

drop-in fitness class schedule

For Fitness Plan Members

Effective September 2, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>6:30-7:30 a.m.</u> Fat Burning Camp Room 2 Mary C	<u>7:00-8:00 a.m.</u> Cardio Basic Training Room 3 Mary C	<u>7:00-8:00 a.m.</u> Kinetic Pedal Room 2 Mary C	<u>7:00-8:00 a.m.</u> 50/50 Room 3 Mary C	<u>7:00-8:00 a.m.</u> Kinetic Pedal Room 2 Mary C	<u>8:30-9:30 a.m.</u> Gentle Yoga Room 3 Ana Age 13+
	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>9:00-10:00 a.m.</u> Turbo Fit Room 2 Sue J	<u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris	<u>9:00-10:00 a.m.</u> Total Body Tabata Room 2 Jacki	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>8:30-9:30 a.m.</u> PiYo Strength Room 2 Myriam
	<u>12:00-1:00 p.m.</u> Group Circuit Express Circuit Zone	<u>9:00-10:00 a.m.</u> Senior Fit Room 3 Mary	<u>5:30-6:30 p.m.</u> Total Cardio Sculpt Room 2 Mary C	<u>12:00-1:00 p.m.</u> Group Circuit Express Circuit Zone		<u>9:40-10:40 a.m.</u> Zumba Toning Room 2 Myrtha
	<u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris	<u>12:00-1:00 p.m.</u> Group Circuit Express Circuit Zone	<u>6:30-7:30 p.m.</u> Zumba Room 3 Myrtha	<u>4:00-4:50 p.m.</u> Group Circuit Express Circuit Zone		<u>9:40-10:40 a.m.</u> Alternating Weeks: Weekend Warrior And Goal Digger Room 3 Jacki/Lionel
	<u>5:30-6:30 p.m.</u> Kick 'N Tone Room 2 Pati Age 13+	<u>6:00-7:00 p.m.</u> Explore Yoga Room 3 Allison		<u>6:00-7:00 p.m.</u> Explore Yoga Room 3 Allison		
		<u>6:30-7:30 p.m.</u> Zumba Room 2 Melissa		<u>6:30-7:30 p.m.</u> Zumba Room 2 Ana		

See reverse side for class descriptions. Note: All classes on this schedule are open to individuals 16 years and older unless otherwise noted.

Fitness

50/50: Two-half hour classes make up one full hour of mind and body workouts: 30 minutes of upper body strength training, followed by 30 minutes of Vinyasa yoga. You choose one or both!

Cardio Basic Training: A unique blend of intense strength, endurance, and interval training followed by a yoga cool down.

Dance Cardio Fit: This class is designed to boost metabolism and burn fat through a series of high-energy, hip-hop and African rhythms, combined with modern dance, jazz, yoga, and martial arts movements.

Express Power: Strengthen and tone your body in an energizing 30 minute total body work-out. Class incorporates weights, conditioning drills and traditional exercises.

Fat Burning Camp: This hour long, intermediate fat burning class takes you through a variety of cardio and strength training exercises to maximize your calorie burn. This includes body weight exercises, glides, dumbbells, and bars.

Fusion: This comprehensive work out combines step, stability ball, weights and interval training.

Goal Digger: High intensity, boot camp style class. Class includes a combination of endurance and strength based exercises using tools such as weights, bands, balls, boxes, etc. Great for anyone looking for a challenge.

Group Circuit: The circuit is completed at a set pace, cued to music. An instructor will assist participants through the circuit as needed, but once you learn the routine you will be able to complete it quickly and efficiently, with little guidance needed. Arrive within the first 30 minutes of the schedule Circuit to complete your workout in just 30 minutes.

Kick 'N Tone: Blending 20 minutes of kickboxing and traditional aerobics dance such as step, into a routine that works the whole body then 20 minutes of core and muscle toning using weights and stability ball, ending with 20 minutes of a total body stretch.

Kinetic Pedal: Challenge yourself with 60 minutes of high intensity cycling. This class was designed for everyone from beginners, to the highly experienced. The instructor will guide you through workout phases, warm-up, steady spins, sprints, climbs, and cool downs. Just bring your towel and a water bottle!

PiYo Strength: PiYo is a unique class designed to build strength, increase balance and flexibility, and improve cardiovascular endurance all at once. This bootcamp style class uses yoga and Pilates moves to create an intense overall workout.

Senior Cardio Fit: Low impact class designed to challenge our active older adult members with fun cardiovascular and muscular endurance exercise. This class includes flexibility and strengthening segments that may be performed standing, or in a seated position, alternated with non-impact aerobic choreography.

Total Body Tabata: Test your limits and reshape your exercise routine with this proven training method. Start out with Tabata stations, then finish off with a strict balance and core challenge for a solid body.

Total Cardio Sculpt: A creative and fun workout that incorporates high and low impact plyometric moves, cardio, drills, strength training intervals and aerobic routines. This total body workout was designed to reduce stress and promote muscular and cardio endurance, flexibility, and body alignment.

Turbo Fit: Strengthen and tone your abs, back, shoulders, chest, and glutes. This class will use weights, stability balls, and mat exercises to build strong backs and nice flat abs.

Weekend Warrior: Start your weekend off right with this challenging and fun fitness class. We will focus on interval circuit training, moving from one exercise to the next with little to no break in between. The class will use body-weight movements, dumbbells, and cardio to bring out your weekend warrior.

Zumba: A workout that mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, calypso, and salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms.

Zumba Toning: When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs.

Yoga

Explore Yoga: Is quite simply that, exploring yoga. From the true beginner to the adept yogi, all are welcome here. Integrate yoga into your being instead of forcing it into the postures. It's a way of exploring yourself, getting your heart going, stretching, toning, building muscle, having fun, healing and relaxing ; all in one hour.

Gentle Yoga: A must try class! Rejuvenate your body's grace, strength, and balance with the pleasure of this gentle style of Hatha yoga. Connect with yourself and with the world around you! Use classic yoga postures (asanas), breathing exercises (pranayama), deep relaxation, and meditation. Perfect for all levels.

Power Yoga: Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.