

Group Fitness

Effective April 20, 2012

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 a.m.		Vinyasa Yoga Express 6:15-7:00 Laura	Spinning® Express 6:15-7:00 Ann	Vinyasa Yoga Express 6:15-7:00 Laura	Studio Sculpt Express 6:15-7:00 Sigrid	Express Abs & Glutes 6:00-6:30 Stacey	Vinyasa Yoga 7:05-8:05 Bryan
8:30 a.m.			Spinning® Express 8:30-9:15 Ann	Studio Sculpt Kelsey	Spinning® Express 8:30-9:15 Heather D.	Studio Sculpt Kelsey	Spinning® 8:15-9:15 Stacey
9:30 a.m.		Studio Sculpt Melissa	Stretch & Balance Heather F.	Yoga Sculpt Jennifer	Stretch & Balance Heather F.	Vinyasa Yoga + Jennifer	Kickbox Combo 9:30-10:45 Kelsey
10:45 a.m.		Vinyasa Yoga Melissa	Beg. Mat Pilates Heather F.	Zumba Jan	Triple Threat Melissa		Kids XT 11:00-11:30
12:00 p.m.		Spinning® Express 12:00-12:45 Kelsey Running Club (12:00-12:45) Sigrid Enhance Fitness 1:30-2:30 Jan	Yoga Sculpt 12:00-1:00 Laura Enhance Fitness 1:30-2:30 Jan	Spinning® Express 12:00-12:45 Ann Enhance Fitness 1:30-2:30 Jan	Enhance Fitness 1:30-2:30 Jan	Spinning® Express 12:00-12:45 Heather D.	
4:30 p.m.	Spinning® 3:45-4:45 Holly	*Shorin-Ryu Karate Adults/kids 4:35 (45 min) Sensei Dieter	Kids Combo 4:15-5:00 Tara Express Abs & Glutes 5:00-5:30 Sigrid	*Shorin-Ryu Karate Adults/kids 4:35 (45 min) Sensei Dieter	*Kids' Tumble and Cheer 4:30-5:30 Tara and Stacey March 30 th - May 3rd		
5:30 p.m.	Restorative Yoga 5:00-6:00 Jill	Vinyasa Yoga Jennifer	3D Core Theresa Running Club (6:00-7:00) Jessie	Cardio Kickboxing Kelsey	Yoga Sculpt Jennifer	3D Core Theresa	
6:45 p.m.		Intro to Yoga Laura	Spinning® Elin	Beg. Mat Pilates Heather F.	Zumba Kelsey	Social Ballroom Theresa	
8:00 p.m.		*Shorin-Ryu Karate Adults/kids (45 min) Sensei Dieter	Gentle Flow Yoga Jill	*Shorin-Ryu Karate Adults/kids (45 min) Sensei Dieter	Restorative Yoga Bryan		

*All classes are an hour unless specified.

***Specialty Classes/Group Training (fee-based) – highlighted in gray, please sign up at front desk**

***Kettlebell and Group Training (fee-based) Classes available – See front desk for more information**

To our members, we request the following:

- Please do not enter the studio before the current class is finished.
- Spinning® reservations may be made 24 hours prior to the class time. A \$10.00 cancellation fee will be billed to your account if you do not call 2 hours prior to class time to cancel your reservation.
- Running Club treadmill reservations need to be made by 4:00 pm on Tuesday to be guaranteed a treadmill for class.
- Be considerate of other members' exercise space by not crowding them.
- No food allowed in the studio, water may be brought in if it is in an enclosed, unbreakable container.
- Gym bags and purses are not permitted in the studio. Lockers are provided.
- Please return all equipment in its proper storage area after use.
- Members may not use the stereo.

GROUP FITNESS CLASS DESCRIPTIONS

KID'S CLASSES

KIDS' XT (CROSS TRAINING): Ages 3+. A variety of activities geared towards the development of strength, endurance, agility and balance in a fun format.

KIDS' COMBO: Cross training and Punk Rope all wrapped into ONE for ages 3-10. It is a playful blend of recess indoors, incorporating a variety of activities that focus on the development of strength, endurance, coordination, and balance all while using jump ropes and other equipment for creative conditioning.

BEGINNER

BEGINNING MAT PILATES: An exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. It will work on strengthening the core, improving balance, increasing coordination and decreasing stress. The exercises are safe, low impact, and appropriate for anyone 10 to 100. Pilates focuses on learning to move better so the benefits are felt in everyday life.

