

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Boot Camp 5:30-6:30am Kevin	Cycle & Abs 5:30-6:15am Courtney	Boot Camp 5:30-6:30am Kevin		Boot Camp 5:30-6:30am Kevin	Challenge 7:00-7:55am Kevin
Swimnastics 9:00-10:00am POOL	Pre/Post Natal 9:00-10:00am POOL	Swimnastics 9:00-10:00am POOL	Pre/Post Natal 9:00-10:00am POOL		Masters Swim 7:30-8:30am POOL
Sweatfest 8:45-9:15am Kim	Butts & Guts 9:10-10:05am Dawn	Turbo Party 9:10-10:05am Kristen	Cardio Interval 9:10-10:05am Krista	Step & Sculpt 9:10-10:05am Micki	Chall. Nutrition 8:00-8:55am Carrie Bday Rm
Cycle Express 9:20-9:55am Jennifer	Walk & Stretch 10:00-10:45am GYM	Ab Attack 9:40-10:05am Micki	Walk & Stretch 10:00-10:45am GYM	Cardio Interval 9:30-10:25am Susan/Gym	Sweatfest 8:30-9:10am Rotates
Sculpt Up 10:05-10:50am Krista	Breath & Meditate 10:15-11:15am Shila/ Multi	Group Cycling 10:15-11:10am Micki	Group Cycling 10:15-11:00am Lisa	Masters Swim 9:30-11:00am POOL	Pilates & CORE 9:15-9:55am Dawn
H2O Arthritis Plus 10:15-11:00am POOL	Step 2 10:15-10:55am Kim	Fab 50 Social 10:15-11am Activity Center	Pilates 10:15-11:10am Karen/Terre/Melissa	Adult Dance 10:15-11:15am Chelly	Group Cycling 10:00-10:45am Rotates
Hard Core 10:55-11:40am Susan		Deep Water Fit 10:15-11:15am POOL		Group Cycling 10:15-11:00am Jennifer	Bag Basics 10:05-10:50am Terre /Multi
		Pre-Ballet 2 10:15-11:15am Myrria Ages 4-5		Aqua Boot Camp 10:20-11:05am Micki 3/19 4/16	
	Pre-Ballet 1 11:00-11:45am Myrria Ages 3-4			Seniorcise 11:20-12:00pm Lisa	
	Pre-Ballet 2 1:00-2:00pm Myrria Ages 4-5	Pre-Ballet 3 1:00-2:00pm Myrria Ages 4-6			SUNDAYS
Butts and Guts 5:30-6:15pm Kim	Pilates II 5:30-6:10pm Dawn	Kinder-Tap 2:00-3:00pm Myrria Ages 4-6	Hip Hop 4:15-5:00pm Chelly Ages 5-7	Beginner Ballet 4:15-5:15pm Myrria Ages 5-7	Group Cycling 10:00-10:45am Rotates
	Sweatfest 6:15-6:55pm Dawn		Hip Hop/Jazz 5:05-5:55pm Chelly Ages 7-11	Ballet Fit 5:20-6:15pm Myrria Ages 16+	
	Group Cycling 6:20-7:10pm Kristen	Women on Wts. 6:00-7:00pm Char	Step & Sculpt 6:05-6:55pm Micki/Lisa	Sweatfest & Sculpt 6:20-7:05pm Dawn	
Turbo Kick 6:20-7:10pm Kristen	Deep Water Fit 6:30-7:30pm POOL		Deep Water Fit 6:30-7:30pm POOL		
Group Cycling 7:00-7:55pm Lisa	Combat Kickbox 7:00-7:55pm Terre	Group Cycling 6:15-7:00pm Jennifer			
Fitness Yoga 7:00-7:55pm Allene/Multi	Belly Dance 7:00-7:55pm Minerva Ages 16+	Yoga and More 7:00-7:55pm Allene /BDAY	Hatha Yoga 7:00-7:55pm Neeta		
	Pilates I 7:10-7:55pm Dawn/BDAY	Pumped Up 7:10-7:55pm Jennifer			

All un-shaded classes are included in the FULL membership. Shaded classes require a fee. Pool classes require registration. Space is limited in classes. Bikes may be reserved up to 1 day in advance (Monday classes on Saturday). Schedule subject to change. Last updated 2/15/2010

CLASS DESCRIPTIONS

CARDIO ATHLETIC CLASSES: Limited choreography, easy to follow classes that range from intermediate to advanced intensity.

