

# GROUP FITNESS CLASS INFORMATION

## WATER:

There are NO WATER FITNESS CLASSES at this time.

**CONFERENCE ROOM:** Participants must pre-register for classes by visiting MAFC's website [www.monroeaquaticsandfitnesscenter.com](http://www.monroeaquaticsandfitnesscenter.com). Online registration opens at 7am for the classes on the following day. Registration will close 30 minutes prior to class entry time or when maximum capacity has been reached.

Group Fitness Classes will begin on Monday, September 28th. Please note times on schedule. Classes are shortened and offset in an effort to keep exposure down, while also attempting to meet the needs of the greatest number of members possible during the current situation.

### **Participation Requirements:**

*\*Please do not enter a class before permitted by instructor - please follow arrows to enter/exit..*

*\*Due to limited class sizes, please do not register for the same class type in one day.*

*\*No shows may be subject to penalty.*

*\*Participants are encouraged to use the restroom prior to entering class.*

*\*Participants must clean all equipment before and after use - please note times on schedule.*

*\*To practice social-distancing, participants will choose a square to stay in during class.*

*\*Participants must bring their own water bottles, towels and yoga mats.*

*\*Participants are encouraged to wear a face covering, unless it is a breathing/safety issue.*

### **BARRE BURN EXPRESS**

Improve your balance and strengthen your core! This class combines isometrics and ballet-inspired movements to tone and strengthen...feel the BARRE BURN!

*All levels*

### **FLOW FUSION EXPRESS**

Interested in the concept of mind/body connection? Practice the concept with a yoga flow combined with pilates core work. Depending on the instructor, tai chi and/or ballet-inspired toning may also be included. *All levels*

### **PILATES EXPRESS**

Make everyday life easier by strengthening your core, flexibility, posture and body-awareness. Learn a certain sequence of exercises while lying on a mat. Resist-a-balls may also be utilized.

*All levels - please let instructor know your level*

### **YOGALATES EXPRESS**

Skilled in both pilates and yoga? This class will challenge you to participate in exercises that blend the two body-toning concepts.

*Intermediate and Advanced*

### **YOGA STRETCH EXPRESS**

The concept of Yoga is a union of mind and body, focusing on bodily mastery. Due to the shortened class times, the format will focus more on stretching, rather than traditional yoga. Listed below are the different levels that are offered at MAFC:

**GENTLE CHAIR** - This class focuses on range of motion for those participants who may have special needs. *All levels, but must be able to participate on own, without a caregiver.*

**BEGINNER** - If you're interested in yoga, this class is your starting point, as you will learn the basic principals. *All levels*

**YOGA** - This class format will range between concentrating on poses, utilizing props and flowing movements. *All levels*

**VINYASA** - Participants will perform flowing movements while concentrating on their breathing and posture. *Intermediate and Advanced*