

# Sun City Summerlin Fitness Class Schedule

## Desert Vista Fitness Center



10360 Sun City Blvd Bldg C Las Vegas, NV 89134

702.363.1278

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH & TONE 7:00a-8:00a <i>Shelley</i>	STEP AEROBICS 7:00-8:00a <i>Shelley</i>	STRENGTH & TONE 7:00a-8:00a <i>Shelley</i>			
YOGA \$ 8:00a-9:00a <i>Maggie</i>	YOGA \$ 8:00a-9:30a <i>Nancy</i>	YOGA \$ 8:00a-9:00a <i>Patrice</i>	YOGA \$ 8:00a-9:30a <i>Susan</i>	YOGA \$ 8:00a-9:00a <i>Patrice</i>	YOGA \$ 8:00a-9:30a <i>Susan</i>	
READY, SET, BALANCE! 9:00a-10:00a <i>Maggie</i>		READY, SET, BALANCE! 9:00a-10:00a <i>Maggie</i>		READY, SET, BALANCE! 9:00a-10:00a <i>Amy</i>		LET'S MOVE \$ 9:00a-10:00a
SIT & BE FIT 10:00a-11:00a <i>Doris</i>	SIT & BE FIT 10:00a-11:00a <i>Susan</i>	SIT & BE FIT 10:00a-11:00a <i>Doris</i>	SIT & BE FIT 10:00a-11:00a <i>Kathleen</i>	SIT & BE FIT 10:00a-11:00a <i>Jeri</i>	TAI CHI \$ 10:00a-11:00a	ISLAND STYLE CARDIO \$ 10:00a-11:00a
SUN CITY STRENGTH 11:00a-12:00p <i>Doris</i>	INT. SUN CITY STRENGTH 11:00a-12:00p <i>Susan</i>	SUN CITY STRENGTH 11:00a-12:00p <i>Doris</i>	INT. SUN CITY STRENGTH <i>Kathleen</i>	INT. SUN CITY STRENGTH 11:00a-12:00p <i>Jeri</i>	HULA BEGINNERS 11:15a-12:00p	
MAT PILATES 12:00p-1:30p <i>Doris</i>		GET UP & DANCE \$ 12:00p-1:00p	SITTIN' & DANSIN' \$ 12:00p-1:00p	GET UP & DANCE \$ 12:00p-1:00p		
	INTRO TO TAI CHAI \$ 1:00p-2:00p	TAI CHI \$ 1:00p-2:00p		INTRO TO TAI CHAI \$ 1:00p-2:00p		
TAI CHI \$ 2:00p-3:00p	ADVANCED ROUND DANCE \$ 2:00p-4:00p	TAI CHI \$ 2:00p-3:00p		TAI CHI \$ 2:00p-3:00p	ROUND DANCE \$ 2:00p-4:00p	INT/ADV LINE DANCE \$ 2:00p-3:30p
TAI CHI \$ 3:00p-4:00p		HIGH BEG/INT LINE 3:00p-4:30p		TAI CHI \$ 3:00p-4:00p		
HULA \$ 4:00p-5:45p				TAI CHI \$ 4:00p-5:00p		

Green \$ = Club Class. Please contact club directly to arrange membership. Club directory can be found in Link magazine.

White = Fitness Department Class. These classes are free to all residents.

Please call the Fitness Department with questions, 702.255.2294.



# Class Descriptions

## Fitness Department Classes:

**Sun City Strength:** A strength training class that uses free weights, tubing, gliders, and body bars to increase muscle mass and range of motion. *Class maximum is 30. In person and virtual option available. Sun City Strength Zoom Meeting ID: 843 9908 8225 Passcode: 442893*

**Intermediate Sun City Strength:** A strength training class that uses free weights, tubing, gliders, and body bars to increase muscle mass and range of motion. *Class maximum is 30. In person and virtual option available. Sun City Strength Zoom Meeting ID: 843 9908 8225 Passcode: 442893*

**Ready, Set, Balance:** This is the class to celebrate the freedom of movement and the freedom from fear which follows when you safely build the strength, mobility, and confident awareness needed to balance well. *Class maximum is 30.*

