

Group Exercise

Group Exercise Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.	Bodypump® <i>Main Studio</i> (45 min.)	Cycling <i>Rooms 1 & 2</i> (45 min.)	Bodypump® <i>Main Studio</i> (45 min.)	Spinning® II <i>Rooms 1 & 2</i> (45 min.)		
7 a.m.	Spinning® I <i>Rooms 1 & 2</i> (45 min.)		Spinning® I <i>Rooms 1 & 2</i> (45 min.)			8:15 a.m. Spinning® II <i>Rooms 1 & 2</i> (45 min.)
8:15 a.m.	Bodypump® <i>Main Studio</i>	Tai Chi I <i>Main Studio</i> (45 min.)	Bodypump® <i>Main Studio</i>	Tai Chi I <i>Main Studio</i> (45 min.)	Boot Camp <i>Main Studio</i> (45 min.)	
8:30 a.m.		Bodyflow®* <i>Rooms 1 & 2</i>		Yoga II* <i>Rooms 1 & 2</i>		9 a.m. Bodypump® <i>Main Studio</i>
9 a.m.		Tai Chi Cane Form <i>Main Studio</i> (30 min.)		Tai Chi Cane Form <i>Main Studio</i> (30 min.)	Yoga for Athletes <i>Rooms 1 & 2</i> (45 min.)	10 a.m. Bodystep®* <i>Main Studio</i>
9:30 a.m.	Bodystep® <i>Rooms 1 & 2</i> (45 min.) New Horizons I <i>Main Studio</i>	Tai Chi II <i>Rooms 1 & 2</i> Zumba Toning <i>Main Studio</i>	Spinning® 101 <i>Rooms 1 & 2</i> (45 min.) New Horizons I <i>Main Studio</i>	Tai Chi II <i>Main Studio</i>	New Horizons I <i>Main Studio</i>	11 a.m. Bodyflow®* <i>Main Studio</i>
10:30 a.m.	New Horizons II <i>Main Studio</i>		New Horizons II <i>Main Studio</i> Chair Yoga <i>Rooms 1 & 2</i> (45 min.)		New Horizons II <i>Main Studio</i>	
10:45 a.m.		Yoga I <i>Main Studio</i>		Yoga I <i>Main Studio</i>		<p>All classes are one hour unless otherwise noted. ... All schedules are based on attendance and are subject to change. To remain on the schedule, class size must remain consistent. ... Participants should wear appropriate shoes to class. No work boots or rubber-soled shoes are allowed on the studio floor.</p> <p>*These classes are kid-friendly. Junior members are welcome with parent participation.</p> <p>**These classes are six-week sessions, and pre-registration is required. Please check with the instructor or front desk for session dates.</p>
11:30 a.m.	Zumba Gold <i>Main Studio</i> (50 min.)		Bodyflow® <i>Rooms 1 & 2</i> (45 min.)		Devoted Fitness <i>Main Studio</i>	
noon	Bodyflow®* <i>Rooms 1 & 2</i>	Intro to Pilates** <i>Main Studio</i>	Intro to Yoga** <i>Main Studio</i>	Intro to Tai Chi** <i>Main Studio</i>	Bodyflow®* <i>Rooms 1 & 2</i>	
4 p.m.		Intro to Pilates** <i>Rooms 1 & 2</i>	Intro to Yoga** <i>Main Studio</i>			
4:45 p.m.	Boot Camp <i>Main Studio</i> (45 min.) Pilates* <i>Rooms 1 & 2</i> (45 min.)	Yoga for Athletes <i>Main Studio</i> (45 min.)	TurboKick* <i>Main Studio</i> (45 min.) Junior Yoga <i>Rooms 1 & 2</i> (30 min.)	Bodystep® <i>Main Studio</i> (45 min.)		
5 p.m.		Core Challenge <i>Rooms 1 & 2</i> (30 min.)		Core Challenge <i>Rooms 1 & 2</i> (30 min.)		
5:15 p.m.					Yoga for Athletes <i>Main Studio</i> (45 min.)	
5:30 p.m.	Bodypump® <i>Main Studio</i> Nia** <i>Rooms 1 & 2</i>	Spinning® II <i>Rooms 1 & 2</i> (45 min.)	Spinning® 101** <i>Rooms 1 & 2</i> (45 min.) Bodyflow® <i>Main Studio</i>	Spinning® II <i>Rooms 1 & 2</i> (45 min.) Bodypump® <i>Main Studio</i>		
6:15 p.m.		Ab Blast <i>Rooms 1 & 2</i> (15 min.)		Ab Blast <i>Rooms 1 & 2</i> (15 min.)		
6:30 p.m.	Spinning® I <i>Rooms 1 & 2</i> (45 min.)	Yoga I* <i>Rooms 1 & 2</i> Zumba <i>Main Studio</i>	Intro to Tai Chi** <i>Main Studio</i>	Zumba Toning** <i>Main Studio</i> Yoga II <i>Rooms 1 & 2</i>		

Group Exercise Class Descriptions

BEGINNER CLASSES

■ **Intro to Nia** A six-week class that is inspired by and builds upon martial and healing arts. It embodies the essences of nine movement forms. Pre-registration is required. *Beginner*

■ **Intro to Pilates.** Pilates is a combination of exercises that assists in creating strength, flexibility, improved posture, and efficiency of movement and mobility. Pre-registration is required. *Beginner*

■ **Intro to Tai Chi.** This class teaches the principals of tai chi through the Yang 24 form. Tai chi is a martial art that improves balance, strength and health through a series of graceful, flowing movements combined with deep breathing. *Beginner*

■ **Intro to Yoga.** This six-week class is an opportunity to learn basic yoga asanas or postures. The benefits of this class include muscular strength and toning, increased flexibility, improved balance, and a calmer, quieter mind. *Beginner*

