

Group Exercise

March 8th, 2010

Studio A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	(5:45-6:45) **Cycling LISA	(5:45-6:45) Cardio Circuit SUZANNE	(5:45-6:45) **Cycling LINDA	(5:45-6:45) Body Conditioning LISA	(5:45-6:45) **Cycling & Core LINDA		
7-8am	(8:15-9:15) Strength & Stretch SUZANNE	(8:15-9:15) Step BELINDA	(8:00-9:00) Stott Pilates Mat BETH **	(8:15-9:15) Fitness Fusion DEBBIE	(8:15-9:15) Body Conditioning KIRSTIN	(7:45-8:45) **Cycling JOHN	(7:45-8:45) **Cycling LINDA
9am	(9:15-10:15) **Cycling LINDA	(9:15-10:15) Body Conditioning CRISTIN	(9:15-10:15) Cardio Blast LINDA	(9:15-10:15) Body Conditioning DEBBIE	(9:15-10:15) **Cycling LINDA	(9:00-10:00) Step Special LISA	(9:00-10:15) Cardio & Strength KATHY
10am	(10:20-11:15) Bosu Ball Blast BELINDA	(10:15-11:30) **Cycling Core & More! KIRSTIN	(10:15-11:15) New Year Basics ANN Basic Cycle		(10:20-11:00) ZUMBA! KRISTIN	(10:00-11:00) Body Conditioning LISA	
	(11:15-12:30) 55+ Balance Strength & Stretch DEBBIE		(11:15-12:15) 55+ Strength & Stretch SUZANNE & ANN	(11:30-12:30) Chair Yoga KAREN Yoga Studio	(11:30-12:30) 55+ Cardio Lite SUZANNE		
12pm							(12:30-1:30) ZUMBA GOLD! PAM
4pm	(4:30-5:30) **Cycling SUZANNE		(4:30-5:30) **Cycling KIM	(4:00-4:30) Intro Stretch SUZANNE Yoga Studio	(4:30-5:30) **Cycling KIM		
5-6pm	(6:15-7:00) ZUMBA! KRISTIN	(5:30-6:45) Cardio Circuit KATHY	(6:00-7:00) Body Conditioning DIANE	(5:30-6:30) 3-2-1- KELLY			
6-7PM	(7:30-8:30) Stott Pilates Mat BETH **	(6:45-8:00) Ultimate Ride JOHN	(7:00-8:00) **Cycling SAM	(6:30-7:30) Zumbal ANGELA			
*Premier Family Membership ages 10 & up. ** Sign up @ cervice center no more than 30 min. before start of class. ***TRX DEMO sign up outside Studio A.							
Yoga							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		(6:00-7:15) Vinyasa SUZY			(6:00-7:00) Slow Flow Vinyasa SUZY		
8am		(8:00-9:00) Healthy Backs SUZY	(8:00-9:00) Hatha Yoga SUZY	(8:00-9:00) Slow Flow COLLEEN	(8:00-9:00) Healthy Backs SUZY	(8:00-9:00) Healthy Backs ANN	
9:15	(9:15-10:30) Vinyasa NANCY	(9:15-10:30) Vinyasa COLLEEN	(9:15-10:15) Slow Flow Vinyasa SUZY	(9:15-10:30) Vinyasa COLLEEN	(9:15-10:30) Vinyasa MOLLY	(9:15-10:30) Vinyasa SCOTT	(9:15-10:15) Slow Flow Vinyasa KELLY
10:30	(10:30-11:30) Hatha Yoga ANN	(10:30-11:30) Slow Flow Vinyasa COLLEEN	(10:30-11:30) Hatha Yoga TAMEKA	(11:30-12:30) Chair Yoga KAREN	(10:30-11:30) Hatha Yoga ANN		
4pm	(4:30-5:30) Healthy Backs SUZY			(4:00-4:30) Intro Stretch SUZANNE	(4:30-5:30) Family Yoga* ANN		
5:30pm	(5:45-6:45) Slow Flow Vinyasa SUZY	(5:45-7:00) Vinyasa MOLLY	(5:45-6:45) Yoga for the Beginner SCOTT	(5:30-6:45) Vinyasa SCOTT			
7pm			(7:00-8:00) Slow Flow Vinyasa COLLEEN				
POOL / MARTIAL ARTS / PREMIER FAMILY CARDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		(9:15-10:15) Aqua CAROL	(9:15-10:15) Kick & Box CORINNE	(9:15-10:15) Aqua LESLIE	(9:15-10:15) Kick & Box CRISTIN		(12:00-2:00) *PREMIER FAMILY CARDIO