Boot Camp: For those looking for a challenging workout. You can expect running, cardio and strength drills, obstacle courses and more.

Cardio Interval: Burn more calories in less time. In this class, you can expect running and cardio drills combined with strength training.

Group Cycling: The classes are designed to simulate terrain and situations encountered in actual bike rides including hill climbs, sprints and interval training. The instructor uses music and enthusiastic coaching to motivate you to get to the next level.

Kickin' Core: Kickin' Core is a unique ball workout that alternates between body sculpting core exercises on the ball and calorie blasting intervals to assault your problem areas.

STRENGTH TRAINING CLASSES: Easy to follow classes that follow traditional strength training principles for all fitness levels.

Ab Attack: A quick class that hits the abs and the low back! Please warm up before coming!

Hard Core: For those who are looking for flat abs and improved balance. Using the BOSU, pilates rings, medicine balls and more this class will work your core to the max.

Pumped Up: This is a total body strength training class. Using primarily barbells and dumbbells muscular endurance is the focus.

Sculpt Up: Sculpt Up is a strength training class that focuses on the muscles of the upper body and core.

Super Sculpt: Get the benefits of the weight room in a group exercise setting. Since the repetitions will be limited to no more than 20 repetitions per set you can focus on progressing and building strong and defined muscles. Those who attend this class regularly will see the biggest strength gains!

CHOREOGRAPHED CARDIO CLASSES:

Combat Kickboxing: Jab, punch, kick and tiger claw your way to fitness! This is a great way to get a total body workout while learning simple self defense techniques. You will reduce stress while getting a vigorous but low impact workout.

Hip Hop Hustle: Burn fat and calories while you dance, dance, dance!

Seniorcise: This is a low impact class that will focus on improving cardiovascular endurance and muscular strength. This class is designed for the active older adult!

Step & Sculpt: This is a step aerobics class with basic choreography that also includes core work, strength training and stretching.

Step 2: A step class with more challenging choreography. Some step experience is recommended.

Sweatfest: This class varies each week. You can expect step, kickboxing, hi/lo, drills, Zumba and more. Schedules are posted.

Turbo Fusion: A combination of Turbo Kick and Kickin' Core- you will be doing the best parts of your favorite rounds.

Turbo Kick™: An addictive workout that combines shadow boxing, kickboxing, sports drills, yoga and simple dance moves in a party atmosphere.

Turbo Party: Turbo party includes Kickin' Core, Turbo Kick, Turbo Fusion, Step and/or Turbo Sculpt.

Zumba: Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

MIND BODY FITNESS CLASSES:

Breathing and Meditation: This yoga class will introduce you to simple breathing (Pranayam) exercises and yogic stretches (Asana) that will benefit all age groups. This class will help you relax, cure diseases and basically change your life by just using the power of your breath.

Fitness Yoga: This general fitness yoga class is designed for intro and intermediate students. The focus is on improving flexibility, strength and balance incorporating vinyasa and hatha yoga with breathing techniques to relieve stress and promote spirit-mind-body wellness.

Hatha Yoga: Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general well-being while controlling stress.

Pilates: A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis. **Pilates I is recommended for those with limited Pilates experience. Pilates II is an intermediate to advanced class. It is only recommended for those with experience.**

Pilates and Core: In addition to Pilates exercises, you can expect a variety of core and balance exercises using the BOSU and medicine ball as well.

Yoga and More: A mind-body fitness class that is yoga but includes Pilates as well!

WATER FITNESS CLASSES: *Easy to follow, low impact exercise including cardiovascular, strength and flexibility training. Water shoes are recommended. No swimming experience needed. Water fitness is free, but registration is required!*

Aqua Aerobics: This class is set to music and will get your heart pumping and tone your muscles.

Aqua Boot Camp: High energy class in the family pool including sport drills, aerobics, toning, core work and more.

Deep Water Fitness: An impact free workout great for those who want to a challenging workout including strength and toning. Participants must be comfortable in deep water. Floatation devices will be worn.

Masters Swimming: This is for the avid swimmer or tri-athlete looking to improve swimming technique and endurance in a team environment.

Pre & Post Natal: This class is geared for women who are pregnant or have recently given birth. The water will relieve pressure from your growing waistline and you will be able to exercise with other moms and moms to be. Those who are not pregnant or post-partum are welcome to join this class.

Swinnastics: Designed for the active older adult, emphasis is on improving flexibility, circulation, muscle toning and cardiovascular endurance.