**Sit & Be Fit:** Easy on the joints, this class is gentle yet effective. Priority is given to participants of limited physical abilities and to those who require a chair for majority of their activities. *Class maximum is 32. In person and virtual option available. Sit & Be Fit Meeting ID: 842 5625 2272 Passcode: 960703*

**Mat Pilates:** The class concentrates on isolating deep muscles and building core abdominal and back strength through proper breathing and movement. This class involves floor work. Bring your own yoga mat. All fitness levels welcomed. *Class maximum is 25.*

**Strength & Tone:** Each participant will determine the level of his or her difficulty by the dumbbell weight chosen for each exercise. Resistance training is very specific to everyone based on their own body weight and equipment choice. This customization makes the class suitable for men and women.

**Step Aerobics:** Exercises range from simple to advanced. It improves overall fitness by building strength, reducing fat and boosting your cardiovascular health.

## Yoga Club(\$):

**Yoga:** Class that uses standing, seated and lying poses to enhance three physical skills needed to maintain physical independence as we age: strength, flexibility and balance.

## Dance Connection(\$):

**Hula:** Learn ancient style, modern & traditional dances of Hawaii.

**Advanced Round Dance:** Round Dance involves Ballroom Steps to a Cuer's call. The Two Step, Waltz, Jive, Rumba, Cha-Cha & Foxtrot are a few of the dances taught in this class. You must know how to Round Dance to take this class.

**Sittin' & Dansin':** The name says it all! This class is designed for people who are limited in mobility, balance and other physical issues or just want a great upper body workout.

**Island Style Cardio:** A great "low" cardio level dance class that teaches the magical traditional cultural dances from Samoa, Hawaii, Fiji & Tahiti. This class will burn the calories, firm you, and take off inches while having fun!

## Tai Chi Club(\$):

**Intro to Tai Chi:** Tai Chi form is a classical series of slow movements that work on balance and stretching in a flowing sequence, promoting health and wellbeing. This class provides both the welcome and confidence for absolute beginners to experience and enjoy their Introduction to Tai Chi.

**Tai Chi:** These classes start with a warmup and allows members to work on various forms of Tai Chi, such as: 8 Brocade, Yang 24, Yang 37, Yang 108, Mixed 48, Qigong Sampler, Tai Chi Qigong 32 and Yang 37 (for fun).

*To attend Club classes(\$), please contact the club directly to arrange membership. All other classes are Fitness Department classes and are free to all residents.*



# Pinnacle Fitness Center

2205 Thomas Ryan Blvd Las Vegas, NV 89134

702.240.1326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO & MORE 7:00a-8:00a <i>Shelley</i>				LOW IMPACT CARDIO 7:00a-8:00a <i>Jeri</i>		
LETS MOVE \$ 8:00a-9:00a	GET MOVIN \$ 8:00a-9:00a	LETS MOVE \$ 8:00a-9:00a	GET MOVIN \$ 8:00a-9:00a	LETS MOVE \$ 8:00a-9:00a	GET MOVIN \$ 8:00a-9:00a	DANCE PARTY \$ 8:00a-9:00a
TABLE TENNIS \$ 9:00a-12:00p	INT TAP \$ 9:15a-10:15a <i>Jodie</i>	TABLE TENNIS \$ 9:00a-1:00p	INT TAP \$ 9:15a-10:15a <i>Jodie</i>	TABLE TENNIS \$ 9:00a-1:00p	BEG/INT TAP \$ 9:15a-10:15a <i>Jodie</i>	TABLE TENNIS \$ 9:00a-1:00p
	INT TAP \$ 10:30a-11:30a <i>Marcella</i>		INT TAP \$ 10:30a-11:30a <i>Marcella</i>		INT/ADV TAP \$ 10:30a-11:30a <i>Jodie</i>	
INT TAP \$ 11:45a-12:45p <i>Jane</i>	INT TAP \$ 11:45a-12:45p <i>Jane</i>		INTRO TO TAP \$ 11:45a-12:45p <i>Jodie</i>			
ABS. BEG LINE DANCING \$ 12:30p-1:30p	MUSICAL THEATER \$ 1:00p-2:00p <i>Jane</i>	DANCIN' & DRUMMIN' 1:15p-2:00p <i>Jodie</i>	BEG/INT LINE DANCE 1:00p -3:00p		BE MOVED \$ 1:00p-1:45p	
BEG TAP \$ 1:45p-2:45p <i>Marcella</i>		SHOW STOPPERS 2:15p-3:00p				
DRILL TEAM \$ 3:00p-4:00p <i>Joelene</i>	SITTIN' & DRUMMIN' 3:00p-4:00p <i>Jodie</i>	BEG/INT TAP \$ 3:15p-4:15p <i>Jodie</i>	BE MOVED \$ 3:00p-4:00p			
	INT. SUN CITY STRENGTH 5:30p-6:30p <i>Jessie</i>		INT. SUN CITY STRENGTH 5:30p-6:30p <i>Susan</i>		TABLE TENNIS \$ 3:00p-6:00p	
Green \$ = Club Class. Please contact club directly to arrange membership. Club directory can be found in Link magainze.						
White = Fitness Department Class. These classes are free to all residents.						

