

fit happens



Lakeview

fitness and sports center

One Lakeview Drive, Morgantown, WV 26508 • www.LakeviewResort.com



FITNESS CENTER HOURS

Mon-Thu 5:30 am-10 pm
 Friday 5:30am-9 pm
 Sat-Sun 7 am-7 pm

Nursery Hours

Mon-Fri 8-12 pm
 Mon-Thu 4-8 pm
 Sat 8 am-12 pm



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 5:30-6:30AM BOOT CAMP WITH MITCH	6	7 7:00-8:00PM AIKIDO WITH GREG	8	9 5:30-6:30AM BOOT CAMP WITH MITCH	10
11 3:00-6:00PM OPEN SWIM	12 5:30-6:30AM BOOT CAMP WITH MITCH	13	14 7:00-8:00PM AIKIDO WITH GREG	15	16 5:30-6:30AM BOOT CAMP WITH MITCH	17
18 3:00-6:00PM OPEN SWIM	19 5:30-6:30AM BOOT CAMP WITH MITCH	20	21 7:00-8:00PM AIKIDO WITH GREG	22 6:00-8:00PM ZUMB-A-THON! WITH BRANDI	23 5:30-6:30AM BOOT CAMP WITH MITCH	24
25 12:00-3:00PM INTRO TO ROCK WALL	26 5:30-6:30AM BOOT CAMP WITH MITCH	27	28 7:00-8:00PM AIKIDO WITH GREG	29	30 5:30-6:30AM BOOT CAMP WITH MITCH	31 8:00AM-12:00PM TRICK OR TREAT PARTY! 8:15-9:00AM SPOOKY SPIN

BOOT CAMP WITH MITCH: 10 WEEK PROGRAM/MONDAY & FRIDAY 5:30AM-6:30AM. \$250/MEMBERS, \$275/NONMEMBERS

AIKIDO WITH GREG: JAPANESE MARTIAL ART DEFINED AS THE WAY OF HARMONY. IDEAL FOR SELF-DEFENSE!

OPEN SWIM: OPEN SWIM TO KIDS OF ALL AGES-ADULT MUST BE PRESENT WITH CHILD-LIFEGUARD WILL BE ON DUTY.

ZUMB-A-THON: 2 HOUR ZUMBA SPECIAL WITH BRANDI!! 6-8PM JOIN IN AT ANYTIME!

INTRO TO ROCKWALL: OPEN TO ADULTS AND KIDS! \$10/PERSON. LEARN THE BASICS OF ROCKWALL CLIMBING AND HAVE FUN DOING IT! SIGN UP AT THE FRONT DESK.

TRICK-OR-TREAT PARTY! LET YOUR KIDS ENJOY HALLOWEEN WITH US! COME IN ANYTIME BETWEEN 8 AND 12, CRAFTS AND SNACKS, COSTUMES OPTIONAL!!! HELD IN NURSERY.

SPOOKY SPIN: START HALLOWEEN OUT RIGHT AND TRY OUR THEMED CYCLING CLASS! FREE TO MEMBERS, GUESTS PAY \$7, SIGN UP TO RESERVE YOUR BIKE-SPACE IS LIMITED.

EVENT DESCRIPTIONS



GROUP X OCTOBER 2009



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30a		STRENGTH TRNG		CYCLING		CYCLING	
8:15a		KICKBOXING	CORE & MORE	BOOTCAMP	GUTS & BUTTS	STEP & SCULPT	CYCLING
9:00a	YOGA	GUTS & BUTTS	CIRCUIT TRAINING	STEP & SCULPT	ZUMBA	STRENGTH TRNG	YOGA
9:00a		H2O BLAST	AQUA FIT	H2O BLAST			
10:00a	ZUMBA	PILATES	CIRCUIT & CYCLE	YOGA	CIRCUIT TRAINING	BALLETONE	ZUMBA
10:00a			MOMMY & ME (10:15)	SILVER SNEAKERS			H2O BLAST
11:00a						SILVER SNEAKERS	PILATES
4:00p						ZUMBA GOLD	
5:30p			<i>New Class</i> H2O Remix		<i>New Class</i> H2O Remix		
5:45p		CYCLING	ZUMBA	GUTS & BUTTS	KICKBOXING***		
6:00p		H2O BLAST	PILATES		YOGA		
6:45p		ZUMBA	CYCLING	ZUMBA			
7:00p		ALL ABOUT ABS		AIKIDO	ZUMBA		

