

Group Exercise

August 30th, 2010

Studio A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45		(5:45-6:45) <b>Strength &amp; Stretch</b> SUZANNE	(5:45-6:45) <b>**Cycling</b> LINDA	(5:45-6:45) <b>Body Conditioning</b> LISA	(5:45-6:45) <b>**Cycling &amp; Core</b> LINDA		
7-8am	(8:15-9:15) <b>Strength &amp; Stretch</b> ANN	(8:15-9:15) <b>Step</b> BELINDA	(8:00-9:00) <b>Stott Pilates Mat</b> BETH **	(8:15-9:15) <b>Fitness Fusion</b> CRISTIN	(8:15-9:15) <b>Body Conditioning</b> LISA	(7:45-8:45) <b>**Cycling</b> KATHY	(7:45-8:45) <b>**Cycling</b> LISA
9am	(9:15-10:15) <b>**Cycling</b> LISA	(9:15-10:15) <b>Body Conditioning</b> CRISTIN	(9:15-10:15) <b>Cardio Fusion</b> LINDA	(9:15-10:15) <b>Body Conditioning</b> BELINDA	(9:15-10:15) <b>**Cycling</b> LISA	(9:00-10:00) <b>Step Special</b> LISA	(9:00-10:15) <b>Cardio &amp; Strength</b> LISA
10am	(10:20-11:15) <b>Bosu Ball Blast</b> BELINDA	(10:15-11:15) <b>Turbo Kick</b> CRISTIN	(10:15-11:15) <b>**Cycling &amp; Core</b> ANN		(10:20-11:15) <b>ZUMBA!</b> KRISTIN	(10:00-11:00) <b>Body Conditioning</b> LISA	
11:15	(11:15-12:15) <b>55+ Balance</b> <b>Strength &amp; Stretch</b> BELINDA		(11:15-12:15) <b>55+ Strength</b> <b>&amp; Stretch</b> SUZANNE				
12-2pm							
4:30pm	(4:30-5:30) <b>**Cycling</b> KATHY	(4:30-5:30) <b>Step/Bosu</b> DAWN			(4:30-5:30) <b>**Cycling</b> CONNIE		
5-6pm	(6:15-7:15) <b>ZUMBA!</b> KRISTIN	(5:30-6:30) <b>Cardio Strength</b> KELLY	(5:30-6:30) <b>**Cycling</b> SAM	(5:30-6:30) <b>Ball</b> LESLIE			
6-7PM	(7:30-8:30) <b>Stott Pilates Mat</b> BETH **		(6:30-7:30) <b>Body Conditioning</b> GREG	(6:30-7:30) <b>Zumbal</b> KRISTIN			
*Premier Family Membership ages 10 & up. **Sign up @ service center no more than 30 min. before start of class.							
Yoga							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		(6:00-7:15) <b>Vinyasa</b> SUZY			(6:00-7:00) <b>Slow Flow</b> <b>Vinyasa</b> SUZY		
8am		(8:00-9:00) <b>Healthy Backs</b> SUZY	(8:00-9:00) <b>Hatha Yoga</b> KELLY	(8:00-9:00) <b>Slow Flow</b> KELLY	(8:00-9:00) <b>Healthy Backs</b> SUZY	(8:00-9:00) <b>Healthy Backs</b> BELINDA	
9:15	(9:15-10:30) <b>Vinyasa</b> NANCY	(9:15-10:30) <b>Vinyasa</b> COLLEEN	(9:15-10:15) <b>Slow Flow</b> <b>Vinyasa</b> KELLY	(9:15-10:30) <b>Vinyasa</b> KELLY	(9:15-10:30) <b>Vinyasa</b> MOLLY	(9:15-10:30) <b>Vinyasa</b> JAMIE	(9:15-10:15) <b>Slow Flow</b> <b>Vinyasa</b> BELINDA
10:30	(10:30-11:30) <b>Hatha Yoga</b> ANN	(10:30-11:30) <b>Slow Flow</b> <b>Vinyasa</b> ANN	(10:30-11:30) <b>Hatha Yoga</b> TAMEKA		(10:30-11:30) <b>Hatha Yoga</b> ANN		
4-4:30	(4:30-5:30) <b>Healthy Backs</b> SUZY						
5:30pm	(5:45-6:45) <b>Slow Flow</b> <b>Vinyasa</b> SUZY	(5:45-7:00) <b>Vinyasa</b> MOLLY	(5:45-6:45) <b>Intro Yoga</b> <b>Family Yoga*</b> KELLY	(5:30-6:45) <b>Vinyasa</b> SCOTT			
7pm			(7:00-8:00) <b>Slow Flow</b> <b>Vinyasa</b> KELLY				
POOL / MARTIAL ARTS / PREMIER FAMILY CARDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		(11:15-12:00) <b>Aqua</b> CATHY	(9:15-10:15) <b>Kick &amp; Box</b> CORINNE	(6:45-7:45) <b>Aqua</b> LESLIE <b>PM</b>	(9:15-10:15) <b>Kick &amp; Box Cristin</b> (11:15-12:00) <b>Aqua</b> LESLIE		(12:00-2:00) <b>*PREMIER</b> <b>FAMILY CARDIO</b>

