

Winter Schedule 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:15 45 Minutes	SPINNING <i>Rosemary</i>		SPINNING <i>Alison</i>		SPINNING <i>Kelly</i>		
7am hour		7:15-8:00 PILATES <i>Peggy</i>		7:00-8:00 Level 1/YOGA <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</i>		Sculpt <i>Kate</i>				
8:15-9:00 45 minutes	POWER XPRESS <i>Jan</i>	SPINNING <i>Jan</i>	Zumba <i>Kate</i>	SPINNING <i>Cindy</i>		60 minutes POWER <i>Jan/Cindy</i>	
9:15-10:15 60 minutes	45 minutes SPINNING <i>Dorian</i>	POWER <i>Jan</i>		POWER <i>Cindy</i>	9:00-10:00 GROOVE <i>Jan</i>	9:30-10:15 SPINNING <i>Jan/Cindy</i>	9:00-10:15 Level 1 & 2 YOGA <i>Hana</i>
10:30-11:30	GROOVE <i>Jan</i>	Level 2 YOGA 75 min <i>Richard</i>	10:15-11:15 BALANCED STRETCH <i>Shannon</i>		Level 2 YOGA <i>Richard</i>	MOVEMENT FUSION <i>Moyra</i>	
12:15-1:00 45 minutes			SPINNING <i>Patty</i>		SPINNING <i>Patty</i>		
1:30-2:30			Adaptive Yoga				
4-5pm Hour	4:15-5:15pm MOVEMENT FUSION <i>Moyra</i>	5:15-5:35pm 20 min CORE <i>Jan</i>	4:00-5:00pm Level 1 YOGA <i>Hana</i>	5:00-5:40pm PILATES <i>LeAnna</i>	4:00-5:00pm Level 1 & 2 YOGA <i>Hana</i>		
5:30-6:15 45 minutes	SPINNING <i>Cindy</i>	5:45-6:30 Power Xpress <i>Marni</i>	SPINNING <i>Mike</i>	5:45-6:30 Power Xpress <i>Jan</i>			
6:30-7:45	Level 1/Yoga <i>Richard</i>						
Aqua	11:00-11:50am Aqua Therapy*		10:30-11:40am Aqua Therapy*	Small Pool: Fee based / Pre-Registration required			
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>Rotation</i>	dw*=deep water w/floatation	
Tai Chi		Tai Chi		Tai Chi			
10:30-11:30		Pavilion/Troy		Pavilion/Troy			

Club Hours: Mon. -Thurs: 5:30 am - 9:00pm Fri. 5:30am-8:00pm Sat. 7:00 am - 8:00pm Sun. 8:00am - 8:00pm

Cardio Classes

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.

Group Groove: If you can move, you can Groove! You'll stomp, wiggle, jiggle, hip, hop, shimmy, shake, glide and most importantly, sweat your way through this 60 minute dance inspired fitness program. A dynamic fusion of dance styles creates an all-out cardio jam designed to be the coolest way to get fit! Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.

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.

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!

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 and the addition of dumbbells, body weight, and balancing exercises, you will improve your core strength, balance, and muscle tone.

Mind/Body and FlexibilityClasses

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

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.

Tai Chi 24 Form: Tai Chi is a simple yet powerful form of exercise that allows the mind and body to harmonize and work together as one. Improve your balance, posture, strength, concentrations and relaxations. Class begins with warm- up and breathing exercises, gentle stretching, and form instruction.

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

Adaptive Yoga: A Chair yoga class specially designed for people with MS or special needs. Building strength, mobility, balance and flexibility with mantras (chanting), pranayama (breathing techniques) and modified yoga poses. Also handouts provided to help develop an at-home practice. All experience levels welcome.

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

Aqua Therapy Class Information

Aqua Therapy: This small group aqua therapy class benefits those recovering from injury, surgery and with chronic health conditions. Gentle, warm water workouts promote relaxation, circulation, and healing and is a great stress reliever! This class can help decrease pain, inflammation, and abnormal muscle tone, while increasing range of motion, endurance, strength, posture, coordination, balance, and overall function. Meets in small pool. Enrollment limited. Sign up at the front desk or email Jan Secord at: wellfit@avilabayclub.com