Aikido: 1hr/Martial Arts: A Japanese Martial Art defined as the way of Harmony. Aikido is an ideal Martial Art for self-defense.

Aqua Fit: 1hr/Med-High Intensity: Utilize H2O weights to get that work out you need. A great class for all fitness levels and for those recovering from injury/surgery!

Balletone: 45 min-1hr/Low-High Intensity. Total body conditioning incorporating ballet exercise, pilates concepts, & stretching. This non-impact workout will improve balance, core stability, and muscular endurance while creating a stronger and more flexible body.

Boot Camp: 45 min/Med-High Intensity: Total body workout that includes cardio and muscular conditioning drills- military style!

Circuit Training: 1 hr/High Intensity: Cardio followed by different resistance stations at 1-2 minutes each. Great for a total body workout- increase muscular endurance as well as cardio endurance!

Core & More: 45min/All About Core! Get that core of yours in the shape you desire. Increase abdominal & core strength while sculpting an awesome stomach. Plus more- improve balance, flexibility and stability!

Circuit & Cycle 1 hr/ Med-High Intensity: Total body conditioning incorporating cardio and strength training circuits. Intimidating by cycling? What a great class to try it out- learn the basics of cycling while getting a great cardiovascular workout!

Cycling: 45 min-1 hr/Low-High Intensity: Water bottle and towel required; please see instructor before class for first time participants.

Guts & Butts: 45 min/Low-High Intensity: Increase your abs and core strength while sculpting an awesome stomach, along with leg exercises.

H2O Blast: 1 hr/Low Intensity: A low impact, non-weight bearing class great for all fitness levels and especially for those recovering from injury or surgery!

H2O Remix: 1 hr/Low-Med Intensity: Shake up your water workout! This class incorporates dance moves using all genres such as pop, latin, and oldies music. It's a fun low impact, non-weight bearing water aerobics class great for all fitness levels.

Kickboxing: 1 hr/ Med-High Intensity: This class takes traditional self-defense moves & pairs it with quick movements to ensure a great cardio workout while gaining strength!

Mommy & Me: 1 hr/Low Intensity: A special water class that incorporates exercising with your little one! (one child per adult)

Pilates: 45min/Med Intensity: Integrates breathing techniques w/controlled movements targeted to strengthen & lengthen muscles; strengthen core musculature.

Strgth Trng: 1hr/Med- High Intensity: Total-body workout: includes cardio & muscular conditioning drills & exercises. Helps build your strength, flexibility, and stamina.

Silver Sneakers:

1hr/Low Intensity: Designed exclusively for older adults! Low impact class that's designed to increase strength, range of movement, agility, balance, & coordination. As a group, participants will improve functional capacities, physical fitness level, & se

Step & Sculpt: 1hr/Low Intensity: Get a total body workout utilizing the step for an aerobic workout as well as for toning exercises.

Yoga:

45 min/Low Intensity: A class designed to bring union of the mind and body while improving breathing, flexibility, and body alignment.

Zumba: 1 hr/Low-High Intensity: An aerobic dance class combining Latin & International music w/combination of fast & slow rhythms that tone & sculpt the body.

Zumba Gold: 1hr/Low Intensity: Zumba Gold uses the same routines and exotic music as Zumba but at a slower pace for more mature students...emphasis is on strengthening core muscles, maximizing caloric output, and reducing stress.

*** **ON THURSDAY OCT. 22nd KICKBOXING will be REPLACED with a special 2 hour ZUMBA class!!!**