Group Exercise

September 6th, 2010

Studio A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	<b>HAPPY LABOR DAY</b>	<b>Strength &amp; Stretch</b> SUZANNE <small>(5:45-6:45)</small>	<b>**Cycling</b> LINDA <small>(5:45-6:45)</small>	<b>Body Conditioning</b> LISA <small>(5:45-6:45)</small>	<b>**Cycling &amp; Core</b> LINDA <small>(5:45-6:45)</small>		
7-8am	<b>Hours:</b> Pool 12-8:30pm Club 5:30am-3pm	<b>Step</b> LINDA <small>(8:15-9:00)</small>	<b>Stott Pilates Mat</b> BETH ** <small>(8:00-9:00)</small>	<b>Fitness Fusion</b> BELINDA <small>(8:15-9:15)</small>	<b>Body Conditioning</b> BELINDA <small>(8:15-9:15)</small>	<b>**Cycling</b> ANN <small>(7:45-8:45)</small>	<b>**Cycling</b> KIRSTEN <small>(7:45-8:45)</small>
9am	<b>Cardio Fusion</b> CRISTIN <small>(9:00-10:00)</small>	<b>Body Conditioning</b> CRISTIN <small>(9:15-10:15)</small>	<b>Cardio Fusion</b> ANN <small>(9:15-10:15)</small>	<b>Body Conditioning</b> BELINDA <small>(9:15-10:15)</small>	<b>**Cycling</b> LINDA <small>(9:15-10:15)</small>	<b>Step Special</b> CRISTIN <small>(9:00-10:00)</small>	<b>Cardio &amp; Strength</b> KATHY <small>(9:00-10:15)</small>
10am		<b>Turbo Kick</b> CRISTIN <small>(10:15-11:15)</small>	<b>**Cycling &amp; Core</b> ANN <small>(10:15-11:15)</small>		<b>ZUMBA!</b> KRISTIN <small>(10:20-11:15)</small>	<b>Body Conditioning</b> CRISTIN <small>(10:00-11:00)</small>	
			<b>55+ Strength &amp; Stretch</b> SUZANNE <small>(11:15-12:15)</small>				
12pm	<b>Labor Day</b>						<b>Zumba! Gold / Family *</b> PAM <small>(12:30-1:30)</small>
4pm		<b>Step/Bosu</b> BELINDA <small>(4:30-5:30)</small>			<b>**Cycling</b> SAM <small>(4:30-5:30)</small>		
5-6pm		<b>Cardio &amp; Strength</b> KATHY <small>(5:30-6:30)</small>	<b>**Cycling</b> SAM <small>(5:30-6:30)</small>	<b>Ball</b> LESLIE <small>(5:30-6:30)</small>			
6-7PM			<b>Body Conditioning</b> DAWN <small>(6:30-7:30)</small>	<b>Zumba!</b> KRISTIN <small>(6:30-7:30)</small>			
<small>*Premier Family Membership ages 10 &amp; up. **Sign up @ service center no more than 30 min. before start of class.</small>							
Yoga							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	<b>HAPPY LABOR DAY</b>	<b>Vinyasa</b> SUZY <small>(6:00-7:15)</small>			<b>Slow Flow</b> Vinyasa SUZY <small>(6:00-7:00)</small>		
8am		<b>Healthy Backs</b> SUZY <small>(8:00-9:00)</small>	<b>Hatha Yoga</b> KELLY <small>(8:00-9:00)</small>	<b>Slow Flow</b> COLLEEN <small>(8:00-9:00)</small>	<b>Healthy Backs</b> SUZY <small>(8:00-9:00)</small>	<b>Healthy Backs</b> KELLY <small>(8:00-9:00)</small>	
