



# The Club at GATEWAY

## Group Exercise Class Schedule

FALL/WINTER 2021

### Monday

9:00AM	Cycle with Mary Margaret
9:30AM	Aqua Fit with Monika
10:00AM	Zumba with Jo Ann
11:00AM	Barre Fit with Jo Ann
4:00PM	Walk This Way with Susan

### Tuesday

8:00AM	Core & More with Susan
9:00AM	Beginner Yoga Stretch with Krista
10:00AM	Chair Yoga with Shebani
6:00PM	Cycle with Debbie

### Wednesday

9:00AM	Cycle with Krista
9:30AM	Aqua Fit with Monika
10:00AM	Tai Chi with Susan Mokry
11:00AM	Barre Fit with Jo Ann

### Thursday

9:00AM	Balancing Act with Mary Margaret
10:00AM	Chair Yoga with Shebani
6:00PM	Cycle with Debbie

### Friday

8:00AM	Bring Your Own Body with Susan
9:00AM	Cycle with Krista
9:30AM	Aqua Fit with Monika
10:00AM	Zumba with JoAnn
11:00AM	Line Dancing with Annie

### Saturday

9:30AM	Walk This Way with Susan
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**FITNESS CENTER HOURS:**

**DAILY 5:00AM-9:00PM**

#### CLASS PRICING

\$8/CLASS FOR DROP IN

\$650 FOR ANNUAL MEMBERS

\$400 FOR SEASONAL MEMBERS

ALL CLASSES AT 55 MINUTES AND  
ARE GEARED FOR ALL FITNESS  
LEVELS.

NO NEED TO SIGN UP IN ADVANCE,  
YOU WILL SIGN UP WITH THE  
INSTRUCTOR UPON ARRIVAL.



Proper closed toe shoes and comfortable fitness attire are required to attend a fitness class and to use the fitness center.

**Jennifer Cerulli, Fitness Director**

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## CLASS DESCRIPTIONS

### Cycle

This high energy, upbeat class is designed to get you moving with upbeat tunes that will keep you motivated and energized. We pedal to the beat of the music and it's YOUR time to connect, let go, and get lost in the energy of the music. This class is suited for all fitness levels. You are in control of the resistance on your bike.

### Line Dancing

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time.

### ZUMBA

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

### Aqua Fit

Traditional basic aerobics class performed in deep or shallow water. The buoyancy of the water significantly reduces the stress on joints and muscles. Water creates a lot of resistance with or without aqua weights, strengthens muscles and improves circulatory and respiratory systems.

### Beginner Yoga Stretch

The beginner class series introduces the fundamental principles of alignment, and breath work. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose.

### Chair Yoga

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using a chair for support. It is beneficial if you have limited mobility.

### Balancing Act

Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. Doing balance exercises can help improve posture.

### Core & More

Strengthen and condition your core muscles...and more! This class will work your core, which includes the abdominal and low back muscles. Additional exercises incorporate upper and lower body as a way to strengthen your core, giving you a full body workout! This class is suited for all fitness levels.

### BYOB (Bring your own body)

A total body workout using weights, bands, bars, benches and chairs, in a circuit format. Class is suitable for all fitness levels.

### Barre Fitness

A Barre Fitness class is a workout done at the ballet barre and on the floor. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. Barre fitness is ideal if you're just getting into exercise. The classes will improve your balance, build strength, make you more flexible, burn calories, and improve stability through a stronger core. Light weights will be used during this class. This is not a ballet class.

### Walk This Way

Indoor walking, or stepping is the base move for this workout, but be ready because there is so much more. You'll step side to side, kick the car door shut, glute squeezes and knee lifts. You'll even break out into a grapevine and might decide to add your own flare of arm movements along the way. The more you move, the more you burn! The best part about **Walk This Way** is that while you move and sweat, everything is **LOW IMPACT!** There is no harsh pounding on your joints.

### Tai Chi

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.