

AEROBICS & CYCLING SCHEDULE JULY 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLING ROOM	5:30 AM		Power RPM Alicia		Freestyle Holly (2:Alicia)
	8:00 AM		RPM Robin		RPM Lynne
	9:15 AM	RPM Amy		Freestyle Susan (15, 22: Torie)	Power RPM Torie
	4:30 PM	RPM Jess		RPM Amanda	
	5:35 PM	Power RPM Bill (20: Michele)	Power RPM Bill (21: Jess)	Power RPM Michele	RPM Jane (23: Alicia)

SATURDAY	
8:00 AM	4 No class 11 Alicia 18 Launch 25 Bill

4:00PM	5 Amy 12 Jane 19 Launch @ 4:15 27 Alicia
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Sunday launch time is 4:15 on 7/18/09.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GROUP FITNESS ROOM	5:30 AM	Body Pump Stacey	Power Yoga Holly (7: Becky)	Body Pump Holly (1: Alicia)		Body Pump Amanda
	8:10 AM	Zumba Christy	Body Pump Becky	Zumba Becky	Body Pump Susan (16, 23: Holly)	Zumba Sean/Becky
	9:15 AM	Body Pump Xpress (30) Robin	Turbo Jam Christy	Pilates Becky	Turbo Jam Christy (2: Stacey)	Body Pump Xpress (30) Robin
	9:50 AM	30 Minute Pilates Robin				30 Minute Pilates Robin
	10:25 AM	50+ Low Impact Becky		50+ Low Impact Lynne		50+ Low Impact Amy (10: Susan)
	10:30 AM		Basic Yoga Amy		Basic Yoga Lori (23: Amy)	
	12:00 PM		Pump at Lunch (45 Min) Lori (21: Holly)		Pump at Lunch (45 Min) Lori (23: Christy)	
	12:45 PM		Power Core (15 Min) Lori (21: Holly)		Power Core (15 Min) Lori (23: Christy)	
	3:30 PM				Body Pump Lynne	Body Pump Jess
	4:30 PM	Boot Camp Torie	Body Pump Susan (21: Michele)	Turbo Jam Stacey	Body Pump Amy (9: Alicia)	Turbo Jam Stacey
	5:35 PM	Body Pump Torie	Step to the Side Susan (14, 21: Michele)	Body Pump Sean	Basic Yoga Robin	
	6:40 PM	Calorie Burning Intervals Alicia	Zumba Sean	Basic Yoga Amy	Zumba Becky	
	7:45 PM		Body Pump Michele		Body Pump Robin	
	8:00 PM			Body Pump Robin		

SATURDAY	
8:10 AM	4 No class 11 Michele - Step 18 Body Pump 70 @ 8:00 25 Becky -Zumba
Wild Card	

9:15 AM	4 Sean 11 Michele 18 Launch BP 70 25 Amanda
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10:30 AM	4 Robin 11 Becky 18 Robin 25 Amy
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SUNDAY	
3:00 PM	5 Amy 12 Lynne 19 Launch BP 70 26 Amy

4:30 PM	5 Stacey 12 Jess 19 No class 26 Robin
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
INDOOR TRACK	4:30 PM		Anything Goes Circuits Laure	Anything Goes Circuits Amanda
	5:45 PM	Anything Goes Circuits Emily		Anything Goes Circuits Emily
	5:30 PM		15 Min Abs Laure	15 Minute Abs Amanda

Land Class Descriptions
(beginner, intermediate, advanced)

**(A) Advanced (I) Intermediate (B) Beginner
(All) everyone invited**

Anything Goes Circuits (All) - A one-hour cardio workout designed to keep you moving and strength train your whole body. Participants spend about one minute at a station, which might include working upper, middle, and lower body parts. The cardio circuit stations may also include boxing, step, squats, lunges, jump rope, tire run, stairs, push-ups, ab crunches, shoulder and bicep/tricep work, etc. Cardio intervals are meant to keep your heart rate elevated. Stations can be modified for all fitness levels - come experience a total body workout!

