

GROUP EXERCISE

WINTER 2010

Effective March 8

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	Endurance Beth K. (90) ⑥		Endurance Beth K. (90) ⑥				
6:00am		All Road Brian (60) ⑥		All Road Phil (60) ⑥			
7:30am	Integrated Body Sculpt Val (55)					All Road Mike (55) ⑥	
8:00am						Multi-Lev. Pilates Karen (55) ④	All Road John G. (60) ⑥
8:30am	Bootcamp Elaine (55)	Muscle Mix Kim P. (55)	Yogalates Toni (55)	Muscle Mix Kim P. (55)	Steptacular Toni (55)		Vingasa Yoga Toni (55)
	All Road* Toni (55) ⑥	All Road Theresa (55) ⑥		All Road Stephanie (60) ⑥	All Road* Karen G. (55) ⑥	All Road Marcela/John (60) ⑥	
9:00am		Chair Yoga Kim O. (25) ③	All Road Theresa [A] (60) ⑥	Chair Yoga Carol K. (25) ③	Tai Chi Thane (60) ③	Cardio Combo Nancy P. (55)	
9:15am							All Road Dave R./Liz F. (60)
9:30am	Yogalates Toni (60) ③	Power Yoga Kim O. (75)	Muscle Mix Val (55)	Pilates Interval Theresa (55)	Core Bootcamp Elaine (55)		Muscle Mix Amy (60)
	All Road Diana (55) ⑥	Gentle Yoga Elyse (60) ③		Gentle Yoga Kim O. (55) ③	All Road John S (55) ⑥		
	Kickboxing Suzi (55)						
10:15am							Kontakt Kickboxing Anne W. (60) \$\$
10:30am	Movin' on Up Stella (60)		Movin' on Up Corinne (60)	Power Yoga Danielle (75)	Movin' on Up Stella (60)		
	Chair Yoga Carol. (45) ③						
4:30pm				Yogalates Elyse (60) ③			
5:00pm	Yoga Core Fusion Mikaela (55)		Zumba Nancy B. (55)				
5:30pm		Core Conditioning Val (25)					
6:00pm	Muscle Mix Amy (55)		6-Pack Attack Val (30)	Cardio Interval Val (60)			
	All Road John S. (60) ⑥	All Road Mike (60) ⑥					
		Pilates Interval Amy (55)					
6:30pm			Awesome Arms Val (25)	Yoga Carol (75) ③			
7:00pm	Yoga Jerry (75)	Yoga Jerry (75)					
			All Road Dave R. (60) ⑥				
7:15pm			Martial Arts Thane (90)	Circuit Boxing Anne W. (60) \$\$			

All classes meet in Studio A unless otherwise noted.

* = NEW TIME

④ = Upstairs Studio A

⑥ = Spin Studio

③ = Downstairs Studio C

Ⓣ = Downstairs Treadmills

= New Class

\$\$ = Fee Based

() = class length

FITNESS CLASSES

6-PAC ATTACK

Get the abs you've always wanted with these intense 30-minute classes!

AWESOME ARMS

Get in, get out! You will train your arms like never before. Using free weights, you will be guided step-by-step to tone your biceps, triceps and shoulders in a short 30-minute time span.

BOOT CAMP

Improve your strength, speed, agility, and balance in this circuit format class. Sport specific drills introduced. Perfect for men and women. Come and see what it's all about.

CARDIO COMBO

A combination of Step, Bosu and aerobics all wrapped up in a 1-hour multi-level class. Get ready to move — anything goes in this variety class!

CARDIO INTERVAL

You'll never be bored in this class of cardio and muscle interval training. Anything goes - sports and agility drills, kickboxing, stations, weights and more. Fun for all levels.

CORE BOOTCAMP

Now is the time to start working toward your warm weather fitness goals! This class combines cutting edge cardio to target flab, strength training to sculpt a leaner, firmer shape, and interval training for maximum calorie burn

CORE CONDITIONING

Strengthening exercises that focus on abdominals, obliques and lower back!

INTEGRATED BODY SCULPT

This total body workout will integrate core into your workouts. Do compound movements for upper and lower body using light weights, body bars or tubing. Work on endurance and strength, speed up that metabolism and start the week off with a bang...just do it!!

