



# GROUP X JULY 2010



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

**Boot Camp:** 1 hr/Med-High Intensity: Total body workout that includes cardio and muscular conditioning drills and exercises. Helps build your strength flexibility, and stamina.

**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 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!

**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/combo of fast & slow rhythms that tone & sculpt the body.