

# HEMLOCK FARMS COMMUNITY ASSOCIATION

## Clubhouse & Steer Barn Schedule ~ Winter 2012

*(Effective January 2, 2012)*

### Clubhouse Pool & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am - 12:30 pm <b>Fitness Center</b>		8:00 am - 12:30 pm <b>Fitness Center</b>		8:00 am - 12:30 pm <b>Fitness Center</b>	8:00 am - 8:00 pm <b>Fitness Center</b>	8:00 am - 5:00 pm <b>Fitness Center</b>
8:00 - 10:00 am <b>Lap Swim</b>		8:00 - 10:00 am <b>Lap Swim</b>		8:00 - 10:00 am <b>Lap Swim</b>	8:00 - 10:00 am <b>Lap Swim</b>	8:00 - 10:00 am <b>Lap Swim</b>
10:00 - 11:00 am <b>Informal Aqua Aerobics</b>		10:00 - 11:00 am <b>Informal Aqua Aerobics</b>		10:00 - 11:00 am <b>Informal Aqua Aerobics</b>	10:00 - 11:00 am <b>Winter Swim Team</b>	10:00 - 11:00 am <b>Winter Swim Team</b>
11:00 am - 12:30 pm <b>Open Swim</b>		11:00 am - 12:30 pm <b>Open Swim</b>		11:00 am - 12:30 pm <b>Open Swim</b>	11:00 am - 8:00 pm <b>Open Swim</b>	11:00 am - 5:00 pm <b>Open Swim</b>
4:00 - 8:00 pm <b>Fitness Center</b>	4:00 - 8:00 pm <b>Fitness Center</b>	4:00 - 8:00 pm <b>Fitness Center</b>	4:00 - 8:00 pm <b>Fitness Center</b>	4:00 - 8:00 pm <b>Fitness Center</b>		
	4:00 - 5:00 pm <b>Aqua Aerobics</b>		4:00 - 6:00 pm <b>Winter Swim Team</b>			
4:00 - 9:00 pm <b>Open Swim (1 lap lane)</b>	4:00 - 9:00 pm <b>Open Swim (1 lap lane)</b>	4:00 - 9:00 pm <b>Open Swim (1 lap lane)</b>	6:00 - 9:00 pm <b>Open Swim (1 lap lane)</b>	4:00 - 9:00 pm <b>Open Swim (1 lap lane)</b>		

*\*Staff and weather permitting.*

*\*The entire pool area and all electronic machines in the Fitness Center 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
		7:45 - 8:45 am <b>Bootcamp</b>			7:45 - 8:45 am <b>Bootcamp</b>	
9:00 - 10:00 am <b>Stretch and Tone</b>	9:00 - 10:00 am <b>Fit Lite</b>	9:00 - 10:00 am <b>Zumba Gold**</b>	9:00 - 10:00 am <b>Fit Lite</b>	9:00 - 10:00 am <b>Floor Aerobics Strength</b>	9:00 - 10:00 am <b>Zumba **</b> (moderate impact)	
10:30 am - 12:00 pm <b>Informal T'ai Chi</b>		10:30 - 12:00 pm <b>Informal T'ai Chi</b>		10:30 am - 12:00 pm <b>Informal T'ai Chi</b>		
	3:30 - 4:45pm <b>After School Program**</b>					
		5:00 - 6:00 pm <b>Martial Arts**</b> (Beginners)	5:00 - 6:00 pm <b>Yoga / Pilates Fusion</b>	5:00 - 6:00 pm <b>Martial Arts**</b> (Beginners)		
6:15 - 7:15 pm <b>Zumba**</b>	6:15 - 7:15 pm <b>Kick-Boxing</b>	6:00 - 7:00 pm <b>Martial Arts**</b> (Intermediate/Advanced))	6:15 - 7:15 pm <b>Zumba**</b>	6:00 - 7:00 pm <b>Martial Arts**</b> (Intermediate/Advanced))		

*\*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
					10:00 am - 5:00 pm <b>Café</b>	10:00 am - 5:00 pm <b>Café</b>
					11:00 am - 7:00 pm <b>Game Room</b>	11:00 am - 4:00 pm <b>Game Room</b>

# Class Description

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

Instructors are Stephanie Annunziata, Diane Bunce, Maggie Casola, Adrienne Cordani, Candey Grice and John Wormuth

**Stretch and Tone:** Probably THE best way to re-shape your body. We focus on lengthening and strengthening various muscle groups. Slow but deep is how we work it here, using our own body weight for resistance but incorporating hand-weights and bands as well. Stability Ball may be used: if you have one, bring it!

**Yoga/Pilates Fusion:** Yoga and Pilates blend seamlessly in this class combining the best of both worlds. We focus on core strength as well as lengthening, flexibility, breathing and spinal stretching. You will leave this class feeling refreshed, energized and tranquil.

**Bootcamp:** Looking for a challenging workout? Bootcamp is for you, this class will mix traditional calisthenics and body weight exercises with interval, plyometric and strength training routines. We will do a little bit of everything in this class, variety is the spice of life!

**Fit Lite:** Get moving and have fun with this class that is centered on 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 and also work on flexibility training.

**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.

**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.

**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.

**\*\*Zumba:** Ditch the workout, join the party! Move, move and move some more to the beat of Latin and world rhythms. Torch calories, but most importantly have fun! Saturday morning class is moderate impact. All levels welcome. BRING WATER.

**\*\*Zumba "Gold":** The perfect calorie-burning dance party for those who are new to Zumba or hoping to fine tune their Zumba moves, this class takes the simpler choreography from our traditional Zumba class and adds some extra support with oral cues, but maintains the same invigorating, party-like atmosphere and zesty music. Excellent way to join the party for seniors, newbies or anyone who loves to dance off extra calories .\$.6 payable at the door!

**\*\*After School Workout Program:** This program is for children in Kindergarten through 5<sup>th</sup> grades. Bring your children to the Clubhouse to unwind after school and participate in various active tag like games, and enjoy a healthy pre-class snack. Kids will develop team building skills and learn various team oriented sports.

**\*\*\*Winter Swim Team:** Open to all ages 6 and up adults are welcome to join. Coach Alex Genelman and Kathy Sarro will be coaching proper swim instruction. Participants must register at the Administration Office to swim.

**\*\*\*Martial Arts:** Open to adults and children ages 5 and up. Master Daniel Verbeke will be teaching beginner and advanced students. Participants must register at the Administration Office to participate.