KICKBOXING

Shadowboxing, combinations, footwork and core training come together in this all-levels hour to burn calories, increase endurance and tone the whole body.

MARTIAL ARTS

Ancient secrets and modern techniques - this instructional class covers broad martial arts technique and application. Great for self confidence, coordination, balance and mental clarity - great for all levels.

MUSCLE MIX

Pure muscle conditioning! Sculpt your way through a variety of training methods. Steps, Bosus, body bars, tubing, bands, barbells and free weights will be used to help you achieve muscular endurance & strength. Enhance agility, challenge your balance skills and build a stronger core!

PILATES INTERVAL

A high intensity fusion of Pilates, Kickboxing and Sculpting. If you are looking to bring your workouts to the next level then this is the class for you!

STEPTACULAR

Spice up your cardio routines with this innovative Step Class! This is an hour full of exciting Step choreography and fun power moves built from simple base combinations to make you sweat. Open to all levels and guaranteed to get your heart pumping.

TAI CHI

No impact - ideal for relaxation, balance, circulation and overall mobility - will cover the Beijing Tai Chi Form.

ZUMBA

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone & sculpt the body.

SENIOR CLASSES

GENTLE HATHA YOGA

This class consists of postures designed to stretch and strengthen the body with a strong emphasis on breath and being mindful in your movements. Through consistent Yoga practice you will increase strength, flexibility, reduce stress and muscular tension and balance mind, body and spirit. Most postures will be performed on the floor. Blanket and yoga strap recommended.

MOVIN' ON UP

In your chair or on your feet, it's the most enjoyable workout out there. Fun aerobics with some light muscle conditioning, balance, and flexibility work.

YOGA CLASSES

CHAIR YOGA

Join us for a class of stretching and strengthening in a chair with a mix of standing balancing poses. The focus on breathing and posture will reduce stress and increase overall well-being.

YOGA

In this supportive environment, learn how to listen to your body's needs and respect its limitations through gentle stretching. For beginner, intermediate and advanced.

POWER YOGA

A perfect way to strengthen, tone and balance your mind and body. A dynamic Vinyasa flow of blending breath and movement will leave you energized while washing away tension.

VINYASA YOGA

A flow based yoga linking breath to movement. The class will include sun salutations, standing, seated and balancing postures. For intermediate to advanced practitioners. Modifications will be given throughout the practice.

YOGA CORE FUSION

This one hour class combines the disciplines of core conditioning, Pilates, Yoga with light weights, and stretching that will produce long, lean muscles, strong and sculpted abs and buttocks.

YOGALATES

A complete and comprehensive fusion of Yoga and Pilates strengthening exercises together in a safe, effective results oriented class. It is excellent for developing muscular definition and overall fitness while also creating a sense of inner calm, relaxation and overall well-being.

CYCLING CLASSES

Sign up 1/2 hour prior to start of class.
ALL ROAD

Designed to build leg strength, endurance, and power. Train aerobically and anaerobically as you accelerate, breakaway, climb mountains and recuperate. A great cross-training workout!

ENDURANCE

Designed to work at a steady state enhancing muscle endurance and efficiency

PILATES CLASSES

MULTI-LEVEL PILATES

This class is open to both the novice and more experienced Pilates student. The instructor will tailor the class to the students in attendance with a challenging mix of both basic and intermediate Pilates moves. Instructors are prepared to challenge the skill level of each person, and will give direction and modifications to ensure that you can work with what feels best.

FEE-BASED CLASSES \$

CIRCUIT BOXING

Train like an authentic boxer, learn advanced techniques, gain speed, agility & finesse, and experience an intensive cardio workout. Master the complex skills of boxing throughout this dynamic workout. 8-weeks: \$110 members; \$150 non-members.

KONTACT KICKBOXING

Master the complex skills of contact kickboxing throughout this dynamic workout which incorporates total impact training, interval plyometrics, agility, speed and finesse. No person-to-person contact. Participants must have own gloves and wraps. 6-weeks: \$120 members; \$175 non-members.