



CLUB ON THE PARK

EXERCISE ACTIVITY SCHEDULE

October 1, 2018 - March 31, 2019

MON	TUE	WED	THU	FRI	SAT	SUN
11:00 - 11:45 MAT PILATES		11:00 - 11:30 STRENGTH TRAINING			11:00 - 11:30 STRETCH	11:00 - 12:00 YOGA Reservation Required
			11:40 - 12:00 AQUA WALKING			
			12:00 - 12:30 SWIMMING			12:15 - 13:00
					12:30 - 13:00 TRAMPOLINE Reservation Required	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.

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

PROGRAM

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 EXERCISE**

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 ***

Total body workout combining cardiovascular conditioning and muscle building.

Exercise Intensity: * Light / ** Moderate / *** High