



February 2012 GROUP FITNESS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 6:45 AM			Spinning Alan			
8:00 – 8:45 AM					Total Body Conditioning Jessica	
8:15 – 9:15 AM	Basic Flow Yoga Jeanne	*Body Sculpt Jeanne <i>(45 minute class)</i>				
8:30 – 9:15 AM	Water Fitness Jessica	Water Fitness Joan	Aerobics Lori	Water Fitness Joan	Water Fitness Pat	Spinning Wanda Aqua Pump Jessica
9:00 – 9:45 AM					Stretch & Relaxation Brooke	
9:15 – 10:15 AM		Zumba® Lorrie		Zumba® Lorrie		
9:30 – 10:15 AM	Total Body Conditioning Jessica		Total Body Conditioning Jessica			Cardio & Core Trisha
10:30 – 11:30 AM	Pilates Mary	Gentle Yoga Jennifer	Pilates Mary	Gentle Yoga Jennifer	Pilates Flow & Power Mary	
11:30 AM – 12:30 PM					Gentle Pilates Pat <i>No class Feb. 3rd</i>	
6:00 – 6:45 PM	3 – 2 – 1 Trisha	Spin Boot Camp Alan	Kick & Sculpt Trisha	Boot Camp Alan <i>No class Feb. 16th</i>		
7:00 – 8:00 PM	Tai Chi Marty		*Zumba Toning® Lorrie	Spinning Wanda <i>(45 minute class)</i> <i>No class Feb. 16th</i>		

* New class or schedule change

Class participation is limited. You must register for each class you plan to attend. You may register no more than 7 days in advance. Please stop by the reception desk or call 342-2215 during normal business hours. Out of courtesy to others, please call 24 hours in advance to cancel your registration if you will not be able to attend class. Others are waiting to take your place!



CLASS DESCRIPTIONS

Aerobics

This class is designed to get your body moving! Low impact movements and energetic music will be combined for a great cardio workout. (Limit 25 participants)

Aqua Pump

A challenging workout in the water designed to increase aerobic fitness, muscular strength and endurance. This class will use a variety of movements and resistance equipment in the water to challenge your body in a non-impact atmosphere. (Limit 20 participants)

Basic Flow Yoga

A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. Sequencing may include sun salutations, standing, arm balancing, inverted, and seated postures. No yoga experience required, though moderate level of fitness is recommended. (Limit 25 participants)

*Body Sculpt

This 45-minute class has it all! It will include total body conditioning exercises, toning exercises from yoga and pilates, and a brief stretch & relaxation segment at the end. You will utilize equipment such as bands and weights to work every muscle group. A great mix of all the classes you enjoy! (Limit 20 participants)

Boot Camp

This class is designed to challenge each individual no matter what your fitness level may be. The class will include calisthenics, functional movements, full body muscle conditioning, and core exercises. Classes will always be challenging, fun, and varied each week. All fitness levels are welcome! (Limit 20 participants)

Cardio & Core

This power packed class integrates a variety of cardio & core conditioning exercises for a fun, but intense workout! (Limit 20 participants)

Gentle Pilates

This class is geared towards those who are new to Pilates or would like to refresh their knowledge of basic Pilates techniques. (Limit 20 participants)

Gentle Yoga

A calming, therapeutic class that will slowly work into postures to build flexibility and strength. (Limit 25 participants)

Kick & Sculpt

This class will utilize a variety of cardio kickboxing moves and strength training exercises for a full body workout! This class is a great way to mix up your current exercise routine. (Limit 20 participants)

Pilates

This class focuses on increasing core strength and flexibility. Stretching, strengthening, and conditioning exercises will challenge the body. (Limit 25 participants)

Pilates Flow & Power

A class that will smoothly move and transition from one exercise to the next, with concentration on upper and lower body strength, as well as the core. All levels, modifications will be provided. (Limit 25 participants)

Spin Boot Camp

Mix up the regular work out routine and improve endurance and strength by combining cardio moves on the spin bike with strength training drills utilizing weights and resistance training. (Limit 20 participants)

Spinning

A high energy workout using the Keiser M3 indoor cycle. Be sure to bring your water bottle! (Limit 10 participants)

Stretch & Relaxation

During this class you will be guided through a series of exercises to stretch all the major muscles in your body. This class will increase circulation and help you achieve greater flexibility and joint mobility. (Limit 25 participants)

Tai Chi

Tai Chi is a gentle and slow moving exercise which involves meditation and body work to help improve balance, muscle strength, and joint movement. (Limit 20 participants)

Total Body Conditioning

This class is designed to increase strength and tone the entire body using a variety of equipment- weights, balls, and/or bands. Great for all fitness levels! (Limit 20 participants)

Water Fitness

Stay fit while having fun in the water! This class is geared to the development of aerobic endurance, strength and flexibility using the water to provide resistance and minimize the effects of impact. (Limit 20 participants)

Zumba®

This high energy cardio class will use basic Latin dance moves to create a fast paced, total body workout! Join in the fun! (Limit 25 participants)

*Zumba Toning®

This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. (Limit 25 participants)

3-2-1

Take your fitness to the next level in...3-2-1! Intervals consist of 3 minutes of cardio, 2 minutes strength, and 1 minute of core exercises combined for a great workout. Not only will you not get bored, you will work your entire body, head to toe! (Limit 20 participants)

GO RED Zumba Party ~ Friday, February 3rd

11:30 AM – 1:00 PM

Kick it into gear for a high-powered Zumba Fitness Class to raise awareness and funds for the American Heart Association's Go Red For Women® movement. Zumba is the acclaimed fitness-party workout that features contagious Latin rhythms and boasts a global following of millions. Go Red For Women® celebrates the proactive choices women can make to beat heart disease, the No. 1 killer of women (and men) in America. A minimum \$5 donation is appreciated.

**Please note that schedule is subject to change.