

Pilates Reformer Studio Class Schedule September/October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			New! Reformer Tower Basics L1 - Cynthia				
7:30	Reformer L1-L2 Gretchen	Reformer Therapeutic Stretch L1-L2 - Nina	Balance & Core L1 Rena	Reformer L1-L2 Cynthia	Balance & Core L1 Rena		
8:30	Reformer + Mixed Equipment L1-L2 Gretchen	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 Cynthia	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 Valerie		
9:30	Reformer Basics L1 Nina	Reformer Basics + L1-L2 Cynthia	Reformer Basics + L1-L2 Cynthia	Reformer Basics + L1-L2 Nina	Reformer Golf Conditioning L2-Valerie	Reformer Basics L1 Rotating Instructor	
10:30	Restorative Reformer L1 - Nina	Reformer Basics + L1-L2 Cynthia	Cardio Jump & Core Reformer L2 - Gretchen	Reformer Basics + L1-L2 Andee	Reformer Basics + L1-L2 Valerie	Reformer L1-L2 Rotating Instructor	
11:30	Therapeutic Reformer L1- Nina	Reformer L1-L2 Andee	Cardio Jump & Core Reformer L2 - Gretchen	Reformer L1-L2 Andee		Reformer Basics + L1-L2 - Rotating Instructor	
12:30		Reformer Basics + L1-L2 Nina		Restorative Reformer & Injury Prevention L1 - Nicholas	11:45 Tower & Jump L2 Gretchen	Reformer L1-L2 Rotating Instructor	
2:00	New! Restorative Reformer L1 - Nina				12:45 Tower & Jump L2 Gretchen		
3:00			New Format! 3:00 PM Pilates Reformer & Tower Combo L2 - Andee				
4:00			4:00 PM				
4:15		4:15 PM Reformer Basics L1 Andee	Reformer Tower Basics L1 - Nicholas	4:15 PM Reformer L1-L2 Valerie			
5:00	Restorative Reformer & Injury Prevention L1 - Nicholas		New! September start Reformer / Self Fascia Massage - Nicholas				

All classes are subject to last minute cancellation for insufficient registration or Instructor illness.

All classes are 55 minutes unless otherwise noted and are subject to change without notice.

Basic-Beginner L1 -Intermediate L2-Advanced *Class descriptions on MindBody when signing up class

SCAN QR CODE TO DOWNLOAD


SCHEDULE ONTO YOUR PHONE



Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: sclhresidents.com


Class schedules in the Compass may not reflect recent changes. **Updated 9/5/2024**