9:15	<b>Slow Flow Vinyasa</b> NANCY <small>(9:15-10:15)</small>	<b>Vinyasa</b> COLLEEN <small>(9:15-10:30)</small>	<b>Slow Flow Vinyasa</b> KELLY <small>(9:15-10:15)</small>	<b>Vinyasa</b> COLLEEN <small>(9:15-10:30)</small>	<b>Vinyasa</b> MOLLY <small>(9:15-10:30)</small>	<b>Vinyasa</b> COLLEEN <small>(9:15-10:30)</small>	<b>Slow Flow Vinyasa</b> KELLY <small>(9:15-10:15)</small>
10:30		<b>Slow Flow Vinyasa</b> KELLY <small>(10:30-11:30)</small>	<b>Hatha Yoga</b> TAMEKA <small>(10:30-11:30)</small>		<b>Hatha Yoga</b> ANN <small>(10:30-11:30)</small>		
4pm	<b>Labor Day</b>						
5:30pm		<b>Vinyasa</b> MOLLY <small>(5:45-7:00)</small>	<b>Intro Yoga Family Yoga*</b> KELLY <small>(5:45-6:45)</small>	<b>Vinyasa</b> SCOTT <small>(5:30-6:45)</small>			
7pm			<b>Slow Flow Vinyasa</b> COLLEEN <small>(7:00-8:00)</small>				
POOL / MARTIAL ARTS / PREMIER FAMILY CARDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Aqua</b> CATHY New Time <small>(9:15-10:15)</small>	<b>Kick &amp; Box</b> CRISTIN <small>(9:15-10:15)</small>	<b>Aqua</b> LESLIE New Time <small>(9:15-10:15)</small>	<b>Kick &amp; Box</b> Cristin <small>(9:15-10:15)</small>		<b>*PREMIER FAMILY CARDIO</b> <small>(12:00-2:00)</small>

## Group Exercise Class Descriptions

**55+ Balance & Strength**— This class is designed for both men and women over 55 and will concentrate on improving and maintaining balance, core stability and strength. Class will also include a warm-up and cool down stretches to help improve flexibility.

**55+ Strength & Stretch**— This 60 -minute class is designed to give you a total body workout with added emphasis on stretching all your major muscle groups. This class uses dumbbells, body bars, tubes, bands and body weight exercises. For all fitness levels.

**Aqua**— Discover the wonder of water in this 60-minute class. A low impact yet intense workout. Improves cardiovascular fitness, challenges the body's core and balance, enhances flexibility and strengthens and tones both the upper and lower body. Great for all fitness levels.

**Body Conditioning**— A 60-minute strength and resistance training class designed to challenge all your major muscle groups. This class uses dumbbells, body bars, tubes, bands and body weight exercises for a challenging workout for all fitness levels.

**Boot Camp**— This cardio/strength workout involves calisthenics-like exercises including pushups, jumping jacks, crunches and other related exercises. No dance aerobics in this class. The key to this class lies in the intensity. For the advanced exerciser.

**Cardio & Core**— Join us for this 60 minute class of "anything goes" cardio and core strength work. You're sure to have a good time and get a great workout. For all fitness levels.

