

2012

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| Fitness Center Group Exercise Schedule | | | | | | | |
|--|--|--|---|--|---|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning | Cycling 5:30-6:15a Studio 3 | Got Strength? 5:30-6:15a Studio 1 | Cycling 5:30-6:15a Studio 3 | Ballet Barre Sculpt 5:30-6:15a Studio 1 | | | |
| | Boot Camp 6:15-7:15a Studio 1 | Cycling 6:30-7:30a Studio 3 | AM Yoga & Meditation 6:15-7:15a Studio 2 | Cycling 6:30-7:30a Studio 3 | Yoga 6:30-7:30a Studio 2 | Cycling 8:00-8:45a Studio 3 | Step & Sculpt Intervals 8:30-9:30a Studio 1 |
| | Total BOSU 8:00a-8:45a Studio 1 | H2O Circuits 6:15-7:00a Pool | Zumba 8:00-8:50a Studio 1 | H2O Circuits 6:15-7:00a Pool | Boot Camp 8:00-8:50a Studio 1 | Pilates Mat 9:00-10:00a Studio 2 | Gentle Aqua 9:00-10:00a Pool |
| Lunch | Cycling 12:15-1:00p Studio 3 | Ballet Barre Sculpt 12:00-12:45p Studio 2 | Step Rewind 12:15-1:00p Studio 1 | Yoga 12:15-1:15p Studio 2 | Zumba 12:15-1:00p Studio 1 | Zumba 9:30-10:30 Studio 1 | Yoga 9:30-10:30a Studio 2 |
| | Zumba 12:30-1:30p Studio 1 | Cardio Kickboxing 12:30-1:15p Studio 1 | Cycling 12:30-1:15p Studio 3 | Tabata Boot Camp 12:15-12:45p Studio 1 | Cycling 12:15-1:00p Studio 3 | | |
| | Aqua Box 12:30-1:15p Pool | Yoga 1:00-2:00p Studio 2 | Total BOSU 1:00-1:45p Studio 1 | Core & More 12:45-1:30p Studio 1 | willPower & Grace 1:00-2:00p Studio 2 | | |
| Mid-Afternoon | Got Strength? 2:30-3:15p Studio 1 | Step Rewind 2:30-3:15p Studio 1 | Express Sculpt 2:30-3:00p Studio 1 | Cycling 2:30-3:15p Studio 3 | Ballet Barre Sculpt 2:30-3:15p Studio 1 | | |
| | Cardio Kickboxing 3:30-4:15p Studio 1 | Cycling 3:30-4:15p Studio 3 | Tabata Boot Camp 3:00-3:30p Studio 1 | Zumba 3:30-4:30 Studio 1 | Yoga 3:00-4:00 Studio 2 | | |
| | Cycling 4:30-5:15p Studio 3 | Total BOSU 5:15-6:00p Studio 1 | Pilates Mat 4:30-5:15p Studio 2 | Cycling 4:30-5:15p Studio 3 | Express Sculpt 4:30-5:00p Studio 1 | | |
| Evening | willPower & Grace 5:15-6:15p Studio 1 | Yoga 5:30-6:30p Studio 2 | Cycling 5:15-6:00p Studio 3 | Get on the Ball 5:30-6:15p Studio 1 | Friday Night Dance Party 5:15-6:00p Studio 1 | | |
| | Yoga 5:30-6:30p Studio 2 | | Aqua Box 5:30-6:15p Pool | | Cycling 5:30-6:15p Studio 3 | | |

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|------------|--------------|------|----------|--------|
| TOTAL BODY | YOGA/PILATES | AQUA | SPINNING | CARDIO |
|------------|--------------|------|----------|--------|



Sample Fitness Center Class Descriptions

BOOT CAMP – This multiple intensity class uses athletic movements designed to take you to a new level of fitness. Cross train between jump rope, boxing drills, cardio step circuits, sit-ups, push-ups, weight training movements, and so much more. Please tell the instructor before class if you are new to Boot Camp so proper modifications can be given.

CARDIO KICKBOX – Jab! Cut! Hook! Kick! This class combines aerobic and anaerobic boxing drills designed in a cardio-choreographed fashion. Short, quick movements with high repetition challenge your heart rate while toning muscles. Sweat it out in this class! All levels welcome.

