

Effective: June 14, 2010

Subject to change without notice

# SUMMER Schedule 2010

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6:30-7:15 45 Minutes	SPINNING <i>Kelly</i>		SPINNING <i>Alison</i>		SPINNING <i>Jan</i>		
7am hour		7:15-8:00 PILATES <i>Peggy</i>		7:00-8:00 YOGA/Level 1 <i>Richard</i>	7:30-8:30 PILATES <i>LeAnna</i>	7:05-7:55 SPINNING <i>Mike</i>	
7:30-8:10 40 minutes	ON THE BALL <i>Kate/Jan</i>		ON THE BALL <i>Kate</i>				
8:15-9:00 45 minutes	POWER XPRESS <i>Jan</i>	SPINNING <i>Jan</i>	SCULPT <i>Kate</i>	SPINNING <i>Cindy</i>		8:15-9:15 POWER <i>Jan/Cindy</i>	
9:15-10:15 60 minutes	ZUMBA <i>Amy</i>	POWER <i>Jan</i>		POWER <i>Cindy</i>	9:00-10:00 Cardio Mix <i>Nancy</i>	9:30-10:15 SPINNING <i>Jan/Cindy</i>	
10:30-11:30	TAI CHI 24form <i>Julie</i>	Level 2 YOGA 75 min <i>Richard</i>	10:15-11:15 BALANCED STRETCH <i>Shannon</i>		10:15-11:25 Level 2 YOGA <i>Richard</i>	MOVEMENT FUSION <i>Moyra</i>	9:00-10:15 Level 1 & 2 YOGA <i>See board</i>
12:15-1:00 45 minutes			SPINNING <i>Patty</i>	11:30-12:15 TAI CHI 24form	SPINNING <i>Patty</i>		
4:15-5:15	MOVEMENT FUSION <i>Moyra</i>	5:00-5:20pm 20 min CORE <i>Jan</i>	Level 1 YOGA <i>See Board</i>		4:00-5:00pm Level 1 & 2 YOGA <i>See Board</i>		
5:30-6:15 45 minutes	SPINNING <i>Cindy</i>	POWER XPRESS <i>Jan</i>	SPINNING <i>Mike</i>	PILATES <i>LeAnna</i>			
6:30-7:45 75 minutes	Level 1 YOGA <i>Richard</i>						
<b>Aqua Classes</b>							
11:30-12:30	AQUA-dw* <i>Marni</i>	AQUA <i>Cindy</i>	AQUA-dw* <i>Cindy</i>	AQUA-dw* <i>Marni</i>	AQUA <i>Sue</i>	dw*=deep water w/floatation	

**Club Hours:** Monday thru Thursday: 5:30 am – 9:00 pm

Friday: 5:30-9:00pm Saturday: 7:00am-9:00pm Sunday 8:00am -8:00pm



## *Cardio Classes*

**Spinning:** The original indoor cycling program that is more than just a workout. Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the day, or reinvent yourself, Spinning is your ride. All fitness abilities, all at your own pace! Bring a bottle of water and a towel to class. Spinning classes require a reservation. Please sign up over the phone (595-7600 ext 0) or at the front desk as early as the day prior to class. Min. age is 14 years old. Please no late admittance.

**Cardio Mix:** Keep your body guessing! Cardio exercises are rotated between cycling, hi/low, step and circuit! Core included in this invigorating class that will get you ready for the weekend!

**Aqua & Deep H2O Exercise:** Safe, effective, in-the-water workout developing cardiovascular health, strength and endurance. Aqua includes exercises in both the shallow end and deep end of the pool, whereas Deep H2O Exercise includes exercises performed solely in the deep water -- reducing impact to joints.

**Zumba:** This class is a combination of Latin dance and fitness. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat!

**Movement Fusion:** Yoga, Pilates, belly dance, aerobics, and jazz are among the movements seamlessly blended together in a relaxing and empowering environment.

## *Strength Classes*

**CORE:** This 20 minutes fast paced class will work your abdominals and Core stabilizers. All levels are welcome to attend as many options and modifications may be made to suit your ability!

**Group Power:** This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with great music and awesome instructors. With simple, athletic movements such as squats, rows, presses and curls, Group Power is for all ages and fitness levels. Power Xpress: Same class just a shorter version. Total length 45minutes.

**Sculpt:** All major muscle groups will be worked in this class. A variety of equipment is used to work your body from head to toe!

**On the Ball:** Utilizing a large, rubber ball (55 cm) and the addition of dumbbells, body weight, and balancing exercises, you will improve your core strength, balance, and muscle tone.

## *Flexibility Classes*

**Balanced Strength:** Simple movements sometimes using the ball and foam roller to help improve your balance and flexibility.

**Yoga:** Yoga (Hatha Yoga) of the body includes postures (asanas) and breath control (pranayama). Yoga is the classical tool that is designed to strengthen the body's ability to maintain proper health of the muscles, joints, and spine while relaxing the mind. Great way to improve posture, balance, and coordination. Level 1 - Beginner

## *Mind/Body Classes*

**Pilates:** Connect your mind and body through the methods of Joseph Pilates. This graceful workout builds abdominal and torso strength. Exercises are coordinated with breathing and deep abdominal control. Improved posture, flexibility, balance, and a streamlined shape are just a few of the benefits of MAT Pilates.

**Yoga:** Yoga (Hatha Yoga) of the body includes postures (asanas) and breath control (pranayama). Yoga is the classical tool that is designed to strengthen the body's ability to maintain proper health of the muscles, joints, and spine while relaxing the mind. Great way to improve posture, balance, and coordination. Level 1 - Beginner

**SIGN UP/AGE:** Spinning requires a sign up, up to 1 day prior. Min. age is 14. All other classes 11 yrs.

