

drop-in fitness class schedule

For Fitness Plan Members

Effective September 4, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>9:00-10:00 a.m.</u> Hula Hoop Fit Room 2 Kari	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary <u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris <u>5:30-6:30 p.m.</u> Kick 'N Tone Room 2 Pati Age 13+	<u>7:00-8:00 a.m.</u> Cardio Basic Training Room 3 Mary C <u>9:00-10:00 a.m.</u> Turbo Fit Room 2 Sue J <u>9:00-10:00 a.m.</u> Fit 4 Life Room 3 Mary <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>7:00-8:00 a.m.</u> Cycle Mania Room 2 Mary C <u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris <u>5:30-6:30 p.m.</u> FIT Max Room 2 Mary C <u>6:00-7:00 p.m.</u> Hula Hoop Fit Room 1 Kari	<u>7:30-8:00 a.m.</u> Upper Body Sculpt Room 3 Mary C <u>9:00-10:00 a.m.</u> Body Blast Room 2 Sue J <u>10:00-11:00 a.m.</u> Nia Room 3 Bonnie <u>6:00-7:00 p.m.</u> Explore Yoga Room 3 Allison <u>6:30-7:30 p.m.</u> Zumba Room 2 Ally	<u>7:00-8:00 a.m.</u> Cycle Mania Room 2 Mary C <u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>8:30-9:30 a.m.</u> Gentle Yoga Room 3 Ana Age 13+ <u>8:30-9:30 a.m.</u> Cycle Mania Room 2 Larisa <u>9:40-10:40 a.m.</u> Zumba Toning Room 2 Ana <u>9:45-10:45 a.m.</u> Alternating Weeks: Weekend Warrior And FIT Max Room 3 Jacki/Larisa

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

Fitness

Body Blast: Learn how to transform your body with efficient muscular toning, increase strength and endurance, decrease body fat.

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

Cycle Mania: An indoor cycling class that offers high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. The class is limited to 11 participants. First come, first serve.

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

Fit 4 Life: This low impact aerobic class will improve your fitness level while avoiding strenuous exercise. Low-impact aerobics are great for beginners, mature adults, overweight, pregnant, and those recovering from an injury.

Fit Max: This high intensity boot camp style class based on interval training will do cardio in different ways, step drills, lots of leg work, upper body and abs. Class incorporates weights, bands, balls, etc. You can easily lose weight during this class.

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

Hula Hoop Fit: Burn 400-600 calories with this high-cardio, low impact class. We use adult sized weighted hula hoops to build balance, strengthen core muscles, and tone the entire body. No hooping experience needed. Cardio hoop reduces stress, increases self-confidence and generates joy and laughter.

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.

Nia: Amazing cardio fitness class that combines elements of dance, martial arts & wellness. Fitness can be pleasurable; Nia is like chocolate; you have to taste it to know how good it is! It's body, mind, & spirit integration.

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.

Upper Body Sculpt: Increase your upper body strength through the use of weights, exercise tubing, and full body movements.

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. It targets areas such as the glutes, legs, arms, abdominals, and the heart.

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. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

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. Come experience the transformative, self-empowering, joy!

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 with infinite benefits, from pain relief to peace of mind.

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.

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