



**Schedule Effective January 2, 2012**

|           | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   | <b>SATURDAY</b>   |
|-----------|--|--|---|--|---|---|
| <b>AM</b> | <b>8:15-9:00</b><br>Nice-N-Easy<br>Workout -<br>Cathy<br><br><b>9:00-9:30</b><br><b>9:30-10:30</b><br>Core<br>Essentials &<br>Interval<br>Burn -<br>Jeannine | <b>8:40-9:25</b><br>Zumba -<br>Cathy<br><br><b>9:30-10:30</b><br>Body In<br>Balance -<br>Susie<br><br><b>10:35-11:35</b><br>*Pilates -<br>Marirose | <b>8:15-9:00</b><br>Nice-N-Easy<br>Workout -<br>Cathy<br><br><b>9:30-10:30</b><br>Weight<br>Training 101 -<br>Nancy     | <b>9:30-10:30</b><br>Rock Bottoms<br>Plus Core -<br>Lynda R<br><br><b>10:40-11:40</b><br>*Hatha Yoga-<br>Linda T | <b>9:30-10:30</b><br>Ready<br>For The<br>Weekend -<br>Susie | <b>8:30-9:30</b><br>Sculpt & Core -<br>Nancy<br><br><b>9:35-10:30</b><br>Forever Fit -<br>Nancy |
| <b>PM</b> | <b>5:30-6:30</b><br>CRT (Cardio<br>Resistance<br>Training) -<br>Susie<br><br><b>6:35-7:35</b><br>Zumba -<br>Sarah  | <b>5:30-6:30</b><br>*Vinyasa<br>Flow Yoga -<br>Linda T<br><br><b>6:35-7:35</b><br>Court<br>Challenge -<br>Susie                                    | <b>5:30-6:30</b><br>Ultimate<br>Cardio/<br>Kickboxing -<br>Jeannine<br><br><b>6:35-7:35</b><br>Body Strength -<br>Nancy | <b>5:30-6:30</b><br>Zumba -<br>Katy<br><br><b>6:35-7:35</b><br>Forever Fit -<br>Nancy                            |   |   |

Please note: All classes are free to members and their guests. No sign up is required; just attend the class of your choice. The only exception to this is the \$1.00 per class fee for all Yoga and Pilates classes. A ten class Yoga/Pilates punch pass is available for Purchase at the front desk. **\*Indicates classes which require an additional \$1.00 fee.** Instructors are subject to last minute changes due to illness or emergencies.

## **Aerobics, Pilates and Yoga Class Descriptions**

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**Monday & Wednesday, 8:15-9:00 am; Nice-N-Easy Workout:** This 45 minute class meets in the lounge for a gentle toning-stretch class. The whole class will be conducted sitting or holding onto a chair while exercising. You will build strength as you improve your posture and flexibility as well as balance. Various equipment will be used for light toning. All fitness levels welcome in this fun but safe class.

**Monday, 9:00-9:30 & 9:30-10:30 am; The Core Essentials and Interval Burn:** This is a two part class. The first 30 minutes of class is a TOTAL core training. A strong core helps with strength, balance, good posture, sports conditioning and performance and lower back issues. The second half, we will pump up those weights and our heart rates through interval training. Top fitness experts follow this form of a workout to maximize calorie burn. Intervals of weights for one minute, followed by two minutes bursts of cardio will burn off the fat. This high intensity, low impact workout is fun yet challenging for beginners to advance. Followed by 15 minutes of stretching.

**Monday, 5:30-6:30 pm; CRT (Cardio Resistance Training):** Get a full body workout with maximum calorie burn. CRT will mix up your stale workout and shock your body into burning more fat while shaping your body. Using various equipment you will get resistance training, cardio and core workout all in an hour. All fitness levels welcome.

**Monday, 6:35-7:35 pm; Zumba:** Maximize calorie output, fat burning and total body toning with Latin and International music. Class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Easy to follow dance steps mixed with body sculpting movements provide effective fitness system.

**Tuesday, 8:40-9:25 am; Zumba:** Maximize calorie output, fat burning and total body toning with Latin and International music. Class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Easy to follow dance steps mixed with body sculpting movements provide effective fitness system.