CORE & MORE – Strong Abs and a healthy Back equals a rock solid Core! This 30 minute class focuses on building strength and definition for your core muscle groups. Experience new moves each week utilizing various fitness equipment such as stability balls, Bosu, glides, and medicine balls. All levels welcome.

CYCLING – Take a cardiovascular journey focused on high and low intensity heart rate training. Whether it's climbing a steep hill or sprinting past your opponent, you will learn to balance heart rate and breathing to achieve optimal cardiovascular health. Great for all fitness levels because you can control your own bike resistance – in this class, you get what you put into it.

EXPRESS SCULPT - This 30 minute toning class targets all major muscle groups and may utilize different equipment each session, including dumb bells, tubing, body bars, and stability balls. Learn exercises that you can do on your own in the fitness center or at home. All levels welcome.

FRIDAY NIGHT DANCE PARTY - This is a cardio dance party that fuses exercise with simple dance moves. The class uses fun, familiar music to get you moving, grooving, smiling, sweating, and sometimes singing. There is no complex choreography, so coordination and rhythm are NOT required.

GENTLE AQUA - This is lower intensity, non-impact water class designed to train the body for functional movement on land. Low intensity aerobic activities combined with toning make for a total body experience. Instructor may use water noodles.

GET ON THE BALL! – Using the stability ball as primary equipment, challenge your body with cardiovascular, strength and flexibility exercises.

GOT STRENGTH? – This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups. This is a perfect class for someone looking to build strength but who may be intimidated by machines in the fitness center. Think of this as a group personal training session – with great music and a lot of personality!

H2O CIRCUITS – Water aerobics offers a total body workout in a non-impact setting. We will combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O! All levels welcome.

H2O BOX – This is a non-impact, yet intense, take on traditional cardio kickboxing. Punch sequences are performed above and below water level to create varied resistance, and kicks focus on leg strength while pushing against the natural resistance created by water. Instructor may choose to use water weights.

LOW IMPACT CARDIO – A gentle but challenging class, participants will focus on functional movements to help them expand on, or maintain, their fitness level. Class is led with modifications for both standing and chair-only movements. All fitness levels and abilities are welcome.

PILATES MAT – Think “long lean body”. This class focuses on strength and flexibility of the major muscle groups and is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing/relaxation. All levels welcome.

STEP & SCULPT – Get the best of both worlds in this action packed class! Step aerobic combinations alternating with body sculpting exercises will strengthen every muscle in your body and provide a great cardiovascular workout. All levels welcome.

STEP REWIND – Step Aerobics is one of the most traditional, long-standing group fitness classes, but we realize some classes became too complex to follow. Not here! Combinations are broken down and taught building up to a fun routine – all while giving you a great cardiovascular workout. All levels welcome.

TABATA BOOT CAMP – Tabata protocol calls for short bouts of high intensity effort followed by a short recovery period. This class is short in length but high in results.

EXPRESS SCULPT – Focus on toning and strengthening your muscles using various pieces of equipment (dumb bells, body bar, resistance bands, step, balls, and more!) This class is designed to teach you proper form and execution of many different exercises while putting emphasis on tone, strength and flexibility. Learn the basics here and don't be afraid to try these moves on your own! All levels are welcome; modifications to exercises are always offered.

TOTAL BOSU – Achieve a balanced workout (no pun intended!) This class offers cardiovascular, strength and balance segments to provide an overall total body workout using the BOSU Ball. All levels welcome; supportive sneakers, such as cross-trainers, highly recommended.

willPower & Grace™ - This class is the yoga junkie's answer to cardio. Combining mind/body principles with dance movements, you will experience a balanced yet energetic cardiovascular class fused with traditional calisthenics. The core theme behind this class is functional training – movements that help you with everyday life. All levels welcome. **Note: This class is traditionally executed barefoot. If you are not comfortable barefoot, it is OK to wear a thin soled sneaker.*

YOGA/MORNING YOGA - De-stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, and strength while meditation helps to improve focus. All levels welcome.

ZUMBA™ - Zumba combines high energy, captivating music with latin inspired moves that will leave you asking for more. Think *Dancing With The Stars* is fun to watch? Try some similar moves for yourself! Zumba is a “feel good” workout geared toward all levels. Think you're not a dancer? No problem! We bet you'll find the dancer within. All levels welcome.

