring the upper and lower body together. Some light props may be used.

Cardio & Strength

Functional Core: Condition you core for better stability, posture and everyday function. Focusing on low and no-impact exercises that strengthen shoulders, abdomen, glutes and back as you learn to control your body’s balance and improve your posture. Uses a variety of equipment including the stability ball, bosu, resistance bands, light weights and more.

Cardio Sculpt: A heart-pumping cardiovascular workout with full body sculpting exercises.

Tabata: Combine cardiovascular, strength, core and agility exercises using short, high-intensity intervals and rest periods. A variety of formats and equipment keep the class fun and exciting for ALL fitness levels.

Zumba: This fusion of Latin and international music along with dance themes creates a dynamic, exciting and effective workout sure to get your heart pumping. With Toning: use of light weights for strengthening exercises.

Balance & Core

Better Balance: Learn balance and fall prevention techniques, improve confidence and independence, improve muscular and core strength

Pilates: This is a beginner level mat class for those who are working on mastering the basics of Pilates, as well as for anyone new to the principles of the Pilates method of body conditioning. You will learn the concepts of core strength alignment, breath and control as well as all of the beginning mat exercises. No prior knowledge of Pilates is required. With Props: includes the use of small equipment.

Stretch & Core: A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well as teach relaxation.

Tai Chi for Health: A series of slow, graceful land controlled body movements. These movements have been compared to yoga and ballet. Excellent class for balance and fall prevention.

SilverSneakers®

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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Hobe Sound Health & Fitness Hours
Mon – Thurs: 6 am – 7pm
Friday: 6 am – 7pm
Saturday: 7 am – 3pm
Sunday: 9am – 2pm