

Winter 2010 (January 11 – March 28)

	Fitness Studio	Cycle Studio	Pool	Yoga Studio
MON	5:45A Step/30 Flow/30 – Angela 8:45A Step/45 – Stacia 9:30A BodyPUMP® – Amy/Stacia 4:30P Power Step & Abs – Angela 5:30P BodyCombat® – Laura/Ashley 6:30P BodyPUMP® – Lora/Kevin 7:30P Zumba® – Debbie/Jessica	9:30A Cycle/30 Yoga/30 – Jerri 12:00P Cycle – Lisa 5:30P Cycle – Cristina	9:00A Aqua Fitness – Laura 4:30P Aqua Fitness – Stacie	8:30A Yoga – Katy 5:30P Power Yoga – Michelle
TUE	5:45A BodyPUMP® – Gloria 8:30A Low Impact Fitness & Stretch – Debbie 9:30A Step II – Stacia 12:00P BodyPUMP® – Jerri 5:30P BodyPUMP® – Angela 5:30P Zumba® *on the court* - Debbie/Jessica 6:30P BodyFLOW® - Lora 7:30P BodyCombat® – Cristina/Danielle	10:30A Cycle – Laura 4:30P Cycle/45 – Amy 6:00P Cycle/45 – Dave	9:00A Aqua Fitness – Lora 10:30A Senior Splash – Mary 5:30P Aqua Fitness – Stephanie	8:30A Yoga – Jerri 5:30P Yoga Kids® – Katy
WED	8:45A Step/45 – Jerri 9:30A BodyPUMP® – Amy/Laura 12:00P BodyFLOW® – Angela 5:00P Power Step – Laura 6:00P Ab Blast – Kevin 6:30P BodyPUMP® – Kevin	5:45A Cycle – September 9:30A Cycle/30 Yoga/30 – Michelle 5:30P Cycle – Ashley	9:00A Aqua Fitness – Debbie 4:30P Aqua Fitness – Stacie	8:30A Yoga – Lisa 5:30P Yoga – Nancy
THU	5:45A BodyPUMP® – Cristina 8:30A Dance I and Strength – Debbie 9:30A Step II – Angela 12:00P BodyPUMP® – Dave 5:30P BodyPUMP® – Lisa 6:30P Zumba® – Debbie/Jessica	10:30A Cycle – Jerri 4:30P Cycle/45 – Angela 6:00P Cycle/45 – Lora	9:00A Aqua Fitness – Lora 10:30A Senior Splash – Mary 5:30P Aqua Fitness – Stephanie	8:30A Yoga – Jerri 6:30P Restorative Yoga - Jerri
FRI	8:30A Tai Chi Fundamentals (Wallyball court) – Stacie 8:45A Latin Cardio - Stacia 9:30A BodyPUMP® – Stacia/Laura 5:30P BodyPUMP® – Leann	5:45A Cycle – Stacie 12:00P Cycle – Angela	9:00A Aqua Fitness – Susan 4:30P Aqua Fitness – Mary	9:30A Yoga - Carolyn
SAT	8:15A Step /45 – Angela 9:00A BodyCombat® – Kevin/Gloria 10:00A BodyPUMP® – Lora	9:00A Cycle – Lisa 11:00A Cycle – Michelle	9:00A Aqua Fitness – Stacie	10:00A Yoga/90 – Jerri
SUN	3:00P Intro to BodyCOMBAT® - Laura/Debbie 4:00P BodyPUMP® – Leann/Aaron 5:00P <i>BodyFLOW</i> ® – Jerri	3:00P Cycle – Amy		

Club Hours:

Mon. – Thurs. 5:30A-10:30P
 Fri: 5:30A – 8:00P
 Sat: 8:00A – 7:00P
 Sun: 12:00P – 7:00P



Daycare Hours:

Mon. – Thurs. 8:00A-8:30P
 Fri: 8:00A – 8:00P
 Sat: 8:15A – 6:00P
 Sun: 3:00P – 6:00P

Group Fitness Schedule

(Jan 11th through March 28th)

FITNESS STUDIO

Step Level II (55 min.)

