

HEMLOCK FARMS COMMUNITY ASSOCIATION

Clubhouse & Steer Barn Schedule ~ Summer 2010

Effective June 21, 2010 -

Clubhouse Pool & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am - 8:00 pm Fitness Center	8:00 am - 8:00 pm Fitness Center	8:00 am - 8:00 pm Fitness Center	8:00 am - 8:00 pm Fitness Center	8:00 am - 8:00 pm Fitness Center	8:00 am - 7:00 pm Fitness Center	8:00 am - 7:00 pm Fitness Center
8:00 am - 10:00 am Lap Swim	8:00 am - 10:00 am Lap Swim	8:00 am - 10:00 am Lap Swim	8:00 am - 10:00 am Lap Swim	8:00 am - 10:00 am Lap Swim	8:00 - 9:00 am Lap Swim (Adults)	8:00 - 10:00 am Lap Swim (Adults)
10:00 - 11:00 am Informal Aqua Aerobics		10:00 - 11:00 am Informal Aqua Aerobics		10:00 - 11:00 am Informal Aqua Aerobics	9:00 - 10:00 am Lap Swim	10:00 - 11:00 am Lap Swim
10:00 - 10:30 am Swim Lessons (Level 1)	10:00 - 10:30 am Swim Lessons (Level 1)	10:00 - 10:30 am Swim Lessons (Level 1)	10:00 - 10:30 am Swim Lessons (Level 1)	10:00 - 10:30 am Swim Lessons (Level 1)		
10:45 - 11:15 am Swim Lessons (Level 2)	10:45 - 11:15 am Swim Lessons (Level 2)	10:45 - 11:15 am Swim Lessons (Level 2)	10:45 - 11:15 am Swim Lessons (Level 2)	10:45 - 11:15 am Swim Lessons (Level 2)		
	5:00pm - 6:00pm Informal Aquatics Aerobics					
11:00 am - 9:00 pm Open Swim	11:00 am - 9:00 pm Open Swim	11:00 am - 9:00 pm Open Swim	11:00 am - 9:00 pm Open Swim	11:00 am - 9:00 pm Open Swim	10:00 am - 9:00 pm Open Swim	11:00 am - 7:00 pm Open Swim
10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool	10:00 am - 6:00 pm Outdoor Pool

**Staff and weather permitting.*

**The entire pool area (Indoor and Outdoor,) along with all electronic machines in the Fitness Center and Game Room close if thunder is heard in the area and will remain closed for a minimum of 30 minutes.*

Steer Barn Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am 20-20-20	9:00 - 10:00 am Fit Lite	9:00 - 10:00 am Step Aerobics Strength	9:00 - 10:00 am Fit Lite	9:00 - 10:00 am Floor Aerobics Strength	9:00 - 10:00 am Aerobic Dance Party	
10:45 - 12:00 pm Informal T'ai Chi		10:45 - 12:00 pm Informal T'ai Chi		10:45 - 12:00 pm Informal T'ai Chi		
	5:00 - 6:00 pm Fat Burning Fusion	5:00 - 6:00 pm Yoga**	5:00 - 6:00 pm Kickboxing			
			6:15pm - 7:15 Informal Line Dancing			

**Please note that program hours, classes, and instructors are subject to change*

***Costs are associated with some of our classes. Please see class description for details.*

**Informal Classes are Volunteer-Lead*

Café & Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am - 7:00 pm Café	9:00 am - 7:00 pm Café	9:00 am - 7:00 pm Café	9:00 am - 7:00 pm Café	9:00 am - 7:00 pm Café	9:00 - 7:00 pm Café	9:00 - 5:00 pm Café
11:00 - 7:00 pm Game Room	11:00 - 7:00 pm Game Room	11:00 - 7:00 pm Game Room	11:00 - 7:00 pm Game Room	11:00 - 7:00 pm Game Room	11:00 - 7:00 pm Game Room	11:00 - 5:00 pm Game Room

Class Description

** For the safety of members and guests, please use caution when entering an exercise class after it has begun.*

Instructors are Diane Bunce, Maggie Casola, Adrienne Cordani and Stephanie Annunziata

Fat Burning Fusion: An eclectic mix of combined resistance and cardio moves revs up the metabolism and intensifies fat burning without jumping or high impact. A blend of strength training and low impact cardio movement, with overtones of pilates and yoga. Suitable for all levels, an excellent class to trim and firm.

Fit Lite: Get moving and have fun with this class that is centered around non-impact and Low-impact moves that will get your heart pumping without stressing your joints. Sculpting the upper and lower body will be achieved with deepening floor exercises and light weights, helping to increase bone density, improve core stability and tone the body. A significant segment of class is dedicated to lengthening the muscles through balance and flexibility training.

20-20-20: A well-rounded and balanced workout of three 20 minute increments...20 minutes floor cardio, 20 minutes strength training using medium to heavy weights, and 20 minutes of power stretching to build core strength and flexibility. Props may include a bench, weighted balls, dumbbells or ankle weights. Intermediate level.

Kickboxing: Sculpt and tone with this intermediate full body training class that includes punches, kicks and power moves. Core strengthening and light to moderate weight training included, followed by cool down and stretching.

Step Aerobics and Strength Training: Never a boring moment in this intermediate to advanced aerobics class using the Reebok Step, either choreographed or boot-camp style, followed by a segment of light to moderate weight training, abdominal exercises and stretch and flexibility.

Floor Aerobics and Strength Training: Get your heart pumping with this well-rounded workout consisting of cardio aerobics, moderate to high impact, followed by muscle conditioning using light hand weights, weighted medicine balls or resistance bands. Abdominal exercises and a cool down with flexibility training and stretching will close the class.

Aerobic Dance Party: HAVING FUN is the only rule in this class. Anything goes -- Latin (Meringue, Salsa), Disco, Hip Hop, and Funk. Intermediate to Advanced level choreography will get the heart rate up and burn fat. Followed by sculpting with light weights, and closing with core stability training and stretching.

****Yoga:** Yoga for the fitness minded. We work to coordinate breath with movement to recalibrate the nervous system and build flexibility and strength, as well as hold poses for several breaths from time to time to build muscle endurance. Poses are selected with anticipated health benefits in mind, including detoxifying the body, enhancing core strength and building strong back muscles. All levels welcome. Cost is \$6.00 per class paid at Receptionist Desk. Taught by Maggie Casola.

****Martial Arts:** Classes for ages 6& up. Includes forms, weapons, and sparring. Registration must occur at the Administration Office during business hours. Cost is \$30.00 for 10 classes. Taught by Sensei Fred and Sensei Keith.

Informal T'ai Chi: Creates a Mind/Body connection. The practice of T'ai Chi has also been shown to reduce stress levels, and lower blood pressure while improving your strength, flexibility and balance.