

## SIERRA FITNESS AND AQUATICS SCHEDULE

26887 Recodo Lane Mission Viejo 92691  
(949)859-4348, option 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45 am		<b>Outdoor PIYO</b> Ashley		<b>Outdoor PIYO</b> Ashley		
7:50 am	<b>Aqua Aerobics</b> Casey		<b>Water Warriors I</b> Colleen		<b>Aqua Zumba®</b> Ilknur	
8:00 am	<b>Outdoor Mat Pilates</b> Ashley		<b>Outdoor PIYO</b> Ashley		<b>Outdoor Mat Pilates</b> Ashley	
8:30 am		<b>Fitness Boot Camp</b> Melisa		<b>Fitness Boot Camp</b> Melisa		
9:00 am		<b>Aqua Boot Camp</b> Donna		<b>Aqua Boot Camp</b> Donna		<b>Hydrofit Cardio</b> Casey
9:10 am	<b>Aqua Aerobics</b> Casey		<b>Water Warriors II</b> Colleen		<b>Aqua Zumba®</b> Ilknur	
9:30 am						<b>Fitness Boot Camp</b> Melisa
10:15 am						
5:45 pm	<b>Outdoor Cross Fusion</b> Melisa		<b>Outdoor Cross Fusion</b> Melisa	<b>Aqua Fit</b> Wendy		
6:30 pm	<b>Aqua Fit</b> Wendy	<b>Fitness Boot Camp</b> Michele		<b>Fitness Boot Camp</b> Melisa		

**Pickleball Demo Days** – FREE lessons and instruction, first Saturday of every month from 4-6pm.

**Drop In Pickleball** – Tues/Thurs 9:00 am – Noon | Mon/Wed/Fri 5:00 pm – 8:00 pm

**Adult Fitness Focus with Mark Thorndyke** (Tues / Thurs mornings by appointment) 859-4348 extension, 5725

**Cardio and Weight Room Orientations** (afternoons/evenings by appointment) 859-4348 extension, 5725

# CLASS & PROGRAM INFORMATION

**Aqua Aerobics** The low-impact class combines a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, mimicking cross-country skiing, and utilizing various arm movements with and without smart bells. Participants are welcome to incorporate equipment such as flotation belts, specialized water aerobic shoes, flotation devices, and ankle and wrist weights. Set to music to keep you moving, water aerobic classes help reduce the risk of muscle or joint injury. The mitigation of gravity by flotation places less stress on the joints when stretching, and can allow a greater range of motion. The easing of gravity makes water aerobics safe for people able to keep their heads out of water, including the elderly. Exercise in water can also prevent overheating through continuous cooling of the water.

**Water Warriors** Classes are designed to help you relieve stiffness, restore or maintain joint range of motion and muscle strength, improve posture, and increase endurance. Classes are led by certified instructors who have gone through instruction on exercise principles and safety issues specific to people with arthritis. Classes are open to anyone with or without arthritis who can transfer and dress independently. Classes are suitable for individuals with mild to advanced joint involvement, regardless of their previous activity level.

**Aqua Boot Camp:** This calorie burning workout is performed in the deep end. It combines aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

## **Aqua Fit**

This intense fast-paced class is designed to work all muscle groups in the shallow end of the pool. This class combines fun and cardiovascular/strength training.

**Aqua Zumba®:** Blends the Zumba® philosophy of dance fitness with water resistance, for one pool party. There is less impact on the joints during an Aqua Zumba® class so students can really let loose with beautiful international music and dance to the beat. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## **Boot Camps**

These classes are high-intensity and combine strength and cardio exercises for a fast-paced calorie burn! Exercises include push-ups, sit-ups, jump rope, body weight exercises, weights, stretch bands, yoga mats, etc. Different instructors will use different routines for a great deal of variation.

**Hydrofit Cardio** – This new high-intensity aqua aerobics class combines cardio and circuit training for a full-body workout. Exercise in deep and shallow water to elevate the heart rate, burn intense calories and tone your body.

## **Outdoor Mat Pilates**

Strengthen your inner core by targeting, enhancing and elongating muscles using slow, controlled movements that focus on breathing. Mats and music provided.

## **Outdoor Cross Fusion**

A total-body conditioning class combining plyometric drills, strength, power and resistance. This class will strengthen abs and your core for an overall, full-body transformation. Get lean, gain speed and agility, improve endurance, core strength and balance! Equipment-free bodyweight workout! Every exercise is entirely modifiable, allowing you to work at your own pace and intensity.

## **Outdoor PIYO**

Enjoy the benefits of Pilates & Yoga set to music in this low-impact, high-intensity workout. Stabilize, stretch & strengthen your core without using weights, jumps or joint strain.

## **BY APPOINTMENT ONLY**

- **Adult Fitness Focus with Mark Thorndyke** - (Tues/Thurs mornings **by appointment**) 949-859-4348 ext. 5725  
Adult Fitness Focus aims to help adults improve and maintain both strength and endurance with a focus on rehabilitation and preventing many factors related to a sedentary lifestyle (falls, balance issues, injuries and diseases). Learn to use a variety of specialized resistance machines built for every fitness level, age and body type. Machines are easy to use and require little to no prior knowledge or experience. Come work out in a peaceful, quiet and non-intimidating environment.
- **Cardio Machines / Weight Room Orientations** (Mornings/Afternoons/Evenings **by appointment**) 949-859-4348 ext. 5725  
Learn how to use cardio and weight equipment safely and to maximize health and fitness benefits. Age eight (8) years and older.