



# Coronado Fitness Center

**Hours of Operations**

Monday-Friday 6am-7pm  
 Saturday 8am-5pm  
 Sunday- Closed.

501-922-1230

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 Coronado Fitness Center

## Class Schedule

All classes are drop-in and included in your membership dues.

- Deb Johnson, Fitness Center Manager.  
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- Amy Holloway, Operations Coordinator.  
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- Felicity White, Fitness Coordinator.  
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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00 a.m.	<u>STRENGTH &amp; CONDITIONING</u>		<u>STRENGTH &amp; CONDITIONING</u>		<u>STRENGTH &amp; CONDITIONING</u>	
8:00 a.m.	<u>CARDIO KICKBOXING</u> <i>aqua yoga (8:30am)</i>	<u>SLOW-FLOW YOGA</u>	<u>CARDIO KICKBOXING</u> <i>aqua yoga (8:30am)</i>	<u>STEP INTERVAL</u>	<u>CARDIO KICKBOXING</u>	
9:00 a.m.	<u>GROUP INDOOR CYCLING</u> <u>TAI CHI</u> : Held at CCC	<u>BARRE</u> <i>shallow water aerobics (9:30am)</i>	<u>GROUP INDOOR CYCLING</u> <i>Shallow water aerobics (9:30am)</i>	<u>BARRE</u>	<u>GROUP INDOOR CYCLING</u> <i>shallow water aerobics (9:30am)</i>	Turtles
10:00 a.m.	<u>BASIC YOGA</u> <u>NIA</u> : Held at CCC	<u>DANCE FITNESS</u>	<u>BASIC YOGA</u>	<u>DANCE FITNESS</u>	<u>BASIC YOGA</u>	
11:00 a.m.	<u>PILATES</u>	<u>PUMPING IRON</u> <i>arthritis aquatics</i>	<u>PILATES</u> <i>arthritis aquatics</i>	<u>PUMPING IRON</u>	<u>STRETCH &amp; CORE</u> <i>arthritis aquatics</i>	
12:00 p.m.	<u>SILVER SNEAKERS CLASSIC</u>		<u>SILVER SNEAKERS CLASSIC</u>		<u>SILVER SNEAKERS CLASSIC</u>	
2:00 p.m.		<u>TAI CHI</u>				
4:00 p.m.	<u>HAN MU DO (4:30pm)</u>			<u>HAN MU DO (4:30pm)</u>		
5:00 p.m.	<u>EVENING YOGA (5:45pm)</u>	<u>MILITARY SABER CLASS</u>	<u>EVENING YOGA (5:45pm)</u>		<u>MILITARY SABER CLASS</u>	

**All LAND CLASSES are 50 minutes unless otherwise noted.**

**BARRE: (T/Th at 9:00am)** This Barre workout combines exercises from dance, Pilates, and yoga to strengthen the entire body. The goal of Barre is to enhance body awareness, coordination, and overall strength. All movements can be customized for students with various fitness levels.

**BASIC YOGA: (M/W/F at 10:00am)** Slow and easy stretching put into perfect flow.

**CARDIO KICKBOXING: (M/W/F at 8:00am)** This 30-minute class combines martial arts techniques with fast-paced cardio. This high intensity class will help you to build stamina, endurance, improve coordination and burn calories.

**DANCE FITNESS: (T/Th at 10:00am)** Get up and get moving! Feel your own body's rhythm and groove with the best of them.

**EVENING YOGA: (M/W at 5:45pm to 6:45pm)** Combines poses to increase strength as well as flexibility and balance in a semi-flow style class. Each class begins with a few minutes of silence and ends with a classic shavasana relaxation.

**GROUP INDOOR CYCLING: (M/W/F at 9:00am)** This class is done on a specialized stationary bike, simulating rides on varying terrain using cadence and resistance. Anyone at any age and fitness level are welcome.

**Bikes are limited.**

**HAN MU DO: (M/Th at 4:30pm-5:30pm)** A Korean martial art using elements of Taekwondo, Judo and Hapkido. This is a wonderful exercise for people who want to build self-confidence.

**MILITARY SABER CLASS: (T/F at 5:00pm to 6:00pm)** Learn military saber fencing from the 1800s. You will learn footwork, attack and defense skills, strategy, and eventually fencing in armor similar to Olympic fencing gear. Safety and a positive, fun attitude are guiding principles of this class.

**NIA: (Monday at 10:00am)** This class is a dynamic cardiovascular workout that draws inspiration from many types of dances and includes movements from yoga, Tai Chi, and martial arts. Nia has been referred to as 'non-impact aerobics' because jumping and pounding on knees has been eliminated. It's effective and fun. Anyone at any age and fitness level are welcome. This class held at Coronado Community Center; must check in at the Coronado Fitness Center.

**PILATES: (M/W at 11:00am)** A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

**PUMPING IRON: (T/Th at 11:00am)** This class is for those who are interested in strength training and learning the correct technique. Focus on muscular strength and endurance to improve body and muscle mass.

**STEP INTERVAL: (Thursday at 8:00am)** Cardio workout using a step combined with intervals of strength training.

**SILVER SNEAKERS CLASSIC: (M/W/F at 12:00pm)** A total body workout modified in the chair or using the chair for stability. Various small equipment will be used.

**SLOW-FLOW YOGA: (Tuesday at 8am)** Slow flow is an all-level yoga class. Focused on deeply stretching muscles and fully releasing joints that get over stressed. This class will help to build strength, increase flexibility, and improve balance.

**STRENGTH & CONDITIONING: (M/W/F at 7:00am)** A low impact workout that is designed to increase physical strength through weight-bearing and resistance exercises.

**STRETCH & CORE: (Friday at 11:00am)** This class includes a variety of techniques with the aim of improving flexibility and strengthening your core. These techniques include Static Sustained Stretching, Post Isometric Relaxation (PIR) stretching, Active Isolated Stretching (AIS) along with some basic yoga poses and core exercises. Participants must be able to get up and down from the floor. This class is appropriate for beginners to advanced fitness levels. All moves can be modified individually.

**TAI CHI: (Mondays at 9:00 am and Tuesdays at 2:00pm)** Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. The class is centered around gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**ALL water classes ARE 45 MINUTES UNLESS OTHERWISE NOTED**

**aqua yoga: (M/W at 8:30am)** Takes the benefit of yoga off the mat and into the water. It's very low impact, making it ideal to improve flexibility, strength, and range of motion. Great for beginners and experienced alike.

**arthritis aquatics: (T/W/F at 11:00am)** This class is designed to improve flexibility, joint mobility, and range of motion for anyone with arthritis or recovering from illness or surgery.

**shallow water aerobics: (T/W/F at 9:30am)** This class is for beginners and advanced participants and offers cardiovascular conditioning, strength training and toning.

**turtles: (Saturday at 9:00am)** This is a low intensity water class that is an hour-long class using range of motion and flexibility. Turtles have their own leader.

\*We also offer "Limited Time Only" classes. Notifications will be sent via email and printed flier

Or  
Call 501-922-1230\*