Please call the Fitness Department with questions, 702.255.2294.



# Class Descriptions

## Fitness Department Classes:

**Intermediate Sun City Strength:** A strength training class that uses free weights, tubing, gliders, and body bars to increase muscle mass and range of motion. Must have prior experience with strength training fitness classes. ***In person and virtual option available. Tuesday evening only. Sun City Strength Zoom Meeting ID: 843 9908 8225 Passcode: 442893***

**Cardio & More:** This workout includes aerobic fat burning intervals and challenging core exercises that build a strong core and sculpt flat abs. The best ab workouts involve full body movement and burn tons of calories before AND after exercise.

## Dance Connection(\$):

**Let's Move:** This class is an easy going, and easy to follow dance class. This class is a medium cardio dance class. You won't find a better workout.

**Get Movin':** An exhilarating dance class! This class will burn off calories while you're having fun!

**Absolute Beginner Line Dance:** If you've always wanted to learn how to Line Dance this class is for you. This class is designed for the absolute beginner.

**Dansin' & Drummin':** This is a standing drum class involving aerobic movement plus drumming patterns. Your body and mind will both be active in this class. A 58-65 cm yoga ball is used for this class.

**BeMoved:** BeMoved inspires participants to embrace dance as a lifelong path to health, joy and fulfillment.

**Dance Party:** Ditch the Workout and Join the Party, the class emphasize moving to the music and having a good time.

**Sittin' & Drummin':** A class in which the participant can choose to stand or be seated behind a stability/yoga ball and follow along with a variety of drumming movements. The music is highly varied in genre and tempo. You need no musical training and no memorization is involved.

## Table Tennis Club(\$):

**Table Tennis:** Table Tennis club play time.

## Dance Company(\$):

**Jazz:** Jazz dance class

*To attend Club classes(\$), please contact the club directly to arrange membership. All other classes are Fitness Department classes and are free to all residents.*



