

## Monday

Time	Class	Room	Instructor
<b>5:45-6:45</b>	<b>Advance Spin</b>	<b>SS</b>	<b>Britt</b>
5:45-6:45	Step	A	Angie
7:00-8:00	Cardio/Sculpt	A	Erin
9:00-10:00	Sr. Workout	CR1	Patra
<b>9:00-9:45</b>	<b>Spin</b>	<b>SS</b>	<b>Kristi</b>
9:00-9:50	Step	A	Becky
9:50-10:35	W3	A	Becky
<b>10:00-10:45</b>	<b>Senior Spin</b>	<b>SS</b>	<b>Liz</b>
10:15-11:00	Chair Yoga	CR1	Patra
11:00-12:00	MildYoga	CR1	Patra
12:00-12:45	Guts & Butts	A	Becky
5:00-5:45	TBC	A	Shelley
5:45-6:45	Step	A	Karen A.

## Tuesday

Time	Class	Room	Instructor
<b>5:45-6:30</b>	<b>Spin</b>	<b>SS</b>	<b>Shelley</b>
5:45-6:45	W3	A	Stacey
<b>9:00-10:00</b>	<b>Advance Spin</b>	<b>SS</b>	<b>Linda</b>
9:00-10:00	Hi Lo Aerobics	A	Becky
10:00-10:45	ActiveYoga	A	Becky
10:00-11:00	Practical Exer.	G	Patra
11:00-12:00	Pilates	A	Liz
11:00-11:50	Movement Improvement	CR1	Patra
<b>12:15-12:45</b>	<b>Senior Spin</b>	<b>SS</b>	<b>Liz</b>
12:15-1:15	Zumba	A	Rita
4:30-5:15	W3	A	Patra
5:30-6:30	Cardio Challenge	A	Patra
<b>5:45-6:30</b>	<b>Spin</b>	<b>SS</b>	<b>Gigi</b>
6:40-7:40	Zumba	A	Gigi

## Wednesday

Time	Class	Room	Instructor
5:45-6:45	Step	A	Angie
<b>5:45-6:45</b>	<b>Advance Spin</b>	<b>SS</b>	<b>Janet</b>
7:00-8:00	Cardio/Sculpt	A	Erin
9:00-10:00	Senior Workout	CR1	Patra
<b>9:00-9:45</b>	<b>Spin</b>	<b>SS</b>	<b>Karen Sue</b>
9:00-9:50	Step	A	Becky
9:50-10:35	W3	A	Patra
10:00-10:45	Beginner Step	CR1	Melissa
10:45-11:30	Stretch & Sculpt	A	Patra
12:00-12:45	Guts & Butts	A	Becky
4:45-5:30	<b>B3</b>	A	Shelley
5:30-6:15	Step	A	Shelley
5:45-6:45	ActiveYoga	CR1	Patra
6:15-7:00	TBC	A	Shelley
7:00-7:45	W3	A	Patra

## Thursday

Time	Class	Room	Instructor
5:45-6:45	W3	A	Becky
<b>5:45-6:30</b>	<b>Spin</b>	<b>SS</b>	<b>Karen H.</b>
<b>9:00-10:00</b>	<b>Advance Spin</b>	<b>SS</b>	<b>Linda</b>
9:00-10:00	Hi Lo Aerobics	A	Becky
10:00-10:55	ActiveYoga	A	Becky
11:00-12:00	Pilates	A	Liz
10:00-11:00	Practical Exer. II	G	Liz
11:00-11:50	Movement Improvement	CR1	Deb
12:15-1:15	Zumba	A	Rita
4:45-5:30	W3	A	Ana
5:45-6:45	Kickbox	A	Ana

## Friday

Time	Class	Room	Instructor
<b>5:45-6:45</b>	<b>Advance Spin</b>	<b>SS</b>	<b>Janet</b>
5:45-6:45	All Ball	A	Karen H.
7:00-8:00	Cardio/Sculpt	A	Erin
9:00-9:50	Step	A	Karen H.
9:00-9:45	Senior Workout	CR1	Patra
<b>9:00-9:45</b>	<b>Spin</b>	<b>SS</b>	<b>Becky</b>
9:50-10:45	W3	A	Becky
10:00-11:00	MildYoga	CR1	Patra