INTRO TO YOGA: Improve your flexibility, core strength and balance in this introductory class. With a focus on students new to yoga, there will be an emphasis on modifications and breath lengthening in a challenging, multi level format.

ENHANCED FITNESS®: Classes are a relaxed, fun and social way to exercise and an evidence-based approach to fitness for older adults. Each class includes a warm-up, cardiovascular component, strength-training exercises, stretching and cool-down.

MULTI-LEVEL

3D CORE: Calisthenics meets mind body in this class! A variety of core conditioning exercises along with the mindfulness & deep breath of yoga/Pilates practices are combined to increase your strength, flexibility, balance and endurance. A total body workout utilizing a wide range of resistance equipment including medicine and fit balls, incline benches, free weights and own-body weight.

CARDIO KICKBOXING: This class focuses solely on the cardiovascular conditioning aspect of martial arts and kickboxing. Students will learn how to perform fluid combinations and powerful strikes to bring coordination, performance, timing, balance, power and stamina.

EXPRESS ABS & GLUTES: Specific workouts targeted to challenge and strengthen your abs, legs, and glutes. No aerobic component.

GENTLE FLOW YOGA: For those that like the flow of our vinyasa classes but are looking for a less intense practice. Class will begin with sequences that allow participants focus on breath, movement, strength and balance. It will end with an emphasis on restorative postures and a time of extended final relaxation to help renew body, mind, and spirit.

KICKBOX COMBO: Rev up your metabolism with an extended 75 minute class incorporating cardio kickboxing,, agility, balance, and strength intervals.

RESTORATIVE YOGA: This is a gentle class that focuses on poses to help you de-stress and relax. Members will be using a variety of props to deepen each pose in a comfortable and supported way.

RUNNING CLUB: The Running Club welcomes you each week with a different workout aimed at improving speed, technique or endurance. Weather permitting; workouts are done outside or indoors on treadmills. Running Club treadmill reservations need to be made by 4:00 pm on Tuesday to be guaranteed a treadmill for class. Outdoor running when weather permits.

STRETCH AND BALANCE: Focus of this class is to improve flexibility, increase balance, and strengthen core muscle groups. A MUST for everyone!!!

STUDIO SCULPT: A high energy, multi-level class to tone and sculpt the entire body. This muscle conditioning class can be as intense as you make it! Using a variety of equipment and movement, expect to sweat.

SPINNING®: Fear not, Fitness Enthusiasts! This cycling class is for all fitness levels- novice to experienced. The indoor cycling class will help you take your cardiovascular endurance, muscle strength, muscle endurance, power, and speed to the next level! The classes will only progress and get harder if the participants are ready for it. A full water bottle and towel are required for all classes. **You may make a reservation for a bike 24 hours prior to class.** If you do not show up for class, or do not cancel at least **2 hours** prior to class, your account will automatically be charged a **\$10.00 late cancellation fee.**

TRIPLE THREAT: Equal parts cardio, strength training, and yoga. This class is full of fun and variety. Class will begin with cardio, move into upper and lower body work with a variety of equipment, and continue with a yoga practice that will incorporate poses to build strength, flexibility, and balance in both mind and body. Dress in layers and bring both workout shoes and a yoga mat.

VINYASA YOGA: Vinyasa Yoga emphasizes the connection between movement and breath to each yoga posture, creating internal heat, which allows the body to open while developing strength and stamina simultaneously. Vinyasa Yoga allows for variety from instructor to instructor and is especially suited for active members looking for a workout.

VINYASA YOGA +: Vinyasa Yoga + will be similar to the vinyasa yoga classes, however, to add variety you can expect to incorporate the stability balls and occasionally weights in any of the balance postures to enhance the fitness level.

YOGA SCULPT: Yoga sculpt is a challenging class designed to integrate your yoga and strength training workouts.

ZUMBA: This fun, energetic workout combines Latin rhythms and dance with easy-to-follow fitness moves. Shake up your routine and TRY SOMETHING NEW!

General Information

Childcare is available. Please call for reservation.

Club Hours: Monday -Thursday 5:00 a.m. - 11:00 p.m.

Friday 5:00 a.m. - 9:00 p.m.

Saturday 7:00 a.m. - 8:00 p.m.

Sunday 9:00 a.m. - 8:00 p.m.

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