













	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:10am to 7:10am			20/20/20 Dave	 Mike		 Valerie	
8:30am to 9:30am							Yoga Sara
9:15am to 10:25am		Step Interval Ari		 Carmen / Debbie		Cardio Interval Karin / Sara	
9:20am to 10:25am			 Kathy		 Kathy		
9:30am to 10:30am	 Sue						
10:30am to 11:15am					Senior Yoga Nancy		
10:30am to 11:30am	 Melissa 10:45 until July 27 <sup>th</sup>	Stretch & Tone Sarah		Modified Group Power Val		Stretch & Tone Karin / Sara	
11:30am to 12:15pm		Lite Aerobics Marie	 Lieba	Lite Aerobics Joan	 Merry	Lite Aerobics Sara	
6:00pm to 7:00pm		 Karin		20/20/20 Jeff			
6:15pm to 7:15pm			 Sue		 Sue		
7:00 to 7:30pm		Mat Pilates Karin		Just Abs Jeff			



# Group Exercise Studio #2

# June 29 - August 30, 2008

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:10 to 7:10am		Hot Yoga Sara					
6:30am to 7:15am				<b>SPINNING</b> Kathy		<b>SPINNING</b> Johnny	
7:45am to 8:45am			<b>SPINNING</b> + Abs Phyllis		<b>SPINNING</b> + Abs Valerie		
8:10am to 9:20am						Yoga Mita / nancy	
8:30am to 9:15am	<b>SPINNING</b> Rotation						<b>SPINNING</b> Ari
9:00am to 10:15am		Yoga Bethany		Yoga Bethany			
9:30am to 10:30am			YoGo Booty Sarah		Cardio Blast Marie	<b>SPINNING</b> Sue	
10:30am to 11:15am		Senior Tai Chi Beth			Mat Pilates Marie		
10:30am to 11:45am			Yoga Sara				
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6:15pm to 7:30pm					Yoga Sara		
6:15pm to 7:00pm		<b>SPINNING</b> Johnny		<b>SPINNING</b> Ari			



## Group Exercise Class Descriptions

**Cardio Blast** -having a blast doing hi-low impact as you move through your aerobic workout. Also your abs and back will get a workout, before your cool-down.

**Cardio Interval**- combines hi-lo impact, step, and cardio drills with free weights, resist-a-ball, and tubing.

**Hard Core Training: Abs & Butts** - guaranteed to turn your abs, back and butt into a no-nonsense powerhouse of sculpted strength.

**Hot Yoga** - is a flow of postures linked through continuous movement for focus and clarity of mind. the heat improves the body's pliability to increase strength, flexibility, balance and coordination.

**Spinning** - a group experience on specifically designed stationary bikes. An instructor guides you through your ride, describing hills and simulating the terrain. Spinning has a group exercise format, you have the freedom to make your workout as challenging as you want.

**Lite Aerobics** - a low-impact workout for energetic older adults. Appropriate for persons with joint problems, recovering from injuries, or other health considerations. Some resistance training with weights and tubing are included.

**Mat Pilates** - an exciting class that incorporates a Pilates-based workout with yoga postures and breathing techniques that are guaranteed to increase your overall core strength, flexibility and well being.

**Group Power** - a choreographed 60-minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

**Senior Tai Chi** - Tai Chi is a traditional Chinese form of exercise that uses graceful movement and breathing techniques to improve posture, coordination, circulation, and restore a sense of well being. This Tai Chi class is geared towards the older adult and can be taught in chairs.

**Silver Sneakers** - a chair based class that incorporates the use of free weights, resistance tubing and light medicine balls. The goal of this class is to improve muscular strength and range of joint movement, and will enhance overall fitness.

**Step** - your classic oldie but goodie step aerobics combined with mat work and cool-down.

**Step Interval** - combines classic step aerobics with intense cardio drills using a variety of equipment such as free weights, resist-a-balls, rubber tubing and mats.

**Stretch & Tone** - total body conditioning that includes cardio movement in between stretching and muscle toning with hand-held weights.

**Yoga** - relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.

**YoGo Booty** - A diverse and fun workout. Combining hatha yoga, cardio dance, strength training, mat pilates and a relaxing cool-down.

**Zumba** - is a fusion of Latin and International music - dance themes creating a dynamic, exciting, and fun sassy salsa cardio based workout.

**20/20/20** - A balance of the essentials. Start with 20 minutes of weights or Abs, then 20 minutes of step or Back, then 20 minutes cardio blast and stretches.

**Just Abs** - is just a workout for the core. Strengthening your abdominal, sides and back of torso using isometric holds and stability balls.

**Group Power Technique Clinic** - This class will be offered on the 1<sup>st</sup> Saturday of every month at 12:30pm. Please come if you are new to Group Power or have questions on your technique. The instructors will work on alignment, weight choice, and transitions. **Sign-up is required** at the front desk.

**Modified Group Power** - This class is for you if you are looking for a modified version of the choreographed Group Power class. By having more time with transition and technique.

During the winter months we are requiring sign-up for Spinning and Group Power at the fitness desk. Please sign-up is 48 hours prior to class.