



April 2020 Centre Newsletter

**Offering information regarding land and water group
exercise classes and Serenity Spa & Salon.**



2020
CENTRE
KINGS POINT

2020 Centre Gym is open

Mon- Fri 6:30AM-8:00PM

Sat & Sun 7:00AM-5:00PM



WATER GROUP EXERCISE

Monday

Aqua Resistance
9:00AM KPCH

Stretch & Flow
11:15AM KPSC

Tuesday

Water Walking
9:00AM KPCH

Aqua Bata
10:00AM KPSC

Wednesday

Double Noodle
9:00AM KPCH

Wet Workout
10:00AM KPCH

Thursday

Double Noodle
9:00AM KPCH

Aqua Bata
10:00AM KPSC

Friday

Deep Water
9:00AM KPCH

Aquanautics
10:15AM KPCH

KPCH=

Kings Point
Clubhouse

KPSC=

Kings Point
South Club

Reminder About Cold Weather Policies For Water Classes:

If the current temperature of the air at the pool is 73 degrees or lower up to 15 minutes before the class is scheduled to start then the class may utilize the indoor pool. If the temperature is close to the designated temperature but the wind is above 10mph the class may utilize the indoor pool. *The instructor will be responsible for making the final judgement call for classes to move inside or remain outdoors.*

Water Class Descriptions

AQUA BATA: full body workout using time intervals and various types of equipment.

AQUA IN MOTION: A moderate water workout using a loop band and then gentle exercises to improve strength, endurance, and flexibility.

AQUANAUTICS: A total body water workout using various types of exercises.

AQUA RESISTANCE: Focuses on upper and lower body strength and endurance by using the water, wall, noodle and water weights as resistance.

DEEP WATER: An intense workout where feet are off the bottom of the pool in any depth of water that one is comfortable with.

DOUBLE NOODLE: Vigorous workout for the entire body using two noodles and no weights.

STRETCH & FLOW WATER: A thorough stretch from neck to toe.

WATER WALKING: Resistance bands for the upper body while moving using various types of walking and at different intensities. Also includes stretching.

WET WORKOUT: A foundational, no-equipment, total body workout of cardio, strength and mobility.

LAND GROUP EXERCISE

Monday

Total Body Express
8:00AM & 9:00AM
Energy Studio

Total Body
10:00AM
Energy Studio

Beginning Yoga
8:45AM & 10:00AM
Balance Studio

Lift
11:30AM
Energy Studio

Chair Yoga
1:00PM
Energy Studio

Tuesday

Flex & Flow
8:30AM & 10:30AM
Energy Studio

Zumba
9:30AM
Energy Studio

Sit & Get Fit
11:30AM & 12:30PM
Energy Studio

Improver Line Dance
2:00PM
Energy Studio

Intermediate Line Dance
3:00PM
Energy Studio

Wednesday

Total Body Express
9:00AM
Energy Studio

Total Body
10:00AM
Energy Studio

Beginning Yoga
8:45AM & 10:00AM
Balance Studio

Strong Body
11:30AM
Energy Studio

Chair Yoga
1:00PM
Energy Studio

Thursday

Flex & Flow
8:30AM & 10:30AM
Energy Studio

Zumba
9:30AM
Energy Studio

Pilates
9:30AM
Balance Studio

Sit & Get Fit
11:30AM & 12:30PM
Energy Studio

Improver Line Dance
2:00PM
Energy Studio

Friday

Total Body Express
9:00AM

Total Body
10:00AM
Energy Studio

Yoga Flow
8:45AM & 10:00AM
Balance Studio

First Steppers Line Dance
2:00PM
Energy Studio

**Class schedule subject to change.
Stay tuned for seasonal changes to the
schedule coming in May.**

Land Class Descriptions

BEGINNING YOGA: this class is for those new to yoga or those wanting to fine tune their practice. We will use the breath and body awareness to build strength and increase flexibility.