A great step workout and full of fun. Choreography and music keep this class going. Abs included. (45 minute classes do not include abdominal training.) **Step and Flow** is 30 minutes of step followed by a 30 format BodyFLOW® Class.

Power Step Level II - III (55 min.)

Powerful step training without a lot of choreography. This class is sure to get the heart pumping for a serious 50 minute cardio workout!

Power Step & Abs All levels (55minutes)

A 30-40 minute powerful cardio class with basic step moves, followed by abdominal training, aimed at strengthening the core.

Abs Express All levels (30 minutes)

This 30 minute class focuses on sculpting the core. Exercises focus on firming the abdominal muscles that play an important role in maintaining good posture and a healthy back.

Zumba® All Levels (55min.)

Latin music, fun moves, no difficult dance moves and a great cardio workout. Have fun, move, shake it and you are doing "Zumba"!

Latin Cardio All Levels (45min.)

Latin cardio workout

Low Impact Fitness & Stretch Level I (55 min.)

Fitness class that includes cardiovascular training and stretching specific to seniors, with good music to keep the workout fun.

Dance I & Strength Level I (55 min.)

Senior boogie class, dancing, but not too fast! Strength training with bands and light weight balls and dumbbells.

Tai Chi Fundamentals All Levels (55 min.)

Movement that originates in martial arts, benefits include health and relaxation, as stress is a major reason for pain. This is a great class for new exercisers, members with back pain, seniors and anyone wanting a meditative moving workout.

BODYPUMP All Levels (60 min.)

BodyPUMP® is not recommended for expecting mothers.

Les Mills BODYPUMP™ – challenge yourself with the original barbell class that strengthens and tones your entire body. BODYPUMP™ is a weights workout to music. It's the fastest way to burn fat, tone muscles and strengthen your body. Because it's so challenging, those who do it feel a real sense of achievement and self-confidence.



Level II/III (55 mins.)

BODYCOMBAT® is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing, Muay Thai and Tai Chi. Each 55-minute BODYCOMBAT® class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

Intro to Combat Level II (55 mins.)

After we teach you the punches and the kicks and how to do them safely, we have a shortened format BodyCOMBAT® class to try out your new skills!

CYCLE STUDIO

Cycle All Levels (60 min.) (Tues/Thurs 4:30 and 6pm cycle are 45minutes)

First 5 minutes of class is set aside for bike set-up and cycle adjustments.

Group cycling is taught to motivating music, which simulates an outdoor, all terrain workout. Ride in a non-competitive setting, training aerobically and anaerobically.

Cycle /Yoga All Levels (30/30 min.)

30 minutes of group cycling followed by awesome cycling specific yoga poses.

YOGA STUDIO

Basic Yoga Level I (60 min.)

Learn basic standing poses and proper positioning. This class will assist transition to both regular Yoga classes and BodyFLOW®.

Yoga (60 min./Saturday 90 min.) Intermediate yoga.

Restorative Yoga All levels (60 min.) This class is open to beginners and expectant moms. A slower paced yoga class, yet very rejuvenating.

YogaKids® (60 min.)

For children ages 5 – 12. YogaKids is designed to improve posture, strength, balance and flexibility.



All Levels (60 min.)

(Tuesday 6:30pm and Sunday 5:00pm classes are held in the fitness studio)

BODYFLOW® – the yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. It works on mind as well as body to leave you feeling centered, renewed and stress-free. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

POOL CLASSES

Senior Splash Level I (55 min.)

This class is designed for members with Arthritis or muscle/joint related problems. The exercises help relieve stiffness, increase range of motion, and build strength. This class is great for people with arthritis, beginning exercisers.

Aqua Fitness Level II /III(55 min.)

Enjoy this non-impact, exhilarating workout as you burn calories, tone muscles, and achieve flexibility. This workout will include multi-level training with moves for intermediate to advanced participants.

Level I – Beginner level classes. Great for new exercisers!

Level II – An intermediate level fitness class.

Level III – High level exercise class for fit individuals and those who want a challenging workout.

We reserve the right to change instructors and classes if needed.