







Fall '11 Group Fitness Schedule

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|---|---|---|--------------------------------------|---|---------------------------------|---|
| 6:15-7:15  Kerri | 6:15 - 7:15 Spin Stephen | 6:15 - 7:15  Kerri | 6:15 - 7:15 Spin Regina | 6:00-6:45 BOOTCAMP Kerri | | |
| | | 11:15-12:00 Zumba! Whitney | | 6:45-7:45 Yoga Stretch Naomi | 8:15 - 9:15 Spin Chrissie | 9:15-10:15  Dave |
| 11:00-12:00 Vinyasa Yoga Naomi | 11:00 - 11:55 Power Yoga Naomi | 12:00 - 1:00 BURN Ryan | 11:00-11:55 Pilates Leah | 11:15-12:00 Zumba! Whitney | | |
| 12:05 - 12:55 Spin Yolanda | 12:00 - 1:00 Step Gerry | 1:00-2:00 Body Blitz Naomi R | 12:00 - 12:55 Power Yoga Naomi | 12:00 - 1:00 Muscle Sculpt Gerry | | |
| 1:00 - 2:00  Gerry | 1:00 - 2:00  Kim | 2:00-3:00 Yoga Naomi | 1:00 - 1:45 Spin Stephen | 1:00-1:45 Cardio- Kickboxing Nancy | | |
| 5:30-6:15 BURN Ryan | 5:30-6:30 Vinyasa Yoga Naomi | 5:30-6:15 Spin Amy | 5:30-6:30 20/20/20 Dawn | 5:30-6:30 Group Power Gerry | | |
| 6:30-7:15 Tabata Fusion Cindy | 6:30-7:30 Muscle Madness John | 6:15-7:15  Dave | | | | |

Class Descriptions

20/20/20: An intense class broken up in 20 minute segments. A combination of interval training, core conditioning, and muscular strength using weights, steps, and body weight.

Body Challenge: A class specifically designed to burn calories and sculpt muscles. Basic cardio patterns are combined with a variety of floor and weight bearing exercises to challenge and tone any body!

BURN/BODY BLITZ: This class features a combination of calisthenics, military style drills and muscular conditioning exercises to provide an easy to follow yet challenging workout. **ADVANCED – Sign up required**

Cardio-Kickboxing: A high-energy featuring kickboxing techniques choreographed in combinations, with a primary focus on cardiovascular benefit.

Group Power: Your hour of power! This 60 minute barbell program 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. Discover results, discover Group Power!

Muscle Madness: A total body workout that focuses on small and large muscle groups. It uses various equipments to increase your metabolism and strengthen your muscles.

Muscle Sculpt: A class that uses weights, body bars, and gravity to strengthen and tone all majors muscle groups.

Pilates: A conditioning program that helps to improve muscle control, flexibility, coordination, muscle strength and tone. Pilates exercises target the abdomen, back and buttocks.

Power Yoga: A rigorous form of yoga characterized by a flowing series of poses practiced in continual and rapid succession. All levels welcome.

Spin: A high intensity stationary cycling class that involves interval training. Please bring a towel and water bottle to class. **Sign up required**

Step: A moderate to high intensity class that involves stepping up and down an adjustable platform using various stepping combinations.

Vinyasa Yoga: A class designed to relieve tension and stress through breathing techniques, stretching, meditation and body postures.

ZUMBA! A dance-fitness class that combines high energy and motivating Latin rhythms with unique moves and combinations to burn 500-700 calories per hour!!