

## September 1, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>Main Studio</b>	5:30AM		<b>BodyPump™</b> Daisy	<b>ZUMBA™</b> Abs 45m/15m Daisy	<b>BodyPump™</b> Daisy		7:15AM	<b>BodyPump™</b> Brenda
	9:15AM	<b>BODYCOMBAT™</b> Jeanne	<b>BodyPump™</b> Brenda	<b>Hi Lo Combo</b> Jaclyn	<b>BodyPump™</b> Brenda	<b>Interval Training</b> Kate	8:30AM	<b>BODYCOMBAT™</b> Daisy
	10:15AM	<b>BodyPump™</b> Jaclyn			<b>BODYCOMBAT™</b> Jeanne		9:30AM	<b>BodyPump™</b> Rita
	5:00PM	<b>ZUMBA™</b> Rhythm Eileen		<b>BODYCOMBAT™</b> Brenda				
	5:15PM	<b>ZUMBA™</b> Eileen						
	6:00PM	<b>BodyPump™</b> Kristy	<b>Step™</b> Denise	<b>BodyPump™</b> Jaclyn	<b>BODYCOMBAT™</b> Connie			

<b>Wellness Studio</b>	8:00AM	<b>Vinyasa</b> Kathy	<b>NIA</b> Lynn		<b>Vinyasa</b> Kathy		8:00AM	<b>Vinyasa</b> Kelly
	9:15AM		<b>Vinyasa</b> Nancy	<b>CHI Yoga</b> Nancy	<b>Pilates</b> Jeanne	<b>NIA</b> Lynn	9:00AM	
	10:15AM		<b>Gentle Yoga</b> Nancy	<b>Deep Yoga</b> Kelly		<b>Gentle Yoga</b> Elizabeth	9:30AM	<b>Vinyasa</b> Kelly
	5:00PM	<b>Kids' JAM</b> Jen		<b>Kids' JAM</b> Jen				
	5:15PM		<b>BC Pilates</b> Brenda					
	5:30PM	<b>Kid' Yoga</b> Jen		<b>Kids' Yoga</b> Jen				
	6:00PM	<b>Ashtanga Basics</b> Ali		<b>Pilates</b> Jeanne				
	7:00PM		<b>Vinyasa</b> Kelly					

<b>Spinning® Studio</b>	5:30AM				<b>Road Ride</b> John		8:00AM	
	5:45AM	<b>Max Ride</b> Melanie					8:30AM	<b>Rock Spin</b> Billy
	8:15AM		<b>SPINNING®</b> Brenda				9:15AM	
	9:15AM	<b>Road Ride</b> Penny		<b>SPINNING®</b> Jeanne		<b>SPINNING®</b> Jaclyn		<b>Joy Ride</b> John
	5:00PM							
	6:15PM		<b>SPINNING®</b> Kate					
	6:30PM	<b>Joy Ride</b> John				<b>Road Ride</b> Penny		

<b>Pool</b>	9:00AM	<b>Water X</b> Ilona		<b>Water X</b> Pat		<b>Water X</b> Marissa
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**Learn Technique**  
**½ Hour Classes**

Spin	Thu, Sep 10 <sup>th</sup>	7:30P
Pump	Mon, Sep 14 <sup>th</sup>	7:00P
Combat	Thu, Sep 17 <sup>th</sup>	7:00P
Yoga	Sat, Sep 26 <sup>th</sup>	9:00A
Pilates	Sat, Sep 26 <sup>th</sup>	10:30A

## GROUP EXERCISE

We offer muscle conditioning and cardiovascular training through our group exercise classes. Our group exercise classes are located in our main studio.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**HI/LO COMBO:** Old fashion hi/low mixed with a variety of exercises gives you a total body workout.

**INTERVAL TRAINING:** Receive a total body workout by alternating cardio training to increase your heart rate with weight training to allow for recovery. You will maximize your workout by burning fat while reshaping your body.

**STEP:** Come and enjoy a variety of your favorite step combos from beginner to advance.

**ZUMBA:** Dance fitness program based on international rhythms. Cumbia, Meringue, Salsa, and Samba are the four core rhythms used to get you started on your Latin journey!