**Cardio Blast**— This class focuses on cardiovascular fitness by moving you through a variety of exercises in a variety of formats. Be prepared for anything cardio in this class! Great fun for all fitness levels.

**Cardio Combo & Strength**— We've designed this 1.25 hour class to give you a cardio and strength training workout in one. The cardio component of class covers anything from low impact and step aerobics to kickboxing and circuit drills. Every Sunday is a different class! For all fitness levels.

**Cardio Lite**— A great class for those looking for a moderate, low-impact workout designed to get your heart pumping without the stress of high impact and intensity. An ideal class for the novice exerciser or those wanting to enhance their fitness level.

**Core Strength on the Ball**— This class utilizes the physioball to strengthen all your major muscle groups, with particular emphasis on building core strength. This class provides a variety of exercises using body bars, body weight, free weights, bands and tubes. For all fitness levels.

**Cycling**— A 60-minute indoor cycling class designed for the cycling enthusiast. Various cycling drills used in every class make for an awesome workout! For all fitness levels.

**Cycling Circuit**— Join us for this 1.25 hour class consisting of cycling and strength training intervals. We'll cycle to get your heart pumping and strengthen and sculpt your muscles for a total body workout! For all fitness levels.

**Family Fitness**— Join us for an hour of conditioning fun for the Premier Family Member. Class will include strength, cardiovascular, and flexibility training. For ages 10 & up and all fitness levels!

**Fitness Fusion**— This class provides comprehensive head-to-toe fitness. It includes resistance training with a variety of equipment and modalities focusing on the core and fused with intervals of cardiovascular training. The class will finish with a relaxing stretch.

**Kick & Box**— Kick and Box your way to fitness! This class uses both martial arts and boxing techniques in a group setting. An intense workout for the participant who wants a challenge! Wraps and/or gloves helpful.

**Kickboxing**— A 60-minute cardio class combining traditional aerobics with kickboxing, boxing, and martial arts.

**Low Impact**- Easier to follow, warm-up, 40 minutes of low impact moves & abs.

**Pilates Mat Orientation**- A 45 minute mat orientation incorporating basic principals & applications of Pilates movements working the body as a whole.

**Power Sculpt**— A heart rate raising, 60 minute total body conditioning, with movements utilizing more than one muscle group @ a time.

**Step**— A 60-minute traditional step class. You'll begin with a warm-up, add some challenging and fun step choreography, and finish with a cool down. A workout sure to make your day. For all fitness levels.

**Step Special**— If you love a traditional step workout, then you'll love this class. Format includes a warm-up, challenging step choreography (inline, circle, double or extreme) for a full 45-50 minutes, and a cool down. For the intermediate to advanced participant.

**Ultimate Ride**— This 90 minute cycling offers great off season training for the outdoor cycling enthusiast or a super-charged cycling workout for the indoor rider.

**Zumba**— Join us every Sunday morning for this fun Latin dance inspired workout!

## Yoga Class Descriptions

**55+ Yoga**— Join us for this special yoga class designed for our 55+ members. Work on balance, strength, and flexibility in this special yoga class. Beginners welcome!

**Family Yoga**— Join us for an hour of yoga for the Premier Family Member. For ages 10 & up and all fitness levels!

**Hatha Yoga / Hatha Flow** — Yoga for a multi-age, multi-level class. Hatha yoga consists of postures that place attention on balance, strength, flexibility and relaxation & incorporates flows.

**Healthy Backs Yoga**— A basic yoga class that focuses especially on creating strength and flexibility in the back. Particularly good for those with flexibility issues, those recovering from an injury, or those wanting a gentler form of yoga. For all fitness levels.

**Slow Flow Vinyasa**— A milder form of Vinyasa yoga, which links breath and movement in a free flowing sequence. For all fitness levels.

**Vinyasa Yoga**— An advanced, cardio and strength intensive practice in a heated environment, which links breath and movement in a free flowing sequence. For the advanced yoga participant.