



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

MAY 2012

## CARDIO CLASSES-Choose 1 per week

Designed to assist you in meeting your target heart rate. Benefits include heart health, improved circulation, stamina and overall increase in energy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Virtual Cycling CS</b> 5:30-7:30 No Inst. <b>Lite &amp; Lively RS</b> 10:00-11:00am w/Karen	<b>Indoor Cycling CS</b> 6:00-7:00am w/ Amanda <b>Boot Camp Rebound RS</b> 6:30-7:30am w/ Ann <b>Dance for Health RS</b> 11:00-12:00pm w/Karen	<b>Virtual Cycling CS</b> 5:30-7:30am No Inst. <b>Cycling &amp; Abs CS</b> 8:30-9:45am w/ JoDee <b>Zumba RS</b> 9:00-10:00am w/Shawna <b>Lite &amp; Lively RS</b> 10:00-11:00am w/JoDee	<b>Indoor Cycling CS</b> 6:00-7:00am JoDee <b>Boot Camp Rebound RS</b> 6:30-7:30am w/ Ann <b>Zumba Gold RS</b> 11:00-12:00pm w/ Judy	<b>Virtual Cycling CS</b> 5:30-7:30am No Inst. <b>Cardio Interval RS</b> 8:30-9:30am w/ Ann <b>Indoor Cycling CS</b> 8:30-9:30am w/ Jill <b>Lite &amp; Lively RS</b> 10:00-11:00am w/Ann	<b>Zumba RS</b> 8:00-9:00am Shawna <b>Indoor Cycling CS</b> 8:30-9:30am w/Jill <b>Zumba RS</b> 10:00-11:00am w/Shawn <b>Indoor Cycling CS</b> 10:00-11:00am w/ Amanda	<b>Virtual Cycling CS</b> 9:00-10:00 No Inst. <b>Virtual Cycling CS</b> 12:00-1:00 No Inst.
<b>PM</b>						
<b>Belly Dance RS</b> 5:30-6:30pm w/ Jenn <b>Indoor Cycling CS</b> 6:00-7:00pm w/ JoDee <b>Kick It RS</b> 6:30-7:30pm w/ Kim <b>Boxing CR</b> 7:00-9:30pm w/ Steve <b>Indoor Cycling CS</b> 7:15-8:15pm w/Laura	<b>Indoor Cycling CS</b> 6:00-7:00pm w/ Rick <b>Zumba CR</b> 7:00-8:00pm w/Alesha <b>Indoor Cycling CS</b> 7:15-8:15pm w/Jenn B. <b>Stepography RS</b> 7:30-8:30pm w/ Rosana	<b>Zumba RS</b> 5:30-6:30pm w/Alesha <b>Indoor Cycling CS</b> 6:00-7:00pm w/Megan <b>Boxing CR</b> 7:00-9:30pm w/ Steve <b>Indoor Cycling CS</b> 7:15-8:15pm w/Laura <b>Zumba RS</b> 7:30-8:30pm w/ Karla	<b>Zumba RS</b> 5:30-6:30pm w/Shawna <b>Indoor Cycling CS</b> 6:00-7:00pm w/ Rick <b>Cycling Plus CS</b> 7:15-8:15pm w/Amanda <b>Stepography RS</b> 7:30-8:30pm w/ Rosana	<b>Zumba RS</b> 5:30-6:30pm w/Shawna <b>Indoor Cycling CS</b> 5:30-6:30pm w/Amanda <b>Boxing CR</b> 6:30-9:00pm w/ Steve	<b>Cardio</b> ▶ Treadmills ▶ Elliptical Cross trainers ▶ Arch trainers ▶ Precor cross trainer Cardio room open: Sat: 7:00am-6:30pm & Sunday: 9:00am-5:00pm	

