

Group Exercise Schedule • January - April 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		Cycling Todd		Cycling Chad		
		Mat Pilates Tricia - Studio 2		Mat Pilates Tricia - Studio 2		
5:30 AM	Cardio BODYPUMP Lisa - Studio 1	MASTER SWIM	Cardio BODYPUMP Lisa - Studio 1	MASTER SWIM	Cardio BODYPUMP Aimee - Studio 1	
6:45 AM	CardioHiLo Mel- Studio 1	Basic Cycling Sara	CardioHiLo Mel- Studio 1		CardioHiLo Mel- Studio 1	
8:00 AM	Fit & Fun Mel- Studio 2		SilverSneakers® Cardio Circuit - Mel		Fit & Fun Mel- Studio 2	BODYPUMP Krysta - Studio 1
<i>Lap Pool Classes</i>	<i>AquaPower</i>	<i>Finning</i>	<i>AquaPower</i>	<i>Finning</i>	<i>AquaPower</i>	
8:30 AM	BODYPUMP Aimee - Studio 1	PILOXING Angela - Studio 3	BODYPUMP Aimee - Studio 1	PILOXING Angela - Studio 3	BODYPUMP Dee - Studio 1	
9:00 AM						Cycling Shelly
		Yoga Studio 2		Yoga Sarah- Studio 2		PILOXING Angela - Studio 1
	<i>AquaPower</i>	<i>AquaPower</i>	<i>AquaLite</i>	<i>AquaPower</i>	<i>AquaPower</i>	<i>AquaPower</i>
9:30 AM	Zumba Shayla - Studio 1		Zumba Gold Chris- Studio 1		Zumba Gold Chris- Studio 1	
	SilverSneakers® Angela - Studio 2		SilverSneakers® Toni- Studio 2		SilverSneakers® Angela- Studio 2	
	Cycling Jami	Cycling Sandi	Cycling Jami	Cycling Sandi	Cycling Jami	
10:00 AM						Yoga Kristen - Studio 2
<i>Therapy Pool</i>		<i>AquaLite</i>		<i>SilverSneakers® Splash</i>		Kids Yoga: Saturdays in Feb. Kids Zumba: Saturdays in Apr.
10:30 AM			Core Strength & Stretch Aimee		Breath-N-Motion Sam/Terry - Studio 2	
<i>Therapy Pool</i>	<i>Arthritis Class 11am</i>		<i>Arthritis Class 11am</i>		<i>Arthritis Class 11am</i>	
11:30 AM	Zumba Newbie Chris- Studio 1					
12:00 PM	Zumba Gold Chris- Studio 1	SilverSneakers® Cindy- Studio 1		SilverSneakers® Cindy- Studio 1		
4:00 PM			Zumba Shayla - Studio 2			
4:15 PM	BODYPUMP Linda T.- Studio 1	Cycling Stephanie	BODYPUMP Linda T. - Studio 1	Cycling Stephanie		
4:25 PM	Yoga Mewsette- Studio 3	Cardio Class Jill - Studio 1		Cardio Class Jill - Studio 1		
5:00 PM		Walking Class Jane - Studio 2	Women's Weight Training Mel- Upstairs Nautilus	Matt Pilates Mindy- Studio 2		
<i>Lap Pool Class</i>		<i>Splash of Dance</i>				
5:25 PM	PILOXING Dee- Studio 1		Cardio Class Julie - Studio 1			
5:30 PM	Cycling Brad	BODYPUMP Linda Y - Studio 1	Yoga Sam- Studio 2	BODYPUMP Linda Y - Studio 1	BODYPUMP Jason - Studio 2	
6:00 PM		Bhangra Jane - Studio 2		Tai Chi/Self Defense Studio 2		
<i>Therapy Pool</i>	<i>AquaPower</i>	<i>AquaPower</i>	<i>AquaPower</i>	<i>AquaPower</i>		
6:30 PM	BODYPUMP Jason - Studio 1	Cycling Shelly	BODYPUMP Linda Y. - Studio 1	Cycling Shelly		
	BootCamp Jami - Upstairs					
7:00 PM		Zumba Marie- Studio 2		Zumba Marie- Studio 2		
<i>Lap Pool Classes</i>	<i>Finning</i>		<i>Finning</i>	<i>Splash of Dance</i>		
7:45 PM			Restorative Yoga Sam- Studio 2			

Group Exercise Studio Classes

Bhangra: Get in shape with a high-powered traditional Indian dance workout. Bhangra is a traditional folk dance from the northern state of Punjab, India. This unique dance mixes cardiovascular with fun, for participants of all ages and fitness levels.

