

Group Fitness Schedule • Winter Session

Monday, January 2–Sunday, February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning* (S) 6:10–7:00 • Alison	Fit Camp (S) 6:10–7:00 • Laurie	Spinning* (S) 6:10–7:00 • Don	Fit Camp (S) 6:10–7:00 • Alison	Spinning* (S) 6:10–7:00 • Don	Spinning* (S) 8:15–9:15 • Various (See schedule below)
Spin Core & More*(S) 8:35–9:35 • Maureen	Spinning* (S) 7:10–8:00 • Nancy	Spin Core & More*(S) 8:35–9:35 • Amy	Spinning* (S) 7:10–8:00 • Nancy	Spin Yoga* (S) 8:35–9:35 • Joann	Variety (S) 9:30–10:30 • Various (See schedule below)
Aquacize (P) 8:45–9:45 • Carole New Time!	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Express Workout (S) 9:45–10:15 Katherine	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Cardio Sculpt (S) 9:45–10:30 • Joann New Class!	Power Yoga* (C) 9:30–10:45 • Jack
Zumba (S) • (30min) 9:45–10:15 • Katherine	Yoga Flow (S) 9:45–10:45 Katherine	Yoga for Flexibility & Balance (S) 10:20–10:50 Katherine	Fitness Yoga (C) 8:35–9:35 Katherine	Prime Time* (S) 11:15–12:15 • Carina	Sunday
Yoga for Flexibility & Balance (S) 10:20–10:50 • Katherine	Express Workout (S) 4:30–5:00 Amy/Sabrina	Prime Time* (S) 11:15–12:15 Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Spin Yoga (S) 9:15–10:30 • Nancy
Prime Time* (S) 11:15–12:15 • Katherine	Spin Core & More*(S) 5:20–6:20 • Amy	Gentle Yoga (C) 1:00–2:00 • Katherine	Aquacize (P) 11:00–12:00 • Carole	Zumbatomic* (S) 4:00–4:30 Katherine & Holly	Zumba (S) 1:15–2:15 • Elma
Fit for Life (S) 1:00–2:00 • Katherine	Retro Hi–Lo (S) 6:30–7:15 • Laurie	Zumbatomic (S) 3:15–3:45 • Grades 4–6 Katherine & Holly	Express Workout (S) 4:30–5:00 • Laurie	Zumba (S) 5:20–6:20 • Katherine	Sunday Zumba is open to youth 9 years old and above with an adult.
Fit Kids (S) 3:15–3:45 • Grades 4-6 4:00–4:30 • Grades K-3 Emily		Zumbatomic (S) 4:00–4:30 • Grades K–3 Katherine & Holly	Spin Core & More*(S) 5:20–6:20 • Laurie		
Cardio Sculpt (S) 5:30–6:15 Laurie/Brittany		Cardio Kick & Sculpt* (S) 5:30–6:15 • Laurie	Total Body Conditioning (L) 5:30–6:15 • Kara New Class!	Class Notes & Schedule Changes	
C.T.C (L) 5:30–6:45 Sabrina/Jimmy		Yoga Flow* (C) 5:20–6:20 • Katherine	Karate* (S) 6:30–8:00 • Dave	Power Yoga will be held in the Bowling Alley at 9:30am on Saturday, Jan. 14.	There will be no Fit Kids on Monday Jan 4, Jan. 16, and Feb. 20.
Aquacize (P) 5:40–6:40 • Carole		Aquacize (P) 5:30–6:30 • Carole		Gentle Yoga will be held in the Studio at 1:00pm on Wed., Jan. 4 & Feb. 1.	There will be no Zumbatomic on Wed., Feb. 22
Karate* (C) 6:00–7:30 • Dave		Spinning 6:30–7:15 • Alison			
Cardio Kick & Sculpt (S) • 6:30–7:15 • Laurie					

Class Information & Policies	
* = Pre-registration suggested (S) = Studio (P) = Pool (C) = Conf. Room (L) = Lobby Group Fitness classes require an additional fee. Visit the Fitness Center Desk for payment options Most classes require some set-up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.	Classes are subject to change and may be cancelled at any time. Instructor substitution may occur without notice. It is recommended to bring your own mat to yoga classes. SPINNING is a registered trademark of Mad Dogg Athletics, Inc.

Saturday Spinning Instructors	
January 7	Maureen
January 14	Don
January 21	Alison
January 28	Emily K.
February 4	Don
February 11	Alison
February 18	Maureen
February 25	Emily K.

Saturday Variety Class Schedule All classes are held 9:30–10:30am	
January 7	Triple Threat • Brittany
January 14	Hip Hop • Emily D.
January 21	Cardio Kick & Sculpt • Brittany
January 28	Hip Hop • Emily D.
February 4	HIIT it Up • Brittany
February 11	Triple Threat • Brittany
February 18	Hip Hop • Emily D.
February 25	Zumba • Elma

Class Descriptions

Aquacize • Energizing, low impact aerobic exercise in the shallow pool designed to allow you to work at your own intensity level. This class utilizes water resistance, density and drag techniques to keep the student active and challenged. Water props may be used to enhance exercises for aerobic endurance, toning and stretching. Class on Monday morning and evening will be held in the deep water. Class on Wednesday evening and Thursday morning will be held in the shallow.