## STRENGTH CLASSES-Choose 1 per week

Focus on building lean body mass and bone density. Benefits include increased metabolism and bone strength and maintenance of lean body mass.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Workout CR</b> 10:00-11:00am w/Mary <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>Mat Pilates RS</b> 10:00-10:45am w/JoDee <b>Sit &amp; Tone CR</b> 10:00-11:00am w/ Karen <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>Mat Pilates RS</b> 10:00-10:45am w/Ann <b>Sit &amp; Tone CR</b> 10:00-11:00am w/Mandy <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>Mat Pilates CR</b> 10:00-11:00am w/Karen <b>FitLinxx/Strength &amp; Condition Rooms</b> 7:00am-6:30pm	<b>FitLinxx/ Strength &amp; Condition Rooms</b> 9:00am-5:00pm
<b>PM</b>						
<b>Mat Pilates RS</b> 7:30-8:15pm w/Mary <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>Pilates 101 RS</b> 5:45-6:30pm w/Karen <b>Chisel RS</b> 6:30-7:30pm w/Karen <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>Chisel RS</b> 6:30-7:30pm w/Karen <b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>FitLinxx/Strength &amp; Condition Rooms</b> 5:30am-10:00pm	<b>FitLinxx?</b> This computerized program helps you stay on track by providing guidance, motivation and structure for an exercise routine that is tailored to fit your needs. Stop by Member Services today to set up your complimentary <b>Jump Start workout</b> today!	

## CARDIO & STRENGTH CLASSES

Combine your cardio & strength into one class and choose just 2 per week Get the best of both worlds!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Boot Camp RS</b> 6:30-7:30am w/ Cynthia <b>Total Fitness Challenge RS</b> 9:00-10:00am w/Kathy	<b>30-30-30 RS</b> 8:30-10:00am w/ JoDee	<b>Boot Camp RS</b> 6:30-7:30am w/Emmery <b>Total Fitness Challenge RS</b> 8:00-9:00am w/Kathy	<b>30-30-30 RS</b> 8:30-10:00am w/Ann	<b>Boot Camp RS</b> 6:15-7:15am w/Karen	<b>Boot Camp RS</b> 9:00-10:00am w/Karen <b>**RIPPED RS</b> <b>(Non Member: \$12/class Member: \$6/class 11:00-12:00pm)</b>	
<b>PM</b>						
		<b>Boot Camp RS</b> 6:30-7:30pm w/Karen				

## MIND & BODY CLASSES-Choose 1 each week

Integrates body/mind/spirit. Benefits include stress reduction, heart health, increased flexibility, improved circulation and balance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hatha Yoga CR</b> 12:00-1:00pm w/Tessa <b>**Chair Massage (20 min. \$22.00)</b> 9:00-11:30am	<b>Kundalini Yoga CR</b> 8:30-10:00am w/Rebecca <b>**Chair Massage (20 min. \$22.00)</b> 9:00-11:30am	<b>Hatha Modification Yoga CR</b> 8:30-10:00am w/Mary	<b>Hatha Yoga CR</b> 8:30-10:00am w/Rebecca	<b>Kundalini Yoga CR</b> 10:00-11:30am <b>Mary Stretch RS</b> 9:30-10:00am w/Ann	<b>Kundalini Yoga CR</b> 8:30-10:00am Tanya <b>**Chair Massage (20 min. \$22.00)</b> 9:00-11:30am	
<b>PM</b>						
<b>Kundalini Yoga CR</b> 5:30-7:00pm w/Lauren	<b>Yoga Flow CR</b> 6:00-7:00pm w/Jeremy	<b>Yoga CR</b> 5:30-7:00pm w/Kathy	<b>Yoga Flow CR</b> 6:00-7:00pm w/ Jeremy <b>Relax &amp; Renew Yoga CR</b> 8:00-9:00pm w/Tessa <b>**Chair Massage (20 min. \$22.00)</b> 5:00-7:30pm	<b>Relax &amp; Renew Yoga RS</b> 6:30-7:30pm w/Kathy		

▶ Total Fitness Challenge with Kathy ▶ Meet with our Registered Dietician for nutritional counseling and weight management

What's new?

## **Class Descriptions: All levels welcome in all classes**

**30-30-30:** A fun combination class which includes 30minutes of kickboxing, 30minutes of upper body/abs and 30minutes of lower body toning. Class format is open every 30minutes for new participants to join in.

**Barre Workout:** Try this new and unique approach to head-to-toe conditioning. No Experience is needed for this fat burning, posture-straightening, figure sculpting routine that can burn 500-600 calories an hour.

**Belly Dance:** Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body. No dance experience needed.

**Boot Camp:** 1 hour high energy cardio and strength training workout great for increasing cardiovascular strength and endurance. Come in and work out at your own pace. Great for all levels!

**Boxing:** This energetic workout includes shadow boxing, hang bags, speed bag, jump rope and calisthenics.

**Cardio Interval:** Join Ann on this uplifting journey of basic cardio movements alternating with strength training. This class will emphasize all three components of physical fitness: cardio fitness, strength and flexibility. A great place for beginners to start but a guaranteed workout for all levels!