Group Exercise

March 15th, 2010

Studio A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	(5:45-6:45) **Cycling SUZANNE	(5:45-6:45) Cardio Circuit SUZANNE	(5:45-6:45) **Cycling LINDA	(5:45-6:45) Body Conditioning LISA	(5:45-6:45) **Cycling & Core LINDA		
7-8am	(8:15-9:15) Strength & Stretch SUZANNE	(8:15-9:00) Step LINDA	(8:00-9:00) Stott Pilates Mat BETH **	(8:15-9:15) Fitness Fusion DEBBIE	(8:15-9:15) Body Conditioning BELINDA	(7:45-8:45) **Cycling LINDA	(7:45-8:45) **Cycling KIM
9am	(9:15-10:15) **Cycling LISA	(9:15-10:15) Body Conditioning CRISTIN	(9:15-10:15) Cardio Blast ANN	(9:15-10:15) Body Conditioning BELINDA	(9:15-10:15) **Cycling SAM	(9:00-10:00) Step Special TERRY	(9:00-10:15) Cardio & Strength LISA
10am	(10:20-11:15) Bosu Ball Blast BELINDA	(10:15-11:30) **Cycling Core & More! KIRSTIN	(10:15-11:15) New Year Basics ANN Basic Step		(10:20-11:00) ZUMBA! KRISTIN	(10:00-11:00) Body Conditioning TERRY	
11:15	(11:15-12:30) 55+ Balance Strength & Stretch DEBBIE		(11:15-12:15) 55+ Strength & Stretch SUZANNE & ANN	(11:30-12:30) Chair Yoga KAREN Yoga Studio	(11:30-12:30) 55+ Cardio Lite SUZANNE		
12-2pm							(12:30-1:30) ZUMBA GOLD PAM
4:30pm	(4:30-5:30) **Cycling KATHY		(4:30-5:30) **Cycling KIM	(4:00-4:30) Intro Stretch SUZANNE Yoga Studio	(4:30-5:30) **Cycling LINDA		
5-6pm	(6:15-7:00) ZUMBA! KRISTIN	(5:30-6:45) Cardio Strength KIM	(6:00-7:00) Body Conditioning DAWN	(5:30-6:30) 3-2-1- KELLY			
6-7PM	(7:30-8:30) Stott Pilates Mat BETH **	(6:45-8:00) Ultimate Ride JOHN	(7:00-8:00) **Cycling SAM	(6:30-7:15) Zumba! KRISTIN			
*Premier Family Membership ages 10 & up. ** Sign up @ cervice center no more than 30 min. before start of class. ***TRX DEMO sign up outside Studio A.							
Yoga							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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8am		(8:00-9:00) Healthy Backs SUZY	(8:00-9:00) Hatha Yoga KELLY NEW	(8:00-9:00) Slow Flow COLLEEN	(8:00-9:00) Healthy Backs SUZY	(8:00-9:00) Healthy Backs KELLY	
9:15	(9:15-10:30) Vinyasa NANCY	(9:15-10:30) Vinyasa COLLEEN	(9:15-10:15) Slow Flow Vinyasa KELLY	(9:15-10:30) Vinyasa COLLEEN	(9:15-10:30) Vinyasa MOLLY	(9:15-10:30) Vinyasa JAMIE	(9:15-10:15) Slow Flow Vinyasa KELLY
10:30	(10:30-11:30) Hatha Yoga ANN	(10:30-11:30) Slow Flow Vinyasa COLLEEN	(10:30-11:30) Hatha Yoga TAMEKA	(11:30-12:30) Chair Yoga KAREN Studio A	(10:30-11:30) Hatha Yoga ANN		
4-4:30	(4:30-5:30) Healthy Backs SUZY			(4:00-4:30) Intro Stretch SUZANNE NEW	(4:30-5:30) Family Yoga* KELLY		
5:30pm	(5:45-6:45) Slow Flow Vinyasa SUZY	(5:45-7:00) Vinyasa SCOTT	(5:45-6:45) Yoga for the Beginner PAMELA	(5:30-6:45) Vinyasa SCOTT			
7pm			(7:00-8:00) Slow Flow Vinyasa PAMELA				
POOL / MARTIAL ARTS / PREMIER FAMILY CARDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		(9:15-10:15) Aqua CAROL	(9:15-10:15) Kick & Box CORINNE	(9:15-10:15) Aqua CATHY	(9:15-10:15) Kick & Box CRISTIN		(12:00-2:00) *PREMIER FAMILY CARDIO

Group Exercise Class Descriptions

55+ Balance & Strength— This class is designed for both men and women over 55 and will concentrate on improving and maintaining balance, core stability and strength. Class will also include a warm-up and cool down stretches to help improve flexibility.

55+ Strength & Stretch— This 60 -minute class is designed to give you a total body workout with added emphasis on stretching all your major muscle groups. This class uses dumbbells, body bars, tubes, bands and body weight exercises. For all fitness levels.