# Sun Shadows Fitness Center

8700 Del Webb Blvd Las Vegas, NV 89134

702.363.1719

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUN CITY CHAIR YOGA 7:30a-8:30a <i>Amy</i>		SUN CITY CHAIR YOGA 7:30a-8:30a <i>Susan</i>		SUN CITY CHAIR YOGA 7:30a-8:30a <i>Susan</i>		
SUN CITY CHAIR YOGA 8:30a-9:30a <i>Amy</i>	YIN YOGA \$ 8:00a-9:00a <i>Patrice</i>	SUN CITY CHAIR YOGA 8:30a-9:30a <i>Susan</i>	YIN YOGA \$ 8:00a-9:00a <i>Abby</i>	SUN CITY CHAIR YOGA 8:30a-9:30a <i>Susan</i>		
	FOAM ROLLER PILATES 9:00a-10:00a <i>Maggie</i>		FOAM ROLLER PILATES 9:00a-10:00a <i>Maggie</i>		HOT HULA \$ 9:45a-10:00a <i>Isabelita</i>	
ZUMBA TONING \$ 10:00a-11:00a <i>Ruth</i>	BALLET FITNESS 10:00a-11:00a <i>Maggie</i>	ZUMBA \$ 10:00a-11:00a <i>Ruth</i>	BALLET FITNESS 10:00a-11:00a <i>Maggie</i>	ZUMBA \$ 10:00a-11:00a <i>Ruth</i>	MAT PILATES 10:00a-11:30a <i>Doris</i>	
CHAIR TAP \$ 11:15a-12:15p <i>Joelene &amp; Jane</i>			SITTIN' & DRUMMIN' 11:30a-12:30p <i>Jodie</i>	BEG JAZZ \$ 11:15a-12:15p <i>Olivia</i>		ZUMBA \$ 11:00a-12:00p <i>Isabelita</i>
INT TAP \$ 12:30p-1:30p <i>Jane</i>		INT TAP \$ 12:15p-1:15p <i>Marcella</i>		INT JAZZ \$ 12:30p-1:30p <i>Olivia</i>		
BEG/INT TAP \$ 1:45p-2:45p <i>Jane &amp; Joelene</i>	SUN CITY ACTIVE STRETCH 1:00p-2:00p <i>Amy</i>	INT/ADV TAP \$ 1:30p-2:30p <i>Marcella</i>	SUN CITY ACTIVE STRETCH 1:00p-2:00p <i>Amy</i>			
	GENTLE YOGA \$ 2:00p-3:00p	MEDITATION 2:30p-3:30p <i>Amy</i>	GENTLE YOGA \$ 2:00p-3:00p			
	TABLE TENNIS \$ 5:30p-8:00p		TABLE TENNIS \$ 4:45p-8:00p			
<b>Green \$ = Club Class. Please contact club directly to arrange membership. Club directory can be found in Link magazine.</b>						
<b>White = Fitness Department Class. These classes are free to all residents.</b>						

Please call the Fitness Department with questions, 702.255.2294.



# Class Descriptions

## Fitness Department Classes:

**Chair Yoga:** Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.

**Active Stretch:** Deep stretch class with standing, seated, and lying stretches for all your major muscle groups. Active stretching is good for stretching a joint through its current range of motion under the power of one's own muscles.

**Foam Roller Pilates:** While the Foam Roller is commonly known for targeting the tightest, most overworked muscles, it also serves as a great prop for your Pilates practice. The Foam Roller helps you access more connections in your deep core muscles and boosts stability and mobility. It is also used to stretch, strengthen, release your fascia, and create more body awareness. Please bring your own foam roller to class.

**Ballet Fitness:** From head to toe, this workout improves coordination, mobility, strength, breath, agility, balance, and power. Musicality stimulates a dopamine response with help from classical, jazz, and other musical rhythms. The movements derive from the structure of ballet and modern dance, which improves the game of many sports enthusiasts and professional athletes. Whether you want more agile strength, or you'd like to improve your 360-degree body awareness, or you love an aesthetic experience, this class will enhance your life.

**Mat Pilates:** Pilates is a body conditioning routine that helps build flexibility, strength, endurance, and coordination in the legs, abdominals, arms and back. The class concentrates on isolating deep muscles and building core abdominal and back strength through proper breathing and movement. This class involves floor work. Bring your own yoga mat. All fitness levels welcomed.

**Meditation:** Enjoy peace and relaxation as you are guided to reduce anxiety while promoting focus, mindfulness and wellbeing. Meditation can be practiced seated or lying down to maximize options, comfort and ease. Participants can bring or borrow a mat (while supplies last) to lie down and chairs will also be available.

## Table Tennis Club(\$):

**Table Tennis:** Table tennis club play time.

## Yoga Club(\$):

**Gentle Yoga:** The perfect class for beginners, for someone returning to yoga after an absence or coming out of PT and/or in recovery from surgery, or simply a student wishing for a gentler, slower practice. This class focuses on proper alignment and breathing. Please note: A medical OK is needed if coming from PT or recovery from surgery.

**Yin Yoga:** Yin yoga is a quiet, contemplative practice. Yin works deeply into our body with passive, longer-held poses (3-5 minutes), generally targeting the deep fascia networks of the body rather than the muscles of a Yang practice. Yin energetically improves the energy flow and enhances the flow of chi in the organs through meridian stimulation. Yin is key to calming and balancing the mind, reducing anxiety and stress.

## Zoom Zoom Club(\$):

**Zumba:** Cardio based dance with easy to follow steps that focus on arms, legs, core, glutes, and the heart. This class is designed for all levels of fitness and uses high and low intensity moves to fast and slow rhythmic Latin and International music. Zumba Toning includes the use of weights.