**Chair Massage:** A good foundation for managing stress is regular exercise and good nutrition. Integrated into an exercise routine, massage can contribute to weight loss, improve range of motion, prevent injury, increase blood circulation, increased energy and endurance and much more. Sign up for your 20 minute session today at Member Services. \$22.00 per session.

**Chisel:** Total Body workout, combining progressive body strengthening and conditioning exercises.

**Cycling & Abs:** One hour of Indoor cycling topped off with fifteen minutes of abs. All levels welcome.

**Cycling Plus:** One hour of cycling combined with weighing in and measuring every 8 weeks, keeping a food journal and tracking your workout on FitLinxx you are guaranteed to meet your goals!

**Hatha Yoga:** Using the principles of alignment, this uplifting practice explores posture combined with deep breathing.

**Hatha Modification Yoga:** Dual class instruction for practicing yogis and for seniors, pre natal and those with physical limitations.

**Indoor Cycling:** A group exercise workout performed on a stationary bike. This class offers the latest cardio workout with great music and plenty of motivation. Experience the best sweat you've ever had!

**Kick It:** Powerful and exciting aerobic workout that integrates basic punches and kicks

**Kundalini Yoga:** Incorporates postures, dynamic breathing techniques along with chanting and meditating on mantras

**Lite & Lively:** Combination of light dance movements with aerobic exercises

**Mat Pilates:** Progressive series of exercises to increase strength, flexibility and overall balance with its main focus on the core muscles.

**Pilates 101:** This class is a great introduction to Pilates. In just 30 minutes you will strengthen your core and improve your posture.

**Relax & Renew Yoga:** Experience breath work and gentle poses that stretch the body and ease the mind.

**\*\*R.I.P.P.E.D: Fee based class open to non members: members \$6.00 Non members\$12.00 To reserve spot please register at the membership desk.** Combining resistance, intervals, plyometrics and endurance this unique class will help you attain the results you are striving for.

**Stepography:** Choreographic workout performed to music. This rhythmic cardio workout is done on a low step.

**Stretch:** End your week just right with this relaxing yet invigorating stretch class. Please know you do not need to be flexible to join in, rather this is the class where you will learn how to increase your flexibility.

**Total Fitness Challenge:** This class goes beyond meeting your fitness needs. By weighing in and measuring every 8 weeks, keeping a food journal and tracking your workout on FitLinxx you are guaranteed to meet your goals!

**Virtual Cycling:** Jump on and ride across America! From the rolling coast of California to the rocky shores of Maine. This advanced Virtual Cycling class allows you to ride at your own pace and combines stunning outdoor footage projected onto a screen. Music is not available, so we recommend you bring your own iPod and headphones. Prior indoor cycling experience required. **Intermediate and advanced riders only.**

**Yoga:** Combining breath control, simple meditation, and the adoption of specific bodily postures, yoga is widely practiced for health and relaxation.

**Yoga Flow:** A combination of strength, mental focus, balance and sweat!

**Zumba:** Dance your way to a fitter you! Zumba combines exciting and unique Latin moves and rhythms. No dance experience needed.

**Dance for Health:** This program is designed for participants with little exercise experience, individuals that have physical limitations or inactive or active older adults. The format is easier than your typical dance class but just as much fun. The moves have been carefully designed to be easy to follow by individuals of all ages and fitness backgrounds.

**NOTE:** Modifications and variations provided for any fitness level

- Minimum age: 15 years, with instructor's approval, except for Power Yoga, minimum age is 18 years.
- Classes with less than 5 participants are subject to cancellation
- Instructors and classes are subject to change
- Instructors reserve the right to (NOT) allow latecomers to enter class ten minutes after start time
- To allow for smooth transition between successive classes-class times will end 5 minutes early.
- **Indoor Cycling:** We recommend arriving 15 minutes prior to your class start time. Bikes are available on a first come first serve basis. Please bring a towel & water

### **Key**

**RS = Ray Sence Room**(1<sup>st</sup> Floor)

**WS = Wellness Studio** (2nd Floor)

**CR = Club Room** (3rd Floor)

**Indicates registration and payment required. Members \$6.00 Non Members \$12.00**

**Indicates NEW Class Time , Location or Instructor**