



GROUP X FALL 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15a	STRENGTH TRAINING		CYCLING	STRENGTH TRAINING	CYCLE & CIRCUIT		
8:15a	BALLETONE				STEP & SCULPT	CYCLING	
9:00a	GUTS & BUTTS	CYCLE & CIRCUIT	STEP & SCULPT		STRENGTH TRNG		YOGA
9:00a	H2O BLAST	AQUA FIT	H2O BLAST	ZUMBATOMIC	H2O BLAST	YOGA	
10:00a			YOGA		BALLETONE	PILATES	
10:00a	PILATES	CORE & MORE	SILVER SNEAKERS		BODY BLAST	H2O BLAST	
11:00a	SILVER SNEAKERS						
4:00							
4:30				BODY BLAST			
5:00	KICKBOXING	Intro to Ashtanga Yoga					
5:30				ABS FIT			
5:45p	ABS FIT	ZUMBA		ZUMBA			
6:00p	CYCLING	PILATES	GUTS & BUTTS	YOGA			
6:00p	AQUA ZUMBA	H2O BLAST	AQUA ZUMBA				
6:00p	AIKIDO		AIKIDO				
6:45p		CYCLING					

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

Abs Fit:

15 min/Low-High Intensity: This class is designed to strengthen and sculpt your torso. A strong mid section is necessary for quality of life

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.

Body Blast 45 min/Med-High Intensity. A Challenging cardiovascular workout that is guaranteed to burn calories, increase endurance and stamina, and will help you blast away those unwanted pounds! Incorporates many different activities.

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!

Cycle & Circuit: 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-1 hr/Low-High Intensity: Increase your abs and core strength while sculpting an awesome stomach, along with leg excersises.

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!

Kickboxing: 45 min-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!

Pilates: 45min-1 hr/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: 45 min-1 hr/Intensity: Get a total body workout utilizing the step for an aerobic workout as well as for toning exercises.

Yoga: 45 min-1hr/Low-Med 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.