CHAIR YOGA: Class designed to include breath work, strength, flexibility and balance but does not involve getting up and down from the floor. Great for ALL fitness levels!

FIRST STEPPERS LINE DANCE: No knowledge of line dancing or steps names.

FLEX & FLOW: A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength and balance without floor work.

IMPROVER LINE DANCE: Student knows basic line dance steps and will learn additional steps. Constant instruction.

INTERMEDIATE LINE DANCE: Some knowledge of line dance steps. Continuous instruction of more difficult steps.

LIFT: A strength training class using dumbbells, barbells, and body weight. Personalize the experience through weight selection and provided modifications.

PILATES: Pilates is a low impact mat class that focuses on toning and strengthening the abdominals, back, and legs. Suitable for all levels, does involve floorwork.

SIT & GET FIT: Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments!

STRONG BODY: Strength-based class using barbells, dumbbells, and body weight exercises designed to increase and maintain muscle endurance and strength.

TOTAL BODY: A full body strengthening class that utilizes hand weights and other equipment.

TOTAL BODY EXPRESS: Full body strength workout without floor work.

YOGA FLOW: Suitable for all levels that have some previous yoga experience. Low impact, relaxing, mindful yoga emphasizing flexibility and light strength. Breathing and stress management techniques incorporated.

ZUMBA: A Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout.

APRIL

Pop Ups

Friday, April 5

>11:30AM- LIFT Instructor: DAVID (Energy Studio)

>12:45PM- STRETCH & MOBILITY Instructor: NANCY (Energy Studio)

Saturday, April 6

>9:00AM- CARDIO FIT & FUN Instructor: JAN
(Energy Studio)

>10:00AM- TOTAL BODY EXPRESS Instructor: JAN
(Energy Studio)

Saturday, April 13

>9:00AM- CARDIO FIT & FUN Instructor: JAN (Energy Studio)

>10:00AM- TOTAL BODY EXPRESS Instructor: JAN
(Energy Studio)

Friday, April 19

>11:30AM- LIFT Instructor: DAVID (Energy Studio)

Saturday, April 20

>10:00AM- CHAIR BARRE Instructor: DIANE
(Energy Studio)

Saturday, April 27

>9:00AM- LOW IMPACT AEROBICS Instructor: EVE
(Energy Studio)

>10:00AM- FITNESS INTERVAL TRAINING Instructor: EVE
(Energy Studio)

POP UP CLASS DESCRIPTIONS

CARDIO FIT & FUN: Fitness class using aerobic dance, low to mid impact, several genres of music are played. Wear appropriate closed-toe fitness shoes.

CARDIO KICKBOXING: Energetic aerobic fitness exercises set to music, using various movement patterns, punches and kicks from martial arts.

CHAIR BARRE: Low impact class that is a combination of Ballet, Pilates, and Yoga. We will use weights under 5 pounds, a small ball and a chair to assist with balance. No floor work and bringing your own mat is optional. Please wear athletic shoes or yoga socks.

FITNESS INTERVAL TRAINING: Basic fitness moves done at your own pace and intensity. These basic moves will be done for varying short periods of time. Make it fast, slow, intense or not too intense.

LIFT: A strength training class using dumbbells, barbells, and body weight. Personalize the experience through weight selection and provided modifications.

LOW IMPACT AEROBICS: Physical activity moving to music with basic rhythmic steps and repetitive movements. It increases your heart rate to give you a fun cardio workout.

STRETCH & MOBILITY: Using a stretching strap and chair, we will do movements standing and seated to improve your range of motion and joint mobility. No floor work.

TOTAL BODY EXPRESS: Full body strength workout without floor work.




Serenity Spa & Salon offers hair,
nail, skin, and massage services.

Open Mon-Fri 9:00AM-4:00PM

Located within the 2020 Centre

To make an appointment
call 813-387-3475



Hello April

Get your toes spring ready
with a lavender pedicure and we'll give you a
spa manicure free!



SERENITY
Spa and Salon

813.387.3475