**Tuesday, 9:30-10:30 am; Body In Balance:** This moderately paced class focuses on balance moves, challenging and improving your flexibility and strengthening your core through controlled motion. Various equipment including stability balls, light weights, resistance bands, medicine balls and the BOSU will be used. All ages and fitness levels welcome!

**Tuesday, 10:35-11:35 am; Pilates:** The overall body fitness to develop strength, flexibility and coordination through the core of the body, back, abdomen and hips. Pilates improves posture, lung capacity and strong sculpted muscles. All fitness levels welcome!

**Tuesday, 5:30-6:30 pm; Vinyasa Flow Yoga:** A flowing series of postures linked by breath. This type of yoga develops mind/body awareness, increases strength and flexibility. The instructor will challenge of modify postures to meet the need of each student. Each class begins with breathing exercises and progresses to Sun Salutation, standing, balancing, seated and reclining poses. Each class ends with techniques to increase relaxation and decrease stress. The focus on Tuesday will be strength and flexibility.

**Tuesday, 6:35-7:35 pm; Court Challenge:** High energy cardio mix, with power and strength training moves. Court Challenge will improve your endurance, strength and agility. Equipment used: Step, BOSU, jump ropes, weights, body bars, medicine balls resistance bands and more!

**Wednesday, 9:30-10:30 am; Weight Training 101:** Let's work either upper body or legs, using the principles of repetition and resistance, by using weights, bands, body bars, medicine balls and body weight to facilitate strength gains and muscle definition to get the maximum calorie burn. Abdominal work and stretch included.

**Wednesday, 5:30-6:30 pm; Ultimate Cardio:** Power-packed athletic workout incorporates traditional boxing and kickboxing techniques for the ultimate fat-burning cardio conditioning! Get a full body workout with upbeat music. Last 15 minutes will concentrate on strengthening the core (abs and back).

**Wednesday, 6:30-7:30 pm; Body Strength:** Challenge your muscles using hand-held weights, bands, medicine balls and body bars in this total-body muscle conditioning class. This class combines stationary weight work including squats, lunges and abdominal work with high concentration on core.

**Thursday, 9:30-10:30 am; Rock Bottoms Plus Core:** This 60 minute class is designed to focus on your lower body, including legs and glutes through the use of the medicine ball, tubes, weights, BOSU ball and step. Finishing off with focus on core (abs and back), and stretch. A variety of exercises will help define your abs and lower body in no time!

**Thursday, 10:40-11:40 am; Hatha Yoga:** All levels are welcome to this class that will focus on breath awareness and gentle stretching of the muscles. Class will also include poses to increase circulation to the joints and muscles. Instructor uses props and adjustments to help each student deepen their practice. Each class will include relaxation/meditation techniques and is an excellent complement to aerobics.

**Thursday, 5:30-6:30 pm; Zumba:** Maximize calorie output, fat burning and total body toning with Latin and International music. Class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Easy to follow dance steps mixed with body sculpting movements provide effective fitness system.

**Thursday, 6:30-7:30 pm; Forever Fit:** A whole body workout with focus on core and lower body exercises. Adding upper body strength-training into the mix is a big plus. Using your own body, bands, medicine balls and weights with a variety of exercises will give your body the push you need.

**Friday, 9:30-10:30 am; Ready For the Weekend:** Sick of step? This class combines floor aerobics, sports conditioning and kick boxing moves to build muscle while getting a great cardio workout. A variety of equipment like jump ropes, decks, BOSU, medicine balls are used to make this class challenging every week. Beginner? We'll show you ways to modify and get a great workout at any level. Class finishes with attention to toning abdominal and back muscles. See you there!

**Saturday, 8:30-9:30 am; Sculpt & Core:** Do you want to reshape your body and strengthen your core? Using free weights, bands, Body-Bars, and medicine balls we will be working the whole body from head to toe! Focusing on form, sets and repetition, you will get the maximum after-burn (calories burned up to 24 hours after a weight training session). Cardio alone is not the answer!

**Saturday, 9:35-10:30 am; Forever Fit:** Saturday class is for those individuals who want to push their fitness to the next level, increase endurance or just change up your workout! It is a great way to lose body fat, strengthen your core and burn ultimate calories. Empower yourself by giving your body and your fitness the attention that you deserve!! All fitness levels welcome.