**ZUMBA RHYTHMS:** A fifteen minute warm-up to everyone's favorite dance fitness class...get going a little sooner and burn even more calories.

## SPINNING

Meet us in the Spinning Studio where our certified instructors will take you journey of flats, hills and drills while burning 400-800 calories in as little as 45 minutes

**JOY RIDE:** Enjoy a journey with scenic views provided on movie theatre screen in this exciting class.

**MAX RIDE:** Push your limits in this early morning, high intensity Spinning® class. Replace that cup of coffee with this energizing class that will get you pumped for your day.

**ROAD RIDE:** Looking for a ride that simulates a true road journey? Look no further! An avid cyclist will take you on a strong, steady ride that is just like an outdoor journey.

**ROCK SPINNING®:** A blend of modern rock music will keep you moving in this one hour spinning® class designed to give you a road ride experience.

**SPINNING®:** Spinning encourages participants to shift and broaden their perspective by exposing them to new ideas and a variety of training styles and energy zones.

## TECHNIQUE CLASSES

These classes are held once a month and whether for the beginner or the experienced exerciser, the technique classes will give you a jump start to your fitness routine. Learn terminology, correct moves and the how's and why's of getting the most out of the class discipline. The monthly schedule is itemized on the front page of the Group Fitness Schedule.

## WELLNESS

Wellness classes offer an overall sense of well being while being gentle to the body. All wellness classes are offered in our Wellness studio.

**BALANCED PILATES:** Strengthen, stabilize, and balance the body with this 45 minute workout. In keeping with the traditional guidelines of Joseph Pilates, this class is designed to work the entire body through a strategically ordered compilation of exercises for maximum results. Bands, balls, rings and other props may be used to guide you through the exercise series.

**BOOT CAMP PILATES:** This is not a beginner's workout!! BC Pilates is a fast paced intensive core based workout. We strongly advise you to take several Pilates classes before taking this intermediate class.

**NIA:** This movement class is a blend of martial arts, dance and yoga movements that allows you to connect your mind, body and spirit. Similar to modern dance, you will tone your entire body while getting cardiovascular benefit.

**PILATES:** Improve posture and balance while gaining core strength, muscle tone and overall flexibility in this classical Pilates mat class designed for all levels. All exercise series initiate from the core and work the entire body. Balls, bands, rings and other equipment may be used to intensify or modify your workout.

**CHI YOGA:** Calm the mind and body as you find relief from physical pain and chronic conditions. Improve joint and organ functions and learn how to breathe deeper and more effectively with Chi Yoga. Flow into different asanas while holding a light chi ball, and experience this ancient art.

**DEEP YOGA:** Come and deep stretch your body so that you may prevent injury, gain flexibility and have a sense of body awareness. You don't need to be flexible to get flexible. Kelly will target the muscles that get tightest from workouts. Class will include core strength training and deep stretching (using the Bosu). Finally you will learn breath awareness and end with a deep relaxation. These skills protect muscles, joints and tendons from injury and help you feel good!

**GENTLE YOGA:** Enjoy a combination of balance and harmony through slow and relaxed movements. Emphasis is on self-awareness, breath and gentleness to the body. Each instructor brings a different style and teaching to the Gentle Yoga classes offered.

**ASHTANGA BASICS:** A set series of postures that therapeutically align the body, protect and rehabilitate it from injury. This class is the perfect recovery-day therapy that will compliment any training program. Ashtanga Basics uses a controlled breathing technique and moves from standing postures to seated work and finishes gentle inversions.

**VINYASA YOGA:** Invigorating, strengthening, detoxifying! A challenging yet relaxing flow of asanas connecting movement with the breath. You'll find balance, strength and flexibility while learning how to breathe efficiently. Each instructor brings a different style to the Vinyasa classes offered.

**JUNIOR FITNESSKIDS JAM:** This fun class designed for ages 4 to 7 introduces kids to basic exercises like hopping, skipping, jumping, dancing, balancing, and more!

**KIDS YOGA:** This yoga class designed for ages 4 to 7 is themed based and allows children to explore balance, strength and flexibility while learning to be calm and follow direction. *\*\*requires free weekly registration.*