■ **New Horizons I.** A total workout for seniors and those just beginning a fitness program. Cardio, strength, stretching, balance and relaxation are included. *Beginner*

■ **New Horizons II.** This class offers the same format as New Horizons I, but with increased intensity and duration. *Beginner – Intermediate*

■ **Spinning® 101.** Class provides a six-week introduction to spinning, focusing on hand positions and basic core movements. *Beginner*

GENERAL CLASSES

■ **Ab Blast.** Ab Blast is a quick, efficient abdominal training session for the body's core area. *Beginner - Advanced*

■ **Bodyflow®.** Bodyflow® is a fusion of yoga, Tai Chi and Pilates that will calm the mind while lengthening and strengthening the body. Stand taller, feel stronger,

gain flexibility and be more aware of your mind and body.

Beginner – Advanced

■ **Bodypump®.** Bodypump® is the original barbell workout that strengthens the entire body. It challenges all major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. *Intermediate – Advanced*

■ **Bodystep®.** Bodystep® is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength. *Beginner – Advanced*

■ **Boot Camp.** Designed to challenge the experienced exerciser who wants to improve sport performance or go to the next level. Expect military and sports conditioning drills like sprints, plyometrics and strength work. **Not appropriate for beginner exercisers or those with orthopedic concerns.** *Advanced*

■ **Core Challenge.** This 25-minute boot camp challenges all the core muscles from shoulder girdle to hip and everything in between. A great lead into cycling, bodypump or to stand alone with your existing cardio workout. *Intermediate-Advanced*

■ **Junior Yoga.** Combines yoga and play. Each class includes a warm-up phase, a working (playing) phase and a cool down/deep stretch/relaxation phase. Improves strength and flexibility, coordination and posture and helps kids learn to relax and handle stress, improve concentration, attention and focus. *Beginner – Advanced*

■ **Spinning® I.** The group cycling class that gears you up for an aerobic workout. It includes a 30-minute ride and teaches basic riding skills and positions with intensity levels from beginner to intermediate. *Beginner - Intermediate*

■ **Spinning® II.** The group cycling class that gears you up for an aerobic workout. It includes a 40-minute ride and teaches riding skills and positions with intensity levels from intermediate to advanced. **(Water bottles and towels are mandatory. Inform the instructor if this is your first class.)** *Beginner – Advanced*

■ **TurboKick.** TurboKick™ is the evolution of kickboxing. It is a cardiovascular workout for men and women set to music and incorporating bouts of intensity intervals, as well as strength and toning sections. Class begins with a sport-specific warm-up and moves into intense cardiovascular intervals, featuring easy-to-follow combinations of punches, kicks, anaerobic drills, leg endurance and abdominal exercises, and ends with a Tai-Chi-like cool down. *Intermediate – Advanced*

SPECIALTY CLASSES

■ **Devoted Fitness.** Dance aerobics to upbeat Christian music. Slide, stomp, Cha Cha, jog, kick, salsa, twist, shuffle, jump and shout your way to a healthy you.

■ **Nia.** Combining carefully selected movements and concepts from Yoga, Tai Chi, Tai Kwon Do, Aikido, Jazz, Modern Dance and other movement forms, Nia classes offer total-body cardiovascular conditioning and cross training for any sport or activity. **Adaptable for any level of fitness and agility.**

■ **Pilates-based Mat Class.** Pilates (*pronounced* Pi-Lah-Tees) is a combination of exercises that assist in creating strength, flexibility, improved posture, and efficiency of movement and mobility. *Beginner – Advanced*

■ **Sports-specific Yoga.** Offers a way for athletes ages 11-15 who are physically fit to enhance their performance in football, baseball, track, golf and tennis. Class focuses on improving flexibility of the quadriceps, hamstrings and spine. Flexibility in these areas can increase speed, reduce the risk of injury and shorten recovery time if an athlete is injured. The class also will focus on building upper body strength and flexibility in the shoulders.

■ **Tai Chi I.** Combines deep breathing with postures that flow from one to another through a series of slow, relaxed and continuous movement.

Beginner – Advanced

■ **Tai Chi II.** The class continues to build on the discipline of Tai Chi. *Intermediate – Advanced*

■ **Tai Chi Cane.** A special Tai Chi routine based on characteristics of postures with traditional cane martial function. Participants should be in the Tai Chi I or II class or be able to perform the Yang 24 short form.

■ **Yoga I.** This class emphasizes breathing and concentration while performing basic yoga Asanas — or postures — to enhance strength, flexibility, balance and relaxation. **(Inform the instructor if this is your first class.)** *Beginner – Advanced*

■ **Yoga II.** More challenging than Yoga I. More standing postures are emphasized. *Intermediate – Advanced*

■ **Yoga for Athletes.** This class is a fitness-based, athletic style of yoga blending strength, cardiovascular, flexibility and balance techniques. *Intermediate – Advanced*

■ **Zumba.** Zumba is a fitness party designed for everyone. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be fun and easy to do. *Beginner – Advanced*

■ **Zumba Gold.** Zumba Gold targets a larger audience of Zumba enthusiasts — the true beginner and active older adults. It takes the Zumba formula and modifies the moves and pacing to a lower impact level. Improve aerobic power, lower-body muscular endurance, strength, flexibility, balance, agility and gait speed. *Beginner – Advanced*

■ **Zumba Toning.** Zumba Toning raises the bar — or toning stick — with a class designed for the more hard-core Zumba participant. It combines targeted body-sculpting exercises and high-energy cardio work with familiar Zumba moves to create a calorie-burning, strength-training dance-fitness party. *Advanced*