

GROUP EXERCISE CLASSES



STUDIO A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	3-2-1 Done! (45 min)	Body Flex	Bench Blast	Body Flex	Rip & Ride		
8:15 am	Bench Blast	Body Flex	Bench & Sculpt	Body Flex	Bench Blast	Bench Blast	
9:15 am	Zumba	3-2-1 Done! (45 min)	RIPPED	Zumba	Cardio Circuit	Body Flex	
10:30						Zumba	
Noon	RIPPED (45 min)	Body Flex (45 min)	Cardio Circuit (45 min)	Body Flex (45 min)	3-2-1 Done! (45 min)		
3:00 pm							RIPPED
4:30 pm	Bench Blast	Body Flex	Bench & Sculpt	Body Flex			
5:30 pm	Zumba	RIPPED	3-2-1 Done! (45 min)	Zumba			
6:30 pm	Cardio Circuit		RIPPED				
STUDIO B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		Pilates Mat					
8:30 am	Facets of Fitness	Flex & Back Care	Facets of Fitness	Flex & Back Care	Facets of Fitness		
9:15 am						Pilates Mat	
9:45 am	Pilates Lite		Yoga Stretch		Pilates Lite		
10:00 am		Hatha Yoga		Hatha Yoga			
10:30 am						Hatha Yoga	
11:00 am	AFEP		AFEP		AFEP		
Noon	Hatha Yoga (12:05)		Living Well Yoga				
3:30 pm	Shape Down \$		Shape Down \$				
4:30 pm	Yoga Mix						
5:45 pm		(5:30) Living Well Yoga	Power Yoga	Pilates Mat			
6:00 pm							
STUDIO C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Rip & Ride		
8:00 am	Indoor Cycling		Indoor Cycling		Indoor Cycling		
8:30 am						Indoor Cycle	
9:00 am	Indoor Cycling		Indoor Cycling		Indoor Cycling		
9:30 am		Indoor Cycling		Indoor Cycling		Indoor Cycling	
Noon		Indoor Cycling		Indoor Cycling			Indoor Cycling (2:00)
5:15 pm					Indoor Cycling		
5:45 pm	Indoor Cycling		Indoor Cycling				

STUDIO A

BENCH AND SCULPT: This interval class combines weight-conditioning segments with bench-stepping for a complete workout.

BENCH BLAST: A one-hour class based on the stair-climbing concept. It combines leg and arm movements to give a low-impact/high-intensity workout.

BODY FLEX: A one-hour barbell class utilizing a three-pound bar and adjustable weights for a complete strength training/fat-burning workout. Can be adapted to any fitness level.

CARDIO CIRCUIT: You get it all in this class; 100 percent calorie burning cardio, balance challenges, strength training and powerful core training.

ZUMBA: Dance your way to fitness! Zumba is a high energy, fat burning and body sculpting workout that combines unique latin and international dance rhythms. Zumba is a motivating way to lose weight, workout and have fun!

RIPPED (Resistance, Interval, Power, Plyometrics, Endurance, Diet): RIPPED is a new 60-minute, high intensity training class. Participants may burn 750 to 1,000 calories per class through different challenges to the body and changing focus every six to 9 minutes. In class, you will use free weights, body weight and resistance training while being motivated by fun music. RIPPED is effective, tough and doable for all fitness levels.

3-2-1 and Done! Description: 3-2-1 and Done! is a new 45-minute express workout. The class consists of four six-minute mini workouts that emphasize strength, cardio and core strengthening. It offers a high intensity, fast-paced, non-stop workout for participants of all fitness levels. This is the class for people who do not have time for a class!

STUDIO B

ARTHRITIS FOUNDATION EXERCISE PROGRAM: (AFEP) An exercise class designed for people with arthritis. Gentle exercises increase joint flexibility, range of motion and maintain muscle strength. Co-sponsored by the Arthritis Foundation. One hour.

FACETS OF FITNESS: Advanced 1-1/4 hour workout. Class incorporates an aerobic workout with flexibility, balance training coordination and strength exercises. Appropriate for older adults.

YOGA STRETCH: Gentle Hatha Yoga plus a combination of dynamic and static stretching to improve joint, range of motion, and muscle elasticity.

HATHA YOGA:* Uses physical postures, breathing practices, and relaxation to harmonize body, mind, and spirit. For all ages and fitness levels.

PILATES MATWORK:* A system of dynamic exercises designed to stretch and strengthen muscles. All movements are generated from the core muscles combining movement, breathing and rhythm. Can be adapted for any fitness level.

YOGA MIX:* A mixed level yoga class for everyone. It includes thematic asanas for increasing strength and flexibility, breathing and meditation. Good for de-stressing, balancing and energizing the body, mind and spirit.

POWER YOGA:* Traditional Hatha Yoga combined with strength-based moves

LIVING WELL YOGA: A beginning to intermediate Hath yoga practice that is fully integrated with Christian spirituality (i.e. scripture). Class is 60 minutes and open to all levels. Class lead by instructor Greg McCann. The purpose of the practice is to improve flexibility, muscular strength, endurance and circulation. In addition to the physical benefits, the intention is to leave participants with reflections on how one may more fully integrate their Christian faith into all aspects of their lives.

FLEX & BACK CARE: A 75 minute class utilizing resistance equipment for a complete strength training workout. Combined with a combination of dynamic and static stretching to help strengthen the low back and increase flexibility.

PILATES LITE: Beginner-intermed. Level mat class.

STUDIO C

INDOOR CYCLING: A group exercise class conducted on stationary bikes. Offering a simulated ride on flat roads, rough hills and sometimes on a race against others. Those who participate find it to be an incredible cardiovascular workout that is available year round. The benefits of cycling can be both physical and mental, the time spent during class seems to fly by and it is definitely fun.

RIP & RIDE: Interval class utilizing spin bike and weights. Workout will be focused on both cardio and core strength training.

PHYSICAL BENEFITS:

- Weight loss
- Increased energy
- Stronger heart and lungs
- Decreased risk for heart disease
- Better sleep
- Improved bone density
- Improved cholesterol and triglyceride levels
- Relief from stress and anxiety
- Increased confidence
- Improved ability to focus on goals

PLEASE NOTE:

All classes are coed.

Child care is available during specified times.

Class schedule effective January 2012, subject to change.

\$ Program provided for additional cost.

* Yoga mats available for member use.