

# 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	STEP AEROBICS 7:00-8:00a	STRENGTH & TONE 7:00a-8:00a			
YOGA \$ 8:00a-9:00a	YOGA \$ 8:00a-9:30a	YOGA \$ 8:00a-9:00a	YOGA \$ 8:00a-9:30a	YOGA \$ 8:00a-9:00a	YOGA \$ 8:00a-9:30a	
READY, SET, BALANCE! 9:00a-10:00a		READY, SET, BALANCE! 9:00a-10:00a		READY, SET, BALANCE! 9:00a-10:00a		LET'S MOVE 9:00a-10:00a
SIT & BE FIT 10:00a-11:00a	SIT & BE FIT 10:00a-11:00a	SIT & BE FIT 10:00a-11:00a	SIT & BE FIT 10:00a-11:00a	SIT & BE FIT 10:00a-11:00a	TAI CHI \$ 10:00a-11:00a	I -MOVES \$ 10:30a-11:30a
SUN CITY STRENGTH 11:00a-12:00p	INT. SUN CITY STRENGTH 11:00a-12:00p	SUN CITY STRENGTH 11:00a-12:00p	INT. SUN CITY STRENGTH 11:00a-12:00p	INT. SUN CITY STRENGTH 11:00a-12:00p	HULA BEGINNERS \$ 11:15a-12:00p	
MAT PILATES 12:00p-1:00p	MEDITATION 12:00p-12:45p	GET UP & DANCE \$ 12:00p-1:00p	SITTIN' & DANSIN' \$ 12:00p-1:00p	GET UP & DANCE \$ 12:00p-1:00p		
STABILITY BALL 1:00p-2:00p	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	
TAI CHI \$ 3:00p-4:00p		HIGH BEG/INT LINE \$ 3:00p-4:30p		TAI CHI \$ 3:00p-4:00p		
HULA \$ 4:00p-6:00p				TAI CHI \$ 4:00p-5:00p		

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 or to schedule use of a fitness room, 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. *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. *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.

**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. *In person and virtual option available. Sit & Be Fit Meeting ID: 842 5625 2272 Passcode: 960703*

**Meditation:** Enjoy peace and relaxation as you're guided through different meditations that will leave you feeling grounded, centered and calm.

**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.

**Stability Ball:** This class will use Yoga/Pilates/strength exercises on the ball to strengthen core muscles, improve posture and balance, strengthen back muscles, provide a healthier spine and improve flexibility. Each student will need their own stability ball.

**Strength & Toning:** 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 Cues 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.

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

**I-MOVES:** MOVE yourself into SHAPE and have FUN with easy-to-follow, calorie-burning moves.

## 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. Please call the Fitness Department with questions, 702.255.2294.*



# 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				LOW IMPACT CARDIO 7:00a-8:00a		
DANCE FIT \$ 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	DANCE COMPANY \$ 9:00a-1:00p	TABLE TENNIS \$ 9:00a-1:00p	DANCE COMPANY \$ 9:00a-1:00p	TABLE TENNIS \$ 9:00a-1:00p	DANCE COMPANY \$ 9:00a-1:00p	TABLE TENNIS \$ 9:00a-1:00p
ABS. BEG LINE DANCING \$ 12:30p-1:30p		DANCIN' & DRUMMIN' 1:15p-2:00p	BEG/INT LINE DANCE \$ 1:00p -3:00p		BE MOVED \$ 1:00p-1:45p	
DANCE COMPANY \$ 1:45p-4:15p	DANCE COMPANY \$ 2:00p-4:00p					
			BE MOVED \$ 3:00p-4:00p		TABLE TENNIS \$ 3:00p-5:00p	
	INT. SUN CITY STRENGTH 5:30p-6:30p		INT. SUN CITY STRENGTH 5:30p-6:30p			

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# 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 In Motion:** 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(\$):

**Dance Fit:** Dance fitness for everyone! Stay in shape or get in shape while dancing to Latin & World rhythms. If you like Zumba you'll love Dance it!

**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.

**Sittin' & Drumin':** 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.

**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 stability/yoga ball is braced in a tote stand. Both a 58-65 cm ball and a 17 gallon tote will need to be purchased by the participants before taking the class.

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

## 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. Please call the Fitness Department with questions, 702.255.2294.*



# 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		SUN CITY CHAIR YOGA 7:30a-8:30a		SUN CITY CHAIR YOGA 7:30a-8:30a		
SUN CITY CHAIR YOGA 8:30a-9:30a	YIN YOGA \$ 8:00a-9:00a	SUN CITY CHAIR YOGA 8:30a-9:30a	YIN YOGA \$ 8:00a-9:00a	SUN CITY CHAIR YOGA 8:30a-9:30a		
	FOAM ROLL + STRETCH 9:00a-10:00a		FOAM ROLL + STRETCH 9:00a-10:00a			
		ZUMBA \$ 10:00a-11:00a		ZUMBA \$ 10:00a-11:00a	MAT PILATES 10:00a-11:00a	
DANCE COMPANY \$ 11:00a - 2:00p	SITTIN' & DRUMMIN' 11:00a-12:00p	BALLET FUSION 11:00a-12:00p	SITTIN' & DRUMMIN' 11:00a-12:00p		ZUMBA TONING \$ 11:00a-12:00p	
	SUN CITY ACTIVE STRETCH 1:00p-2:00p		SUN CITY ACTIVE STRETCH 1:00p-2:00p			
	GENTLE YOGA \$ 2:00p-3:00p		TAP/JAZZ \$ 2:00p-3:00p			
	BEG FLAMENCO \$ 3:00p-4:00p		CHAIR DANCE \$ 3:30p-4:30p			
	INT FLAMENCO \$ 4:00p-5:00p					
	TABLE TENNIS \$ 5:00p-8:00p		TABLE TENNIS \$ 5:00p-8:00p			

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# 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 Roll + Stretch:** A perfect class for someone new to foam rolling or stretching. This class will show different foam roll and stretch options based on the flexibility and mobility of each attendee.

**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.

**Ballet Fusion:** Similar to ballet, this class will include the use of the barre for some movements and is strongly influenced by yoga. This class offers a unique approach to improve cardiovascular fitness, mobility and flexibility.

## **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-like easy-to-follow steps focus on arms, legs, core, abdominals, 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.

## **Dance Connection Club(\$):**

**Intermediate Line Dance:** Once you've mastered the basic line dance steps, you'll be ready for Level 1 Line Dancing.

**Flamenco:** Flamenco is a highly expressive Spanish dance form. This class will teach you everything you need to know in order to dance the Flamenco.

**Sittin' & Drumin':** 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.

*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. Please call the Fitness Department with questions, 702.255.2294.*



# Aqua Schedule \$

Desert Vista 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

Mountain Shadows 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

Sun Shadows 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 & 12p-12:45p	WateRobics 9a-9:45a	WateRobics 9a-9:45a & 12p-12:45p	WateRobics 9a-9:45a	WateRobics 9a-9:45a & 12p-12:45p		
Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	Aquacize 10a-10:45a	
UPDATED 7/2023		Aqua Zumba 11a-11:50a		Aqua Zumba 11a-11:50a		

## Class Descriptions

**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. Qualified instructors teach non-swimmers to swim, swimmers to swim better, and can help you train.

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

*To attend Club classes(\$), please contact the club directly. Club directory is found in Link magazine. Please call the Fitness Department with questions, 702.255.2294.*