Aqua— Discover the wonder of water in this 60-minute class. A low impact yet intense workout. Improves cardiovascular fitness, challenges the body's core and balance, enhances flexibility and strengthens and tones both the upper and lower body. Great for all fitness levels.

Body Conditioning— A 60-minute strength and resistance training class designed to challenge all your major muscle groups. This class uses dumbbells, body bars, tubes, bands and body weight exercises for a challenging workout for all fitness levels.

Boot Camp— This cardio/strength workout involves calisthenics-like exercises including pushups, jumping jacks, crunches and other related exercises. No dance aerobics in this class. The key to this class lies in the intensity. For the advanced exerciser.

Cardio & Core— Join us for this 60 minute class of "anything goes" cardio and core strength work. You're sure to have a good time and get a great workout. For all fitness levels.

Cardio Blast— This class focuses on cardiovascular fitness by moving you through a variety of exercises in a variety of formats. Be prepared for anything cardio in this class! Great fun for all fitness levels.

Cardio Combo & Strength— We've designed this 1.25 hour class to give you a cardio and strength training workout in one. The cardio component of class covers anything from low impact and step aerobics to kickboxing and circuit drills. Every Sunday is a different class! For all fitness levels.

Cardio Lite— A great class for those looking for a moderate, low-impact workout designed to get your heart pumping without the stress of high impact and intensity. An ideal class for the novice exerciser or those wanting to enhance their fitness level.

Core Strength on the Ball— This class utilizes the physioball to strengthen all your major muscle groups, with particular emphasis on building core strength. This class provides a variety of exercises using body bars, body weight, free weights, bands and tubes. For all fitness levels.

Cycling— A 60-minute indoor cycling class designed for the cycling enthusiast. Various cycling drills used in every class make for an awesome workout! For all fitness levels.

Cycling Circuit— Join us for this 1.25 hour class consisting of cycling and strength training intervals. We'll cycle to get your heart pumping and strengthen and sculpt your muscles for a total body workout! For all fitness levels.

Family Fitness— Join us for an hour of conditioning fun for the Premier Family Member. Class will include strength, cardiovascular, and flexibility training. For ages 10 & up and all fitness levels!

Fitness Fusion— This class provides comprehensive head-to-toe fitness. It includes resistance training with a variety of equipment and modalities focusing on the core and fused with intervals of cardiovascular training. The class will finish with a relaxing stretch.

Kick & Box— Kick and Box your way to fitness! This class uses both martial arts and boxing techniques in a group setting. An intense workout for the participant who wants a challenge! Wraps and/or gloves helpful.

Kickboxing— A 60-minute cardio class combining traditional aerobics with kickboxing, boxing, and martial arts.

Low Impact— Easier to follow, warm-up, 40 minutes of low impact moves & abs.

Pilates Mat Orientation— A 45 minute mat orientation incorporating basic principals & applications of Pilates movements working the body as a whole.

Power Sculpt— A heart rate raising, 60 minute total body conditioning, with movements utilizing more than one muscle group @ a time.

Step— A 60-minute traditional step class. You'll begin with a warm-up, add some challenging and fun step choreography, and finish with a cool down. A workout sure to make your day. For all fitness levels.

Step Special— If you love a traditional step workout, then you'll love this class. Format includes a warm-up, challenging step choreography (inline, circle, double or extreme) for a full 45-50 minutes, and a cool down. For the intermediate to advanced participant.

Ultimate Ride— This 90 minute cycling offers great off season training for the outdoor cycling enthusiast or a super-charged cycling workout for the indoor rider.

Zumba— Join us every Sunday morning for this fun Latin dance inspired workout!

Yoga Class Descriptions

55+ Yoga— Join us for this special yoga class designed for our 55+ members. Work on balance, strength, and flexibility in this special yoga class. Beginners welcome!

Family Yoga— Join us for an hour of yoga for the Premier Family Member. For ages 10 & up and all fitness levels!

Hatha Yoga / Hatha Flow— Yoga for a multi-age, multi-level class. Hatha yoga consists of postures that place attention on balance, strength, flexibility and relaxation & incorporates flows.

Healthy Backs Yoga— A basic yoga class that focuses especially on creating strength and flexibility in the back. Particularly good for those with flexibility issues, those recovering from an injury, or those wanting a gentler form of yoga. For all fitness levels.

Slow Flow Vinyasa— A milder form of Vinyasa yoga, which links breath and movement in a free flowing sequence. For all fitness levels.

Vinyasa Yoga— An advanced, cardio and strength intensive practice in a heated environment, which links breath and movement in a free flowing sequence. For the advanced yoga participant.