



Group Fitness Class Schedule

February 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Spin Core 90 Min. Studio A/B Kay						
6:00 AM			AM Express Studio A/B Jillian		AM Express Studio A/B Jennifer		
6:45 AM			**Deep Stretch 45 Min. Studio A/B Jillian		**Deep Stretch 45 Min. Studio A/B Jennifer		
8:00 AM							
8:30 AM	Water Aerobics Resort Pool Bonnie		Water Aerobics Resort Pool Bonnie		Water Aerobics Resort Pool Bonnie	Spin Studio A/B	
9:00 AM	**Yoga- All Levels Studio A/B Kurt	**Pilates Mat Studio E Joan Spinning Studio A/B Angie	Interval Training Studio A/B Janet	Spinning Studio A/B Susan **Pilates Mat Studio E Patti	** Yoga All levels, Studio E Casey Spinning Studio A/B Kay	**Pilates Flex Studio E Patti	Spinning 90 Min Studio A/B
9:30 AM						** Yoga All Levels Studio A/B Rasoul	
10:00 AM	Advanced Cardio Power Sculpting Studio A/B Angie	**Chair Aerobics Studio E Patti **Nia Studio A/B Razel	**Stretch & Relax 45 Minutes Studio A/B Janet	**Chair Aerobics Studio E Patti **Nia (65 Min.) Studio A/B Razel	Power Sculpt Studio A/B Angie	**Chair Aerobics Studio E Patti	
10:30 AM						**Beginning Dance Exercise Studio A/B Ruth	**Yoga All Levels Studio A/B Rasoul
11:00 AM	**Restorative Yoga Studio E Kurt	**Zumba Sculpt Studio A/B Janet			B-Flexible Studio E Angie		
11:30 AM						**Adv. Ex. Dance Studio A/B Ruth	
4:30 PM			**Nia (65 min.) Studio A/B Razel				
4:45 PM							
5:00 PM		**Yoga Studio A/B Jillian Restorative Yoga 2nd & 4th Tues.		**Yoga Studio A/B Jillian			
6:00 PM		Total Muscle Conditioning Studio A/B Jillian		Interval Training Studio A/B Jillian			
6:45 PM	**Stretch & Relax Studio A/B Rasoul		**Zumba Studio A/B Janet				
7:00 PM		**Beg. Ex./Dance Studio A/B Ruth		**Int/Adv. Ex/Dance Studio A/B Ruth			

**Due to allergic reactions....
Please refrain from Wearing Perfumes
In Fitness Classes!
Thank You!**

NEW SPECIAL **Mind & Body Packages for Non-Members - 10 classes for \$120.00 / 20 classes for \$200.00

**Free for Family Memberships, \$10 fee for Kids of Members, \$15 fee for Non-Members per class Schedule, Format & Instructor are subject to change without notice

Group Fitness Class Description

(All classes are 50 minutes hour unless noted)

Advanced Cardio Power Sculpt	This class has it all. High intensity cardiovascular movement intervals mixed with dynamic and exciting muscle conditioning exercises.
AM Express	Cross-training class which focuses on cardiovascular, muscular strength & endurance, and flexibility. Uses a variety of equipment.
Deep Stretch	A gentle, warm blend of deep stretches, yoga poses with occasional use of props to increase muscle relaxation, posture awareness, and flexibility. All levels welcome!
Water Aerobics	Combines aerobic conditioning and muscular endurance using the resistance properties of the water with a variety of water equipment to improve endurance & flexibility without stress to the joints. All ability levels are welcome.
Calorie Burn Cardio Conditioning	This class uses a variety of equipment for a high intensity/calorie burning sure to improve your cardiovascular fitness.
Chair Aerobics	Class emphasizes core strengthening based on the principles of Joseph Pilates. Emphasis is on strengthening and developing lean muscles while improving flexibility. This class is Senior friendly.
Exercise/Dance Beg. &/ Adv	Experience the combination of Exercise & Dance. Stretch, Flex and develop the ABC's (Agility, Balance & Control) of this fun fusion class.
Interval Training	This sculpting class combines strength training with cardiovascular intervals to help boost your metabolism and build strength. All levels welcome
Low Impact Aerobics	A fun, low-impact, movement class using a variety of music. Easy to follow dance-based choreography. Class begins with a warm-up followed by cardio/dance segment, cool down, toning work and ends with stretching.
Muscle Conditioning	Using a variety of equipment, this class will increase strength and muscle endurance while toning your entire body. Includes a great ab workout!
Nia	Nia is a low-impact mind/body class that combines yoga, tai chi, dance, and other exercises. Movements are combined with mindful images to experience a physical & mental workout. All levels!
Pilates, Pilates Express (45 min)	Pilates is a series of low-impact, flexibility and muscle-toning exercises based on the work of German fitness guru Joseph Pilates. Whether participating in floor (mat) moves or working with the equipment, Pilates emphasizes proper body alignment, flexibility and the development of lean muscles.
Spinning (45 min)	Individually paced stationary cycling class utilizing the motivation of a group setting with focus on both physical and mental training. This class uses a variety of music.
Stretch & Relax (60min or 30Min)	Focus will be on movements that will increase joint mobility, reduce risk of injury, and increase overall flexibility level. Stretch & Relax (Morning Stretch) will focus lengthening muscles and stress management.
Stretch & Core (60 min)	Stretch & Core is a fusion of formats including core, stretch, pilates and yoga.
Power Sculpt	This energetic class combines work with the BOSU, weights, body bar, and other props to maximize sculpting. Cardio intervals may be added for a variety.
Yoga, Yoga All Levels, Yoga Flow, Yoyalates,	Focus will be on forms of movement that promote balance, flexibility, strength and relaxation through various postures and techniques. All fitness levels encouraged to participate. Yoga Flow based on flow principals. Yoyalates combines Yoga & Pilates; breath, stretch & core strength.
Yoga Restorative	Restorative yoga class is a therapeutic class focusing on relieving stress and tension from the body while rejuvenating your mind and body.
Zumba Zumba Sculpt adds additional muscle work.	Zumba is a fusion of Latin and International music-dance themes that create a dynamic, fitness class. Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Fun and easy to do.