Basic Yoga (All) -- A 60-minute class where members learn proper breathing techniques as well as poses (asanas) designed to build strength, improve flexibility, increase stamina, boost the immune system, reduce stress and improve balance. All fitness levels are welcome and members are encouraged to work at their own intensity level. Modifications will be given.

Boot Camp (All) - Surrender your usual workouts and do something completely different. Boot Camp Baby!!! This class consists of drills for cardio and toning that will whip your body into shape and sweat to your brow.

Pilates (All) – a 30 or 60-minute class designed to build strength, improve flexibility, increase stamina, boost the immune system and improve balance. Special emphasis is placed on traditional Pilates, developed by Joseph Pilates, to build core strength, i.e. abdominal, lower back, gluteals, hips and thighs.

Turbo Jam (All) - is the hottest kickboxing class around. You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout.

Step (I) -- Using a Reebok step, you will be instructed to move around the floor and on the step to work both lower and upper body parts within a fat burning and cardiovascular range. Practice makes perfect so plan to come regularly to learn the movements and patterns, which will help you become an expert stepper.

Step Jamz (I) – Step choreography at its best. Nothing more needs to be said about this challenging and diverse exercise routine. Can you say HIGH ENERGY!

Tai Chi (ALL) -- An antidote for stress! Tai Chi strengthens respiratory, muscular and cardiovascular systems while improving mental alertness and tranquility. Helps to improve elasticity and strength of muscles, ligaments and tendons. Tai Chi is great for all ages and for all fitness levels. No experience needed.

Zumba (ALL) -- Zumba combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both body and mind.

50 + Low impact (All) – A low impact- low intensity all over body workout for the special seniors in our club. This class emphasizes both cardiovascular and toning needs. Stretching exercises will be used to increase your flexibility. Perfect for those with arthritis, fibromyalgia and other like conditions. This one's for you and no AARP card required!

Body Pump (All) Body pump is the original barbell workout that strengthens your entire body. This 60-minute program 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. What are you waiting for?

Body Pump Express (All) is a 30-minute version of the Body Pump class including warm-up, squats, chest, legs and abs.

Pump at Lunch (All) is a 45-minute version of the Body Pump class. Just the perfect class to run to on your lunch hour.

Body Pump Form Class (All) - Come learn to do Body Pump Form in correct fashion. This 30-minute class will help you to perfect your squats, lunges, dips, presses, etc. in a safe teaching environment. This class is ideal for all levels of fitness.

Calorie Burning Intervals (I) Great combination of hi-low/kickboxing with some "drop dead" intervals mixed in. This class will challenge you physically while burning LOTS of calories! Lets kick it up a notch!

Power Core

Improve your balance, posture and coordination! Shape your waist and tone your abs while strengthening your lower back! Using the stability ball, mat, weights and our own body strength for power, we will do a variety of power exercises including crunches, planks, bridges, pilates, yoga and more! Join us for an action-packed and unique class each week as we POWER UP the CORE at lunch!!!

Triathlon Power

If you have ever thought about competing in a beginner's triathlon or just want to see what it's all about then this class is for you! A twenty-five year veteran of triathlons will coach you through the three disciplines of the sport. Be sure to bring a swim suit, water bottle and your running shoes then get ready to have fun!

CYCLE ROOM

Freestyle (All) - Cycling is one of the best workouts in the Fitness Center. Your instructor chooses the music and the Theme for each class. These are great cardiovascular classes that emphasize lower-body work. After an hour on the bike, you will not doubt that you burned a calorie or two. No previous experience with cycling is required. All fitness levels are welcome. First-time cyclists should come to class ten minutes early to learn the bike set-up.

RPM (All) - WOW! Come and enjoy excellent music, a motivational instructor and a pre-choreographed interval driven ride guaranteed to make you sweat like no other class. The program will change dramatically, with new music and new innovative intervals every three months and you can bet on that. No time for boredom with RPM. Burn calories, baby burn! This is a 45-50 minute class.

Power RPM (I, A) – A 60-minute in the saddle and out of the saddle class for those who just can spin enough. *We request that each cyclist bring a water bottle to class.*

Cycling pants are highly recommended but not required. We also recommend cycling shoes or shoes with a very firm sole for your comfort and safety and cycling efficiency.