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

Kilaga Springs Aerobics Room Class Schedule September/October 2024							Water Volleyball
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
All Cycle L1-L3 Helena	8:00 - 8:30am 30-Minute All Cycle L1 Helena	All Cycle L1-L3 Sue	New Format! 8:00 - 8:30am 30-Minute Balance & Core Exercises L1/L2 - Ruby	7:15 - 8:10 AM All Cycle L1-L3 Valerie	All Cycle L1-L3 Helena		
Cardio Strength L2/L3 Helena	Strength & Athletic Stretch L2 - Helena	Drumming for Exercise L1/L2 - Lewy	Zumba & Toning L2 Ruby	Cardio Dance & Stretch L2 - Beth	Cardio Strength L2/L3 Helena		
Strength Barre Fusion L2/L3 - Katie	Zumba L2 Joanie	Chair Yoga L1 Lewy	Piloga & Props L1 Cynthia	Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 Helena		Kilaga Springs Pool Water Volleyball Saturdays 9:00 to 11:45 AM
Yin Yoga L1-L3 Katie	Posture, Core & Balance L1/L2 - MaryAnn	Zumba L2 - Joanie	Posture, Core & Balance L1/L2 - MaryAnn	Chair Yoga L1 - Lewy	Traditional Shotokan Karate L1/L2 Part A (1st half) - Al		
TRX Strength & Stretch Gina	* 'Fun'ctional Fit L3 Deanne	TRX Strength & Stretch Gina	* 'Fun'ctional Fit L3 Deanne	Rock Steady Boxing Gina	Traditional Shotokan Karate L1/L2 Part B (2nd half) - Al		
Posture, Core & Balance L1/L2- Renae	* TRX Circuit L2 MaryAnn	Posture, Core & Balance L1/L2- Renae	* TRX Circuit L2 MaryAnn				
Balance and Fall Prevention - Julie	Rock Steady Boxing Jeffrey	Balance and Fall Prevention - Julie	Balance & Posture L1/L2 MaryAnn				
* Progressive Bootcamp L2/L3 - John	3:10pm * Tai Chi / Qigong L3 Anney	* Progressive Bootcamp L2/L3 - John	ParkinsonStrong Combo L1 - Valerie	Progressive Bootcamp L2/L3 - John			
ParkinsonStrong Combo L1 - Valerie		TRX Circuit L2 - John	SCLH Booking September 26 4:15 to 6:00 PM				
	Karate 4:45 to 6:00 PM		Sound Bath Experience October 3 No class in Sept Wellness Pass - \$15 drop-in 4:30 to 5:30 PM Nina and Renae				
	Water Volleyball 6:00 to 6:30 PM			SCLH Booking 6:00 to 8:00 PM			Kilaga Springs Pool Water Volleyball Tuesdays 5:30 to 8:05 PM Wednesdays 5:20 to 8:05 PM
Group Ex Pass - 55 minute (drop-in) \$5.50 ea			Wellness Classes - session based, sign-up ahead each month, * for \$15 drop-in price available				 Scan QR code to download schedule onto your phone
Fast Pass - 30 min Group Exercise Class (drop-in) \$3.50			SGT - Small Group Training (55-60 min.) session based, sign-up ahead. * for \$25 drop-in available				
Wellness Pass - 60 minutes (drop-in) \$15 each (*good for any Tai Chi Class, single sessions)							
Pop-Up Classes - once a month - price, instructor, location, time varies. Please sign up in advance at Fitness front desk or online enrollment - sclhresidents.com							
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: sclhresidents.com							
CLASS CANCELTIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							


Updated 9/6/2024

Orchard Creek Indoor Pool WellFit Schedule September/October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in*	Water Walking drop-in*	Water Walking drop-in*	Water Walking drop-in*	Water Walking drop-in*	Drop-In If there are NO walkers OR classes in session, swimmers may use this open area.	Drop-In If there are NO walkers OR classes in session, swimmers may use this open area.
7:30	Aqua Surge L2/L3 <i>Joshua</i>		Aqua Surge L2/L3 <i>Kelsey</i>		Aqua Surge L2/L3 <i>Hannah</i>		
8:35	Power Waves L3 <i>Jennifer</i>	8:45am Aqua Intervals L2/L3 + Deep Water - <i>Beth</i>	Power Waves L3 <i>Kelsey</i>	8:45am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Power Waves L3 <i>Hannah</i>		
9:40	* SGT - Therapeutic Water Exercise - <i>Lisa</i> <i>Shared with Water Walking Drop-In</i>	9:50am Aqua Intervals L2/L3 + Deep Water <i>Helena</i>	Fluid Moves/Splash L1/L2 - <i>Hannah</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>		
10:45	Fluid Moves L1 <i>Lisa</i>	Water Walking drop-in*	* SGT - Therapeutic Water Exercise - <i>Hannah</i> <i>Shared with Water Walking Drop-In</i>	Water Walking drop-in*	* SGT - Therapeutic Water Exercise - <i>Lisa</i> <i>Shared with Water Walking Drop-In</i>		
11:50	Water Walking drop-in*		* SGT - Therapeutic Water Exercise - <i>Hannah</i> <i>Shared with Water Walking Drop-In</i>		Water Walking drop-in*		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:05	Power Waves L2/L3 <i>Julie</i>	Water Walking drop-in until 8:30pm*	Aqua Pilates L2 <i>Jennifer</i>	Water Walking drop-in*	Water Walking drop-in 5:00 to 8:30pm*	Water Walking drop-in until 8pm*	Water Walking drop-in until 8pm*
	Water Walking drop-in*		Water Walking drop-in 5:00 to 8:30pm*	Water Volleyball 5:10 to 8:15 PM			
8:30	Water Volleyball 5:30 to 8:15pm						
	Group Ex Pass - 55 minutes (drop-in) \$5.50		Small Group Training - SGT - 55-60 minutes (session based, sign up ahead) *available for \$25 drop-in			<div>SCAN QR CODE TO DOWNLOAD</div> <div>SCHEDULE ONTO YOUR PHONE</div> <div></div>	
	L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: sclhresidents.com						
	CLASS CANCELATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration.						
	*If there are NO walkers or classes in session, swimmers may use this open area.						

