

GROUP~FITNESS

February 2012

Morning Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------------------|----------------------------------|------------------------------|----------------------|---------------------------|---------------------------|--------|
| 7:00am | Joseph "Pilates" Susan | | Joseph "Pilates" Susan | | Power Pilates Aisha | | |
| 9:00am | Body Sculpting Michele | Strength & lengthen Margie | Bootcamp Michele | Beg. Zumba Margie | | Kick/ Striking Jeff | |
| 10:30am | Yoga Stretch Regina | | Yoga Stretch Belinda | | | Kick/ Striking Jeff | |
| 11:00am | | MSROM Margie | | MSROM Margie | | | |
| 12:00pm | Gentle Yoga Belinda | | Kick/ Striking Jeff | | Yoga Belinda | | |

Afternoon Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|----------------------------|--|----------------------|------------------------------|-------------------------------|---|-----------------|
| 1:00pm | | | | | | | Zumba Margie |
| 5:00pm | Yoga Regina | | | | | | |
| 6:00pm | Gutts & Butts Margie | Extreme Warrior Bootcamp Aisha Yoga Sandy | Beg. Zumba Margie | | Yoga- Hip Opener Regina |  | |
| 7:00pm | Cardio Fit Ronnie | | Cardio Fit Ronnie | Body Sculpting Michele | | | |

Designated in blue font on schedule

Fitness Punch Passes Available!

6 Visit Passes

Members

Boarding Pass Plus: \$30.00

Boarding Pass: \$36.00

Non-Members

Non-Member Resident: \$42.00

Non-Member Non-Resident: \$48.00

Drop-In: \$9

The Waistline Winterizer Class Pass (Unlimited Classes: 1/1/12-3/31/12) \$120

Beginning Zumba: A fun filled Latin inspired dance class with hypnotic and exotic rhythms. A great way to learn each dance by breaking down the choreography and then dancing to the entire song. Learn dances such as cumbia, reggaeton, salsa, flamenco and many more. Appropriate for anyone of any age. If you want to have fun while you work up a sweat then this is the class for you.

Body Sculpting: A 1 hour total body workout involving body weight exercises, hand weights, stability balls and resistance tubing, designed to sculpt the body and increase muscular endurance. This class is fun, effective and for all levels of fitness.

Bootcamp-Michele: This class is interval based and combines various types of exercises including strength training and cardio in this total body workout. Dumbbell resistance training, body weight exercises, plyometrics and cardio drills are all incorporated into this workout weight loss, strengthening and conditioning. Modifications are made so that the workout is suitable for those who are new to exercise as well as clients who are in top shape and looking to stay there.

Cardio Fit: High intensity aerobic dance class designed to tone the body and burn lots of calories. This class may use the step bench, stability balls and hand weights.

Gentle Yoga: Learn basic yoga poses, relaxation, and stress reduction techniques in this slower paced class. Perfect for those new to yoga or who have physical challenges.

Gutts & Butts: A cardio warm up working into standing glut work with emphasis on all 3 parts of the glut and engaging the inner thigh. Progressing to floor work with more glut and hamstring engagement. Abdominal exercises will include all 5 parts of the Abs. This class is designed for any age or fitness level.

Joseph "Pilates": Pilates is a workout that emphasizes core control, flexibility, and awareness of body. Also works on connecting breath with body movement.

Kick/Striking: A unique fast-paced approach to martial arts. This class offers something to women of all fitness levels. Kick/Strike is designed to get you in shape while teaching you how to defend yourself. We start with basic punches & kicks that anyone is capable of and work your way up from there. What could be better than getting fit while relieving all your aggressions?

MSROM: Have fun and move to the music through a series of exercises designed to increase muscular strength, range of movements, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Power Pilates: This class combines original Pilates exercises with contemporary body sculpting, utilizing stability balls, bands, Pilates rings and more to give your muscles the shape, definition, and strength you've always desired. You are guaranteed to receive a consistent, class-based, invigorating and fitness focused Pilates workout. Beginner to Advanced.

Strength & Lengthen: This class is great for any participant! Strength training and stretching all rolled up in one hour. An exhilarating warm up prepares the muscles for the super set strength portion using hand weights, step bench, stability balls, resistance tubing and then concentrate on stretching and lengthening the body to make you feel rejuvenated.

Yoga- Hip Opener: Let's do Hips! — Learn and perform a series of yoga poses that strengthen the body and improve both your stability and flexibility. Yoga poses are made adaptable for any age.

Yoga With Sandy: Developing strength and flexibility as well as relaxation. All are welcome and this class is suitable for any age and fitness level.

Yoga With Belinda: Find out why people are turning to yoga to improve flexibility, strength, and balance. Learn relaxation techniques that help reduce stress and promote overall well being

Yoga With Regina: Beginner's yoga learning a sequence of sun salutes that you can do whenever and wherever. The breath is linked with the movements of these poses. Become more aware of breath in the movements.

YogaStretch: Yogastretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movements. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Xtreme Warrior: This class is a fast and serious workout designed for serious weight loss, toning, and muscular endurance. This is the next level of fitness class for healthy individuals. Xtreme Warrior combines a series of calisthenics, US Marine Corps exercises, football, basketball, and hockey drills in addition to plyometrics and core training.

Zumba: Latin inspired dance fitness class using hypnotic rhythms. You will experience such dances as the merengue, flamenco, belly dance, hip hop, cha-cha, tango, reggaeton, cumbia, mambo, and salsa! Burn between 700-1000 calories per class while having tons of fun!