Cardio Kick and Sculpt • Add a little punch to your fitness plan with a fun and energizing Cardio Kickboxing workout. This intense, non-equipment based total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance. Learn kickboxing skills consisting of jabs, hooks, uppercuts and lower body kicks choreographed to heart pumping music.

Cardio Sculpt • This class includes upper and lower body weight training and aerobic intervals to keep the body in its fat burning zone. A total body workout!

C.T.C (Cross-Train and Climb) • Reach new heights in your fitness level with this fusion class of high intensity conditioning and indoor rock climbing. The training program will focus on speed, explosiveness, agility, core strength and endurance. Following conditioning exercises, participants will be led in an in-depth introduction to rock climbing. Participants will learn how to climb, how to belay, and as the weeks progress more efficient climbing techniques. This class will give you a total body workout in a fun new way, rock climbing! Class meets in the lobby.

Express Workout • Experience a 30 minute time efficient strength conditioning workout. If you have limited workout time, this is your class!

Fit Camp • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment such as weights, body bars, tubing, stability balls, medicine balls, step bench, balance discs, Bosu and stretch straps. This class also includes balance, core and flexibility training.

Fit Kids • Fit Kids is an energetic, interactive class that offers a variety of fun activities, exercises and games designed to teach kids how to live a healthier lifestyle. 4th, 5th, and 6th Grade: 3:15–3:45; K–3: 4:00–4:30.

Fit for Life • Aerobic, strengthening and stretching exercises. This complete workout is designed for older active adults who strive to ward off obesity, osteoporosis, inflexibility and muscle weakness while gaining strength and stamina.

Fitness Yoga • Follows the YogaFit Style of teaching by embracing the Vinyasa style of Yoga. Creating strength, flexibility, endurance and balance while adhering to group exercise standards and guidelines. This class creates an experience of breathing, feeling, and listening to your body in a non-judgemental and noncompetitive setting.

Functional Strength and Balance • An integrated strength training class using various equipment that also focuses on balance and stability to promote optimal performance in real life.

Gentle Yoga • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active and restorative. Various props will be used.

HIIT it Up • Do you need to jump-start your exercise routine? Boost your fat-burning potential with this high intensity interval training class. This class uses mostly body-weight exercises in varying intervals to help you increase muscular endurance and strength, both aerobic and anaerobic endurance and speed. Modifications are shown, making this fun and challenging for beginners and athletes alike.

Hip Hop • Hop Hop choreography paired with simple, easy-to-follow grooves to keep your heart rate pumping while leaving you feeling like a superstar!

Karate • Washin Ryu is a traditional style of karate that includes training in the performance of katas (forms), self defence techniques, kumites (sport sparring) and exercise associated with Karate. This highly structured class encourages individual pace and achieving your personal best. It is taught by students of the world famous Hidy Ochiai and emphasizes nonviolence, self respect, concentration and self discipline.

Power and Grace • This class offers the best of both worlds. Thirty minutes of movement to music followed by thirty minutes of balance exercises, stretching, centering and relaxation. Appropriate for all fitness levels. No experience necessary.

Power Yoga • Experience vinyasa, a coordinated series of movements that flow from one yoga posture (standing and mat) to another. Power Yoga is designed to prepare you with traditional asanas (postures) to produce toned, lean muscles and increased strength, balance and flexibility. This class will leave you feeling centered, calm and peaceful.

Prime Time • A mild exercise class for seniors who would like to improve their strength, flexibility and balance while having fun in a relaxed social setting. It is designed to give the participant a variety of exercises while standing, seated and occasional floor work to help maintain and enhance their well being.

Retro Hi-Lo • A cardiovascular workout consisting of traditional hi-lo floor exercise aerobic moves followed by core training exercises.

Spin Core & More • A 30-40 minute Spinning ride followed by core training exercises that may incorporate lower and/or upper body conditioning utilizing various fitness equipment.

Spinning • Spinning is a stationary cycling group exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing "ride." Spinning rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training.

Spin Yoga • Combines an energetic Spinning ride followed by the Vinyasa style of Yoga that uses stretching to help elongate muscles, relax tension and improve posture.

Total Body Conditioning • Take your fitness to the next level with this 45 minute athletic based workout that consists of total body conditioning exercises and cardiovascular intervals in an easy to follow format.

Triple Threat • Using the stability ball, dumbbells, bar and body weight, this integrated strength workout aims to improve strength, balance, flexibility and function.

Yoga Flow • This class seamlessly blends the methodologies of Kripalu Yoga and YogaFit, providing you with a safe and enjoyable way to explore your yoga journey. Students will gain strength, focus, flexibility and find stress relief. This class is designed for students with previous yoga experience but open to all.

Yoga for Flexibility & Balance • In this time-efficient class, enjoy asanas that safely stretches our muscles and soft connective tissues, releasing lactic acid that causes tension, plain and sometimes fatigue. This, coupled with increased joint lubrication will leave us feeling a sense of lightness, ease and fluidity of movement. Our practice of fun balancing postures will cultivate a balance of mind body and spirit.

Zumba • Zumba combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries. It is based on the principle that a workout should be a "fun and easy to do." Zumba is a "feel-happy" workout that is great for both the body and mind.

Zumbatomic • This class introduces salsa, cumbia, reggaeton, and hip-hop moves in an easy to learn, unintimidating way. Kids in grades K-6 will have a blast and get fit in this safe, non-competitive class! 4th, 5th, and 6th Grade: 3:15–3:45; K–3: 4:00–4:30.

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