

Shiley Fitness Center Class Schedule 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spin and Core 6:45 AM Teresa			Pilates 6:45 AM Danica
	Aquacise 10 AM Amy		Aquacise 10 AM Amy	
Mat Pilates 11 AM Danica YR,V	Move and Groove 11 AM Amy FC	Healthy Bones 11 AM Amy YR,V		Healthy Bones 11 AM Amy YR,V
	Strength Fusion 12 PM Teresa		Strength Fusion 12 PM Tabitha, FC	Healthy Bones Circuit 12:00 PM Amy FC
Hatha Yoga 12:30 PM Amy YR,V	Restorative Yoga 12:30pm Kathryn YR	Gentle Yoga 12:30 PM Amy YR,V	Postpartum Pelvic Floor 12:30 PM Amy, YR	Just Breathe 12 PM Danica, YR, V
Neuro Fit Conditioning 2 PM Danica, YR, V	Restorative Yoga with Sound Healing for Cancer Survivors 2 PM Kathryn YR	Neuro Fit PD Functional Balance 2 PM Danica YR,V PD Boxing 2:30 PM Rocky YR,V	Neuro Fit Balance & Gait 2 PM Tabitha YR,V	2 PM PD Boxing with Rocky Chair Yoga 2:30 PM Danica YR,V
Sculpt 5:30 PM Amy FC		Cardio HIIT 5:30 PM Amy FC	Spin 5:30 PM Tabitha FC	

FC = Fitness Center; P = Pool; YR = Yoga Room; PD = Parkinson's V = Offered Virtually
All classes are included with FC membership. For more information, please call (858) 554-3488.

Shiley Sports and Health Center

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Class Descriptions

Aquacise: A vigorous, water-supported exercise class using water resistance to increase cardiovascular endurance, muscle tone and flexibility. Good for all fitness levels. 45 minutes

Neuro Fit Balance and Gait: A gentle class focusing on balance, stability and gait. Standing, seated and floor exercises will be used to improve dynamic and static balance. 45 minutes

Cardio HIIT: (*High Intensity Interval Training*) A high-intensity workout incorporating cardio, agility, strength and core for a total body workout. 45 minutes

Chair Yoga: Traditional yoga poses and philosophy are taught with the use of chairs and other props. Stretch, strengthen and calm your mind and body with this gentle approach to yoga. 30 minutes

Gentle Yoga: A class designed for all levels and capabilities. Traditional yoga poses and philosophy are taught with the use of mats and other props. Stretch, strengthen and calm your mind and body with this gentle approach to yoga. Perfect for beginners! 60 minutes

Hatha Yoga: This classic form of yoga will balance, strengthen and lengthen your body and calm your mind through standing, seated and reclined poses. Appropriate for all levels. 60 minutes

Just Breathe: A blend of simple, mindful breathwork and movement to strengthen the core, reduce stress, boost immune function, and enhance feelings of calm and overall wellbeing. 20 minutes

Healthy Bones: Designed to safely minimize bone loss and promote bone health, the class utilizes weights, bands and yoga postures to build stronger bones, improve balance and promote functional strength and fitness. 45 minutes

Masters Swim: A coached workout designed to improve technique, endurance and speed. Level 1 – Beginning/intermediate swimmer. Level 2 – Advanced swimmer. (For the Masters Swim schedule, see **Outdoor Pool Schedule** flyer.) flyer.) 60 minutes

Mat Pilates: Build a strong, lean body from the inside out with mat-based exercises that focus on core balance and posture. 45 minutes

Move and Groove: Get your body moving with this low impact, dance based, cardio workout. Improve your agility, balance, and coordination while having fun! 45 minutes

NeuroFit PD Functional Balance/Boxing: Designed for improving balance, strength and coordination in those with Parkinson's disease. 30 minutes; **Boxing:** Continuation of circuit with boxing inspired moves, to improve strength and coordination. 30 minutes

Neuro Fit Conditioning: This class uses a variety of fitness tools to improve balance, strength, flexibility and endurance in those with Parkinson's disease. 45 minutes

Pelvic Floor & Core Conditioning: A class designed for all levels; emphasis on pelvic strengthening and core conditioning integrating the lower back and gluteal muscles. Proper breathing technique will be introduced. 45 minutes

Restorative Yoga: A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. 60 minutes

Sculpt: Vigorous yet low-impact workout using weights, bands and bodyweight exercises to strengthen and tone the entire body. 45 minutes

Spin: An invigorating cardiovascular workout for all fitness levels on stationary bikes. A water bottle and towel are mandatory for the class. 45 minutes

Strength Fusion: Full body workout designed to build muscle, enhance your core strength and improve overall stability. Combines weightlifting, resistant bands and bodyweight exercises to challenge every muscle group while targeting the core for optimal functional strength. 60 minutes