



CLUB ON THE PARK

## EXERCISE ACTIVITY SCHEDULE

April 1, 2019 - September 30, 2019

MON	TUE	WED	THU	FRI	SAT	SUN
11:00 - 11:45 MAT PILATES		11:00 - 11:30 STRENGTH TRAINING	11:10 - 11:30 AQUA WALKING 11:30 - 12:00 SWIMMING		11:00 - 11:30 STRETCH	11:00 - 12:00 YOGA  Reservation Required
					12:30 - 13:00 TRAMPOLINE Reservation Required	12:15 - 13:00 DANCERCISE
14:00 - 14:40 AQUA WALKING EXERCISE	14:00 - 15:00 BODY CONSCIOUS	14:00 - 15:00 YOGA  Reservation Required		14:00 - 14:30 EASY STEP	14:00 - 15:00 TOTAL BODY CONDITIONING Reservation Required	14:00 - 14:45 QUICK&SLOW TRAINING
					15:20 - 16:00 AQUA EXERCISE	15:20 - 16:00 AQUA EXERCISE
					16:20 - 16:50 TRAMPOLINE  Reservation Required	16:20 - 16:50 POLE EXERCISE Reservation Required
19:15 - 20:00 BODY STRETCH	19:15 - 20:00 QUICK&SLOW TRAINING	19:15 - 20:00 AEROBICS	19:15 - 20:00 STRETCH	19:00 - 20:00 YOGA		
					21:00 - 21:30 GOOD NIGHT SLEEP STRETCH	21:00 - 21:30 GOOD NIGHT SLEEP STRETCH

\* Classes may change without prior notice.

\* Please do not enter the studio after 5mins from the scheduled time for safety reasons. The Circuit Training must be attended from the beginning without exception.

\* Participants for the following lessons are limited. Yoga (Wednesdays and Sundays) 12 participants, Trampoline 4 participants, Pole Exercise 5 participants, Total Body Conditioning 6 participants.

\* Reservations can be made on the day.

# PROGRAM

\* For Holiday schedules and programs, please contact the Club Concierge.

## TRAINING

### QUICK & SLOW TRAINING \*\*

Various exercises focusing on strengthening both fast- and slow-twitch muscles.

## FLOOR EXERCISE

### STRETCH\*

An easy stretching class designed to relax and improve flexibility.

### STRENGTH TRAINING\*

Developing basic physical strength class with light muscle training such as squats and sit-ups.

### EASY STEP\*

Basic aerobic exercise with step exercises in movement to the beat.

### POLE EXERCISE

Core exercise with a stretch pole that balances out and strengthens the whole body.

### GOOD NIGHT SLEEP STRETCH\*

An easy stretching class with aroma scents to calm both the body and mind while enjoying the night view.

### AEROBICS\*\*

A basic moving exercise with rhythm to move whole body.

### DANCE\*\*

An easy dance style exercise that helps burn fat.

### TRAMPOLINE EXERCISE \*\*

A combination of jumping and rhythm exercise with a mini trampoline to burn fat and develop muscle.

### YOGA \*\*

Basic yoga techniques focusing on the body and mind.

### MAT PILATES \*\*

Core focused movements to help improve your posture and balance.

## AQUA

### AQUA WALKING \*

Various walking exercises in the water for overall body maintenance.

### SWIMMING \*

Swimming class to improve your stroke technique and form for long-distance swimming.

### AQUA WALKING EXERCISE \*

An exciting class in the water, incorporating both various walking exercises and muscle-building exercise.

### AQUA EXERCISE \*\*

An exciting class in the water, incorporating both aerobics and muscle-building exercise.

## BODY SERIES

### BODY STRETCH \*

Stretch class designed to promote flexibility.

### BODY CONSCIOUS \*\*

Total body workout with rhythmical movements designed to improve your balance.

### TOTAL BODY CONDITIONING \*\*\*

# PROGRAM

Total body workout combining cardiovascular conditioning and muscle building.

Exercise Intensity: ★ Light / ★★ Moderate / ★★★ High