







City of Coronado Recreation Department's ADULT FITNESS CLASSES

Fall 2016—Winter 2017 September—February



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Cardio Tennis 8:00-9:00am</p>	<p>Jazzercise Low Impact 8:30-9:30am (8:00-9:00am on Jan 7-Feb 4)</p> <p>Senior Fitness 8:00-9:00am</p> <p>Senior Aerobics 8:00-9:00am</p>		<p>Jazzercise Low Impact 8:30am-9:30am (8:00-9:00am on Jan 7-Feb 4)</p> <p>Senior Fitness 8:00-9:00am</p> <p>Senior Aerobics 8:00-9:00am</p>		<p>Jazzercise Low Impact 8:30am-9:30am (8:00-9:00am on Jan 7-Feb 4)</p> <p>Senior Fitness 8:00-9:00am</p> <p>Senior Aerobics 8:00-9:00am</p>	<p>Jazzercise Low Impact 8:30am-9:30am</p>
<p>Morning Water Aerobics 9:00-9:45am</p>	<p>Morning Water Aerobics 8:00-8:45am & 9:00-9:45am</p>	<p>Morning Water Aerobics 8:00-8:45am 9:00-9:45am</p>	<p>Morning Water Aerobics 8:00-8:45am & 9:00-9:45am</p>	<p>Morning Water Aerobics 8:00-8:45am 9:00-9:45am</p>	<p>Morning Water Aerobics 8:00-8:45am & 9:00-9:45am</p>	<p>Morning Water Aerobics 9:00-9:45am</p>
	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am</p> <p>Tae Kwon Do 5:30-7:00pm</p> <p>Monday Night Drill Tennis 7:00-8:30pm</p>	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am & 11:20-12:20am</p> <p>Jazzercise Low Impact 5:45-6:45pm</p>	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am</p> <p>Tae Kwon Do 5:30-7:00pm</p>	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am & 11:20-12:20am</p> <p>Jazzercise Low Impact 5:45-6:45pm</p>	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am</p>	<p>Morning Drill Tennis 8:30-9:30am</p> <p>Arthritis Foundation Aquatic Program 10:10-11:10am & 11:20-12:20am</p> 

All classes are subject to change without notice. See class descriptions on the next page...



TAE KWON DO - Community Center Dance Studio

Adults and Children ages 7 and older can learn the skills of this ancient Martial Art. This class is taught by a sixth degree black belt.

DAYS: MONDAYS & WEDNESDAYS

TIME: 5:30-7:00pm

FEE: Monthly - \$55/\$45 Resident Discount

SENIOR AEROBICS - Roeder Pavilion at the Coronado Shores

This low intensity fitness class is open to all adults. Participation in this class will help maintain and increase aerobic capacity, muscle mass, and flexibility. The class includes low impact aerobics, followed by strength training and stretching. Modifications are provided so that participants can engage in the workout at their own pace and level. Bring mat, hand weights and water. Wear comfortable clothing and aerobic shoes.

DAYS: MONDAYS, WEDNESDAYS, AND FRIDAYS **TIME: 8:00-9:00am**

FEE: varies, see brochure for details.

SENIOR FITNESS - Community Center Dance Studio

The Coronado Senior Fitness Program is a comprehensive program designed to help individuals remain healthy. The goal of the program is to work toward and maintain an optimal level of fitness through monitored exercise training and education.

DAYS: MONDAYS, WEDNESDAYS & FRIDAYS **TIME: 8:00-9:00am**

FEE: Monthly - \$55/\$45 Resident Discount

FEE: Daily - \$6/\$4 Resident Discount

Participants wanting to workout in the Fitness Center immediately following class can pay \$7/\$4 Resident Discount Fee which includes both class and Fitness Center.

JAZZERCISE LOW IMPACT - Community Center Dance Studio & Gym

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip hop, yoga, Pilates, jazz dance, kickboxing and resistance training regular routines and choreography without jumping and hopping.

All ages, levels and sizes welcome so come join us today!

DAYS: TUESDAYS & THURSDAYS

TIME: 5:45-6:45pm

DAYS: MON, WED, FRI & SAT*

TIME: 8:30-9:30am

(*For Mon, Wed, and Fri classes Jan 7 - Feb 4 will be held @ 8:00am)

FEE: varies, see brochure for details.

Contact LeAnne Dehner for additional information: (850)206-7708.



MORNING DRILL TENNIS - Tennis Center – 1501 Glorietta Blvd.

This is an intense, vigorous workout with instruction for Advanced Beginners through Intermediate players. Singles and Doubles play strategies. 4 to 8 players in each class, first 8 to pay are in. Please sign up in advance.

DAYS: MONDAYS through SATURDAYS

TIME: 8:30-9:30am

CARDIO TENNIS - Tennis Center

Tired of the Gym? Cardio tennis is a great cardio workout for people of all ages and abilities. This is a high energy fitness activity that combines cardio vascular exercise with calorie burning aerobic workout. The purpose is to train in your zones, burn calories, and train for tennis. Heart monitors are available for each workout. Minimum of 4 pre-registered to have class.

DAYS: SUNDAY

TIME: 8:00-9:00am

FEE: Daily - \$22/\$20 Resident Discount



MONDAY NIGHT DRILL WITH PHIL - Tennis Center

This is an aerobic workout. Half-hour drills and then point play with continuous movement. A minimum of 4 to a maximum of 8 players in each class. First 8 to register and pay for each class are in. Please sign up in advance so the instructor knows if we have the minimum required to hold the class. Instructor is Phil Hopkins.

DAYS: MONDAY

TIME: 7:00-8:30pm

FEE: Daily - \$22/\$20 Resident Discount

MORNING WATER AEROBICS - Community Center Pool

This morning class is offered as an exercise fitness class with cardio and strength training. This class is also designed for people with limited movement or physical disabilities.

Participants will benefit from an increase in flexibility, strength and fitness.

DAYS: MONDAYS through FRIDAYS

TIME: 8:00-8:45am

DAYS: EVERY DAY

TIME: 9:00-9:45am

FEE: varies, see brochure for details.

ARTHRITIS FOUNDATION AQUATIC PROGRAM - Community Center Pool

Sponsored by the Arthritis Foundation, this is one of the most popular recreational exercise class. With guidance from a trained instructor, participants perform gentle stretching and strengthening exercises in a warm water pool. Physical benefits included decreased arthritis pain and stiffness, increased flexibility and strength, plus social interaction in a friendly atmosphere.

DAYS: MONDAYS & WEDNESDAYS & FRIDAYS

TIME: 10:10-11:10am

FEE: varies, see brochure for details.

DAYS: TUESDAYS & THURSDAYS & SATURDAYS

TIME: 10:10-11:10am

FEE: varies, see brochure for details.

For current class information, or to register, please call or visit the Recreation Office at [522-7342](tel:522-7342) or register online at www.coronado.ca.us

“We Create Community Through People, Parks and Programs”