## Saturday

Time	Class	Room	Instructor
8:30-9:30	Step	A	Karen H.
<b>9:00-9:45</b>	<b>Spin</b>	<b>SS</b>	<b>Alternating</b>
9:45-10:45	ActiveYoga	A	Patra
11:00-12:00	Pilates	A	Patra
12:15-1:15	Zumba	A	Alternating

## Sunday

Time	Class	Room	Instructor
<b>9:15-10:15</b>	<b>Advanced Spin</b>	<b>SS</b>	<b>Janet</b>

### Room Key

A=Aerobics

G=Gym

CR1=Classroom 1 near the Café

SS=Spin Studio

**Stay & Play child care available please call 552.2370 for information and reservations**

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## Class Descriptions

**ActiveYoga** ♥♥ is a non-purist yoga specifically designed for the fitness industry. This class features strength, balance, and flexibility components.

**All Ball** ♥♥ Using large Resist-A-Balls participants will challenge their strength, balance, flexibility and movement by progressing to the next level.

**B3, Balls, Bands & Balance** ♥♥♥ Tone your entire body by building strength and endurance, and improving balance and flexibility.

**Beginner Step** ♥ A slower paced step aerobics class using the Reebok bench. Slowly learn the choreography and cues in this learn-how-to class.

**Cardio/Sculpt** ♥♥ A combination class of easy to follow aerobic and strength moves.

**Cardio Challenge** ♥♥♥ Simple but tough describes this Boot Camp-style class. For veteran "class goers" or those needing to cross train to improve strength & agility.

**Guts and Butts** ♥♥♥ Short-butt-sweet, 45 minutes of working those troubled areas. No aerobics.

**Hi-Low Aerobics** ♥♥♥ Good old fashion feet on the floor aerobics, remember the grapevine and the hustle, this class has a variety of Hi or Low impact combinations, your choice.

**Kickbox** ♥♥♥ Kick and punch your way to cardiovascular health and endurance.



*Men's Yoga*      **This class will help improve flexibility, balance and strength. No summer classes**



*MildYoga*      **is designed for seniors, beginners, and individuals with physical limitations. All Elements of traditional Yoga will be introduced with modifications.**

**Movement Improvement** ♥ Improve your flexibility and strength while working to build strong bones in this class designed to meet the strength and flexibility needs of the mature or beginner exerciser.

**Pilates** ♥♥-♥♥♥ **results into a balanced and aligned body. Class will focus on core stability, flexibility, strength & tension release.**

**Practical Exercise** ♥ Seated and standing activities improve your personal independence with classes that stretch and strengthen sit to stand, walking, carrying and balancing muscles. Includes a walking aerobic workout.

**Senior Workout** ♥ Just the basics. No twirls, fancy footwork or high impact moves. Just plenty of stretching, strength work and an easy to follow aerobic workout that's easy on the knees, hips & back.

**Spin** ♥-♥♥♥ A non-impact, workout in which participants ride Spinner stationary bikes. Class adjusts to all fitness levels.

**Advance Spin** ♥♥♥ This class will take you on a 60-minute ride, guaranteed to get your heart rate up and keep your legs hammering.

**Senior Spin** ♥ Like a "Ride in the Park" this class will include a long warm-up, gradual conditioning and a lengthy cool down with emphasis on stretching.

**Step** ♥♥♥ An awesome low impact aerobic workout, using the Reebok bench. Intensity level determined by the height of your bench.

**Stretch & Sculpt** ♥ This class with tone muscles using light weights with an emphasis on stretching to improve flexibility.

**Synergy** ♥♥ A combination of Pilates and Yoga This class challenges body, mind and spirit to grow expand and develop. **No summer classes**

**Total Body Conditioning (TBC)** ♥♥♥♥ Cardio and strength wrapped up in one easy to follow 45 minute class. All fitness levels welcome, each participant will work to his or her own ability.

**W3 - Workout With Weights**, ♥-♥♥♥ it's simple and effective. By working every major muscle group in your body you will strengthen, condition, tone and define muscles by using various resistance tools. Ideal for beginners and experienced exercisers.

**Zumba** ♥♥ combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "FUN & EASY"

- ♥ Beginner or Non-exerciser
- ♥♥ Beginner to Moderate Level
- ♥♥♥ Moderate to Advanced Level

## Free to Member Fitness Class Schedule

Effective Summer 2010