BodyPump: This 60 minute program challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Breath-N-Motion: Rev. Dr. Sam Boys will lead you through breathing exercises to enhance your health & vitality and promote well being. Deep breathing increases circulation, relieves stress, improves lung capacity, lowers blood pressure, and improves digestion.

Cardio BodyPump: A combo of cardio segments & the classic weight room exercises of BODYPUMP.

Cardio Class: Intervals of high intensity cardio and toning that are fun and easy to follow with fresh, new music. Abdominal training and a stretch of all the major muscle groups make this a complete workout.

CardioHilo: A high energy, easy to follow class with the goal of cardio training through choreographed moves and resistance equipment.

Cycling: Come and learn about indoor group cycling. Easily modifiable to all fitness levels with goals based on resistance, RPM, range, and intensity to improve your fitness and performance. This is one ride you don't want to miss!

Fit & Fun: Class catering to the over 50 community with emphasis on cardio endurance, toning and flexibility. Instruction given for all fitness levels. Come make friends as we improve our health & fitness!

Gentle Yoga Stretch: Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Kids Yoga & Zumba Kidz: A class of their very own! Designed for children ages 7 and up. Parents are welcome to stay for the class, or participate in their own class, or enjoy the use of the facility.

Mat Pilates: Participants of all levels will improve their fitness with exercises to strengthen and align the core, improve joint mobility, posture, and firmer abs.

PILOXING: Take the power, speed and agility of boxing and blend it together with the beautiful sculpting and flexibility of Pilates and you have Piloxing. PILOXING® blends the best of Pilates, boxing and dance into a high energy workout. PILOXING® incorporates interval

SilverSneakers® I- Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are use for resistance; a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation training to burn maximum calories and improve cardiovascular health. It is a fun, challenging, muscle-toning workout that is performed with weighted hand gloves for maximum results. Give this class a try and see what the buzz is about.

Restorative Yoga: Focuses on relaxation and renewal – relieving stress through gentle movement and restful postures. This practice soothes the nervous system, helps quiet the mind, and release deeply held tension. Restorative yoga poses help us learn to relax and rest deeply and completely. This practice will help to lower heart rate, blood pressure, and help stimulate the immune system. It helps the body return to its natural state and prepare for a good night's sleep.

Tai Chi: A soft martial art, a moving meditation, a powerful key to relaxation and increased mental focus for the purposes of health and longevity.

Walking Class: Crank up your metabolism with this no-frills, fat-burning, fast-paced walk class guaranteed to cover at least 3 miles! Go Legs Go!

Women's Weight Training: Work-out with one of our group exercise instructors/ personal trainers! This class utilizes the Nautilus equipment located upstairs. Join us as we alternate between lifting weights and short cardio segments. This is a 30 minute class.

Yoga: Let's enjoy a workout of strengthening, lengthening and balancing poses in a fluid moving workout. We will also gain the benefits of relaxation, stress reduction, and mental focus.

Zumba Newbie: Learn some of the Zumba moves prior to class!

Zumba Gold: A mid level Zumba dance class. Join us!

Zumba: Come dance away your worries with a fusion of Latin & International music. Easy to do, featuring aerobic/ fitness interval training to tone and sculpt the body.

Zumba Kidz: Well recognized for its international dance-fitness rhythms, Zumba Kids is designed exclusively for children 7-13 years old. This is a rockin', high-energy group class packed with kid-friendly routines and music from around the world.