## Dance Connection Club(\$):

**Sittin' & Drummin':** A class in which the participant can choose to stand or be seated behind a stability/yoga ball and follow along with a variety of drumming movements. The music is highly varied in genre and tempo. You need no musical training and no memorization is involved. *Class maximum 18.*

**Hot Hula:** A unique and exciting dance workout. It provides a total body workout. It is inspired by the dances of the Pacific Islands and incorporates easy to perform dance movements set to traditional Polynesian drumbeats and other fun songs.



# Aqua Schedule \$

<b>Desert Vista</b> 10360 Sun City Blvd Bldg C Las Vegas, NV 89134						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	
Swim Club 9a-10a		Swim Club 9a-10a		Swim Club 9a-10a		
	Arthritis Club 10:30a-11:30a		Arthritis Club 10:30a-11:30a			
Aquacize 7p-7:45p	Aquacize 7p-7:45p	Aquacize 7p-7:45p	Aquacize 7p-7:45p	Aquacize 7p-7:45p	Aquacize 7p-7:45p	October - April

<b>Mountain Shadows</b> 9103 Del Webb Blvd Las Vegas, NV 89134						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacize 8a-8:45a & 7p-7:45p	Aquacize 8a-8:45a & 7p-7:45p	Aquacize 8a-8:45a & 7p-7:45p	Aquacize 8a-8:45a & 7p-7:45p	Aquacize 8a-8:45a & 7p-7:45p	Aquacize 8a-8:45a & 7p-7:45p	April - October

<b>Sun Shadows</b> 8700 Del Webb Blvd Las Vegas, NV 89134						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	Aquacize 8a-8:45a	November - March
WateRobics 9a-9:45a	WateRobics 9a-9:45a	WateRobics 9a-9:45a	WateRobics 9a-9:45a	WateRobics 9a-9:45a		
Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	
Aqua Zumba 11a-11:50a		Aqua Zumba 11a-11:50a		Aqua Zumba 11a-11:50a		
WateRobics 12p-12:45p		WateRobics 12p-12:45p		WateRobics 12p-12:45p		

Class descriptions on the back. Please call the Fitness Department with questions, 702.255.2294.





# Class Descriptions

## **Aqua Club Classes:**

**Aquacize(\$):** Exercise in water is healthy, low impact and easy on your joints and covers all muscle groups.

**Arthritis Club(\$):** Slip into your swimsuit and join us in the pool for soothing exercise that gets those joints limbered up. These exercised safely move every part of the body.

**Swim Club(\$):** Swim Club is open to all residents. Members are available for encouragement and may provide swimming tips.

**Waterobics(\$):** Classes are led by certified instructors who offer modifications to meet various physical limitations.

## **Lane Availability**

At minimum, one lane available for use during aqua class times, more lanes may become available based on class size.

### ***Desert Vista***

6am - 8am Everyday: All lanes available

8am - 9am Monday - Friday: Lane 1 available, more lanes may become available

10:30am - 11:30am Tuesday & Thursday: Lane 1 available, more lanes may become available

10am - 7pm Monday, Wednesday & Friday: All lanes available

11:30am - 7pm Tuesday & Thursday: All lanes available

7pm - 8pm Monday - Friday: Lane 1 available

8pm - 9pm Monday - Friday: All lanes available

8am - 9am Saturday: Lane 1 available, more lanes may become available

7pm - 8pm Saturday: Lane 1 available, more lanes may become available

Sunday: All lanes available

### ***Sun Shadows***

6am - 8am Everyday: All lanes available

8am - 11am Monday - Friday: Lane 1 available, more lanes may become available

11am - 12pm Monday, Wednesday & Friday: Lane 4 available, more lanes may become available

11am - 8pm Tuesday & Thursday: All lanes available

12pm - 1pm Monday, Wednesday & Friday: Lane 1 available, more lanes may become available

1pm - 8pm Monday - Friday: All lanes available

6am - 8am Saturday: All lanes available

8am - 9am Saturday: Lane 1 available, more lanes may become available

10am - 11am Saturday: Lane 1 available, more lanes may become available

Sunday: All lanes available

*To attend Club classes(\$), please contact the club directly. Club directory is found in Link magazine.*