Water Volleyball schedule for the Kilaga Springs pool available on WellFit's online reservation page. Updated 8/30/2024

Orchard Creek Aerobics Room Class Schedule September/October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Classes!	
7:30		Core & Strength & Stretch L2/L3 - Beth	Stretch 101 L1/L2 Cynthia					Exploring the SCLH Walking Trails - Tuesdays 8:00 AM - Sign up ahead Jeff	
8:35	Zumba Toning L2 Joanie	Step L2/L3 Kim	Core-N-Strength L2/L3 Shirley	Step L2/L3 Kim	Strength & Athletic Stretch L2 - Helena			10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1-L3 Shirley	Golf (Fitness) Class Tuesdays 8:00-8:30 AM Sign up ahead - Rex Upper Patio OC
9:40	20/20/20 L2/L3 Gretchen	Core-N-Strength L2/L3 Kim	Strictly Strength L2/3 Katie	Core-N-Strength L2/3 Kim	Yoga Basics & Flow L2 Helena				
10:45	Matwork Pilates L1/L2 Gretchen	Yoga Flow L2 Amy	Yin Yoga L1-L3 Katie	Restore, Balance & Flow Yoga L1/L2 + Chair Yoga - Jennifer	Matwork Pilates L1/L2 Gretchen				
11:50	Zumba Gold Seated L1 Joanie	Stand & Sit Strength L1 Joanie	Seated Cardio & Toning L1 Joanie	Sit & Be Fit L1 Lisa	Staying Active with Arthritis L1 - Joanie			SCLH Booking 11:30 to 4:00 PM	Day -Treat One Day Wellness Retreat Nina, Renae, Cindy, Danielle October 9 9:00 AM to 6:00 PM Kilaga Springs Sign-up ahead
12:55	Cardio Dance & Stretch L2 Beth			*Pickleball Conditioning & Agility L2/L3 - Lisa					
2:00	Basic Step L1 Beth	* Tai Chi / Qigong L1 Anney	2:10pm Wai Dan Gong L1 Joan	* Tai Chi 24 Form L1-L3 - Anney	* Tai Chi / Qigong L1 Anney	* Tai Chi L1-L3 - Anney Amphitheater/ OC Aerobics Room Thursdays			
3:05	Chair Yoga L1 Amy	Full Body Mobility L1 John		Full Body Mobility L1 John/Anney	* Tai Chi / Qigong L2/L3 Anney				
4:15		New in October! *Restorative Rest Nina	*Movement, Mobility & Breath - Grace	New in September! *Guided Meditation + Chair Yoga - Jennifer		SCLH Booking 4:10 to 7:00 pm	Bend & Brew, Wine Too! Last Tuesday every month OC Terrace/Solarium Aug - Nov 4:30 to 5:30 PM September 24 Nina & Danielle		
5:30	5:30pm Yin Yoga L1-L3 Nina								
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Updated 8/30/2024