

Group Fitness Class Calendar

Effective: **August 10, 2009**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	(5:45 AM) Tri-Train Cycle-Run-Swim St. 2/90 min Power Pump Studio 1 50 min	Cycle Studio 2 50 min SMASH Circuit Gym Floor 60 min	Power Pump Studio 1 50 min	Cycle Studio 2 50 min	Sports Conditioning St.1/60 min		
8:00AM			Cardio- Lite & Tone Studio 1 50 min		Cardio Lite & Tone Studio 1 50 min		
8:15AM	Trekking Fitness Floor 50 min			Trekking Fitness Floor 50 min			
9:00AM	Step Challenge Studio 1 45 min		ZUMBA Cardio Dance Studio 1 45 min		Step Interval Studio 1 45 min	Step Surprise Studio 1/45 min Cycle Studio 2/50 min	
9:15AM		Cycle/Sculpt Studio 2 75 min		Cycle Bottom Line Studio 2 75 min			
9:30AM		Pilates Studio 1 50 min		Yoga Studio 1 50 min			
9:45AM	Power Pump Studio 1 50 min		Power Pump Studio 1 50 min		Power Pump Studio 1 50 min	Power Pump Studio 1 50 min	
10:45AM		Keep Moving Studio 2 45 min		Keep Moving Studio 2 45 min			
4:00PM		Kid Fit Studio 2 50 min					
4:30PM	Power Pump Studio 1 50 min		Step Interval Studio 1 50 min		Power Pump Studio 1 50 min		
5:30PM	Power Pump St. 1/50 min Cycle St. 2/50 min	Step Challenge Studio 1 45 min	Power Pump St. 1/ 60 min. Cycle St. 2/50 min.	Pilates St. 1/50 min Cycle St. 2/50 min	ZUMBA Cardio Dance St. 1/50 min		
6:15PM		Muscle + Studio 1 60 min.					
6:30PM	Step Interval Studio 1 50 min	Yoga Studio 2 60 min	ZUMBA Cardio Dance Studio 1 50 min	Muscle + Studio 1 60 min			

* No reservation required for 'Cycle 101' however; all other Cycle & Trekking classes require advanced reservation.

Note: Classes averaging less than 6 participants are subject to change or removal from the schedule.

Group Fitness Class Descriptions

Cardio-Lite & Tone: Low-impact floor aerobics is mixed with total body muscle conditioning for a complete workout. Designed for beginner to intermediate of all ages!

Cycle: Stationary cycling in a group fitness setting - This biking challenge will push its riders to their limits and beyond! Class is easily adaptable for beginners to advanced.

Cycle/Bottom Line: Stationary cycling in a group fitness setting combined with muscle-specific conditioning targeted to abdominals and glutes!

Cycle/Sculpt: This class design integrates fluid strength training techniques with high intensity Cycle to create a total body workout. Your heart will be challenged in 10 minute intervals, with top to bottom muscle conditioning in 5 minute blocks between. Shake up your weekly routine with this challenging cross-training option!

Keep Moving: This 45 minute class is designed specifically for individuals with arthritis. Reduce joint pain and stiffness, increase flexibility, muscle strength, and improve cardiac fitness and endurance with exercises to alleviate arthritic symptoms.

Muscle Plus +: Strengthen and sculpt with this variety muscle conditioning class. Weights, tubes, bands and balls will be utilized to challenge your upper and lower body while simultaneously working your core. All levels are encouraged to participate.

Pilates: Exercises using only a mat and your own body weight to strengthen and stretch the core muscle groups (abdominals, lower back, buttocks). Pilates increases abdominal strength, improves posture, and body mechanics. It also reduces joint and lower back stress. This class is designed for all fitness levels.

Power Pump: An awesome strength-training workout emphasizing toning and muscle definition. This 60 minute class targets every major muscle group with the use of an adjustable barbell and dumbbells. Enhance strength endurance and improve muscle tone without "bulking up"! Featuring easy to follow routines set to super motivating music, this power hour proves to be popular for both men and women ~ and suitable for all fitness levels!

SMASH Circuit: High intensity circuit Training Session that utilizes a wide variety of exercise equipment and movements – this circuit training class is simply smashing!

Sports Conditioning: This 60 minute class is for the person that loves the intensity from repetitive cardio interval drills mixed with plyometric movement and strength training.

Step Challenge: Intermediate to advanced step combinations are featured in this cardio option for a fun and challenging class that will keep you on your toes!

Step Interval: Receive a challenging cardio workout with this option that offers you FUN step choreography complete with high intensity interval conditioning.

Step Surprise: Come experience a different flavor of Step each week! Saturday Step will surprise you with a lot of bench variety. Examples: Step Interval, Bench 2 Bench, Step Challenge, BBT, etc.... Join in the weekend fun!

Trekking: Using treadmills on the fitness floor, this Group Fitness cardio training class is designed to accommodate the beginner to advanced participant. You will work at your own level of fitness monitored by a heart device, while being coached and motivated by your instructor. Class is limited to eleven participants, so reservation is a must to secure a spot for this class. You may call or stop by the front desk to make your reservation within 24 hours of the class.

Tri-Train: This class is an awesome combination of three sports packed into one 90 minute class. Come Cycle, Run and Swim yourself into a super-fit new you for the new year. This class can be adaptable for all fitness levels and will offer you cross-training benefits while building friendships in motion.

Yoga: Wring out your tension and stress with the total mind/body fitness program. Yoga is a holistic program of exercise, breathing, and relaxation techniques designed to improve or maintain quality of health. All fitness levels are welcome to this class that focuses on balance, posture and flexibility.

Zumba Cardio: Come experience this NEW style of latin dance cardio training! Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. This FUN packed "easy to do" workout will add inspiring life to your personal cardio routine. Zumba is a "feel happy" workout that is great for both the body and mind! Ditch the workout.....Join the party!!!