

334-887-5666

<b>CYCLING ROOM</b>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>5:30 AM</b>		Power RPM Jess (16: Amanda)			
	<b>9:15 AM</b>	RPM Amy (15: Susan)		Power RPM Susan		Power RPM Amy (26: Susan)
	<b>4:30 PM</b>	RPM Jane (15: Lynne)		RPM Amanda		
	<b>5:35 PM</b>	Power RPM Amanda	Power RPM Bill (16: Lynne)	Power RPM * NEW Lynne	RPM Jane	

<b>SATURDAY</b>	
<b>Power</b>	6: Jess 13: Lynne
<b>RPM</b>	20: Amy 27: Jane
<b>8:10</b>	

<b>SUNDAY</b>	
	7: Jess 14: Amanda
<b>4:30 PM</b>	21: Susan 28: Bill

<b>GROUP FITNESS ROOM</b>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>5:30 AM</b>	Body Pump Amanda		Body Pump Holly	<b>Boot Camp * NEW</b> Jess (11: Holly, 18: Amanda)	Body Pump Jess (19: Stacey)
	<b>8:10 AM</b>	Zumba Christy	Body Pump Becky (16: Susan)	Zumba Becky (17: Sean)	Body Pump Susan	Zumba Sean/Becky
	<b>9:15 AM</b>	Body Pump Xpress (30) Becky	Turbo Jam Christy	Pilates Becky (17: Robin)	Turbo Jam Christy	Body Pump Xpress (30) Stacey
	<b>9:50 AM</b>	30 Minute Pilates Robin				30 Minute Pilates Robin
	<b>10:30 AM</b>	Low Impact AMY (15: Susan)	Basic Yoga Amy (16: Robin)	Low Impact Lynne	Basic Yoga Lori (18: Stretching w/Elizabeth)	
	<b>12:00 PM</b>		Pump at Lunch (45 Min) Lynne		Pump at Lunch (45 Min) Lori (18: Lynne)	
	<b>12:45 PM</b>		Power Core (15 Min) Lynne		Power Core (15 Min) Lori (18: Lynne)	
	<b>3:30 PM</b>				Body Pump Stacey	
	<b>4:30 PM</b>	Boot Camp Susan	Body Pump Lynne	Turbo Jam Stacey	Body Pump Amy	Turbo Jam Stacey
	<b>5:35 PM</b>	Body Pump Holly	Super Step Susan	Body Pump Sean	Basic Yoga Robin	
	<b>6:40 PM</b>	Xtreme Turbo Jam Jess (15: Stacey)	Zumba Sean		Zumba Becky	
	<b>7:45 PM</b>		<b>Body Pump</b> Robin		Body Pump Robin	
<b>8:00 PM</b>						

<b>SATURDAY</b>	
<b>8:10 AM</b>	6: Sizzling Step - Susan 13: Xtreme Zumba -Sean
<b>Wild Card</b>	20: Turbo Jam -Stacey 27: Circuits - Amanda

<b>9:15 AM</b>	6: Susan 13: Lynne
<b>Body Pump</b>	20: Amy 27: Lori
<b>10:30 AM</b>	6: Holly - Power Yoga
<b>Weekend Yoga</b>	13: Robin 20: Amy 27: Lori

<b>SUNDAY</b>	
<b>2:00 PM</b>	7: Jess
<b>Sunday Series Boot Camp</b>	14: Holly 21: Amy 28: Robin
<b>3:15 PM</b>	7: Sean
<b>Body Pump</b>	14: Holly 21: Amanda 28: Robin

<b>INDOOR TRACK</b>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>4:30 PM</b>		Anything Goes Circuits Laure		Anything Goes Circuits Amanda
	<b>5:30 PM</b>		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!

**Ultimate Kickboxing:** This class is a high intensity interval training workout using the techniques of kickboxing along with some other disciplines. You will jab and kick your way to a stronger heart and a more defined body.

**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.*