


December 2024 — Give the Gift of Health!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA—A 8:00 am Laura CORE & MORE—A 9:15 am Marlene GENTLE YOGA—A 10:30 am Pat	LOW IMPACT STRENGTH—A 8:00 am Donna STRENGTH & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane LaBLAST ZUMBA —A 11:15 am Mari Ann	SLOW FLOW—A 8:00 am Laura BAND BLAST—C 8:15 am Bridget AQUA FUSION—G 9:00 am Char CYCLE—C 9:15 am Marlene LOW IMPACT STRENGTH—A 9:15 am Dariss	CORE & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane AQUA AEROBICS—G 10:00 am Janis GENTLE YOGA—A 11:30 am Mari Ann	YOGA—A 8:30 am Mari Ann AQUA AEROBICS—G 9:00 am Janis CORE & MORE—A 9:30 am Bridget	YOGA—A 8:30 am Mari Ann CYCLE—C 8:30 am Multiple LaBLAST ZUMBA—A 9:30 am Mari Ann	BARRE—A 9:00 am Kristine
AQUA AEROBICS—G 5:30 pm Shelley CYCLE—C 5:30 pm Emily PILATES—A 6:30 pm Nancy	AQUA AEROBICS—G 4:00 pm Janis STRENGTH & MORE—A 5:45 pm Bridget	AQUA AEROBICS—S 5:30 pm Shelly CORE & MORE—A 5:30 pm Mollie	AQUA AEROBICS—G 4:00 pm Janis SLOW FLOW—A 6:00 pm Kelly	 <p>MERRY</p> <p>Give a Deer Lake Gift Card! DEER LAKE ATHLETIC CLUB</p> <p>Have a Safe and Happy Holiday! — The Deer Lake Staff</p> <p>Schedule time for our Fitness Classes or work with a Personal Trainer. YOU CAN DO IT!</p> <p>Contact Marlene for more info — fitness@deerlakeathleticclub.com</p>		
<p>All circled classes are NEW for the month or have time, name and/or instructor change!</p>						

A- Aerobics Room, C- Cycle Room, G- Glass House Pool, R- Racquetball Courts, S- Small Pool, T- Tennis Courts

CHILD CARE HOURS: Monday through Friday, 8am-1pm and 4pm-8pm; Saturday, 8am-1pm.

All classes are 55 minutes unless otherwise noted in description. Classes are suspended on these holidays: New Year's Day, Easter, Mother's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas Day.

Fitness Class Descriptions

- **AM Kickoff** – A pilates, yoga, strength and core workout for all levels.
- **Aqua** — Offers a great range of benefits, without many of the drawbacks of intense exercise classes. Helps you lose weight, get stronger and improve your fitness too!
- **Aqua Aero Mix** – A fun, low impact workout using the water as resistance, this class is a hybrid of aqua aerobics and aqua Zumba. Great for anyone with joint pain.
- **Aqua Deep Aerobics** – Improve your endurance in deep water with zero impact.
- **Aqua Deep Fusion** – Combines strength, cardio and stretching, making use of both deep and shallow water. Intended for all skill levels, abilities and limitations.
- **Aqua Yoga** — Strengthen & balance your body while in the tranquility of the water.
- **Balance & Flex** – Standing and seated mobility exercises emphasizing continuous rhythmic ranges of movement.
- **Band Blast** – Focus is on exercises that build strength and muscle definition using resistance bands and more.
- **Barre** — Helps build and strengthen your muscles, improve your core strength and posture and give your body a lean and toned look in less time.
- **Barre & Bands** – Blending elements from different disciplines including ballet, pilates & yoga.
- **Core & More** – Engaging abdominal and back muscles in a coordinated way to improve functional strength for daily activities while tightening and toning the core.
- **Cycle** – A heart pumping, calorie burning cardio session on a stationary bike.
- **Gentle Yoga** – Enjoy hatha yoga at a slower, more restorative pace. Great for those just beginning a routine.
- **Hatha Yoga** – Movement that develops strength, flexibility, bodily relaxation and mental concentration. Designed for mixed-level participants, providing a balanced combination of sustained poses with attention to basic alignment and therapeutic principles.
- **LaBlast Zumba** – While Zumba incorporates Latin and international music, LABLAST is based on the ballroom dances you see on Dancing with the Stars! (No partner needed) and all genres of music. You will have a great time with the variety of dance styles, fitness components and light weights. These classes are suitable for all levels.
- **Pilates** – Focuses on the core and promotes flexibility to develop leaner-looking muscles.
- **Slow Flow Yoga** – The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose instead of moving to each breath.
- **Strength & More** – A total body workout using weights, resistance bands and body weight to define and sculpt arms, legs, abs, back, and glutes.
- **Strength & Step** – Endurance exercise that strengthens the cardiovascular system.
- **Tai Chi Fusion** – Combines the movements of Tai Chi, yoga, balancing, and breathing exercises. A full body flexibility, meditative, calming, and relaxing class.
- **Vinyasa** – Dynamic flowing practice through a balanced series of postures to strengthen, build flexibility, promote physical stamina and a sense of deep inner calm. All levels.
- **Yoga** – An intermediate form of yoga focused on coordination, breathing, and continual movement. All skill levels welcome.
- **Zumba** – Alternating fast and slow dance moves to improve cardiovascular health.