



Group Exercise Menu



Fall 2010

Sept. 1 – Dec. 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 5:45 am – 45 min Spinning Studio <i>Patty</i>	Step 5:45 am – 45 min Aerobics Room <i>Sally</i>	Spinning 5:45 am – 45 min Spinning Studio <i>Patty</i>	Step 5:45 am – 45 min Aerobics Room <i>Sally</i>	Ride 'N Glide 9 am – 60 min Spinning Studio <i>Colleen</i>	Spinning 8 am – 45 min Spinning Studio <i>Dawn</i>
Extreme Ball 6:30 am – 30 min Aerobics Room <i>Del</i>	Water Running 8:30 am – 60 min Pool <i>Angela</i>	Extreme Strength 6:30 am – 30 min Aerobics Room <i>Del</i>	Strength 9 am – 60 min Aerobics Room <i>Del</i>	Aqua 9 am – 60 min Pool <i>Deborah</i>	Zumba w/Toning 8:30 am – 45 min Aerobics Room <i>Treasa</i>
Aqua 9 am – 60 min Pool <i>Deborah</i>	Strength 9 am – 60 min Aerobics Room <i>Del</i>	H.I.T. 8:45 am – 45 min Basketball Court <i>Ashley</i>	Aqua 9:30 am – 45 min Pool <i>Jan</i>	Yoga 9 am – 75 min Aerobics Room <i>Kim</i>	Strength 9:15 am – 45 min Aerobics Room <i>Treasa</i>
Pilates 10:15 am – 45 min Aerobics Room <i>Del</i>	Aqua 9:30 am – 45 min Pool <i>Jan</i>	Aqua 9 am – 60 min Pool <i>Deborah</i>	Yoga 11 am – 60 min Aerobics Room <i>Kim</i>	Hydro-Pilates 10:15 am – 60 min Pool <i>Deborah</i>	Pilates 9:15 am – 45 min Gym <i>Patty</i>
Hydro-Pilates 10:15 am – 60 min Pool <i>Deborah</i>	Stretch 10:15 am – 40 min Aerobics Room <i>Colleen</i>	Restorative Yoga 9:15 am – 60 min Aerobics Room <i>Kim/Patty</i>	Strength 12:15 pm – 45 min Aerobics Room <i>Sally</i>	Tai Chi* 10:30 – 60 min Aerobics Room <i>Mary</i>	Yoga 10:15 am – 75 min Aerobics Room <i>Patty</i>
Spinning Noon – 45 min Spinning Studio <i>Bridgette</i>	Aqua Warm Water 10:30 am – 45 min Pool <i>Patty</i>	Aqua 10:15 am – 60 min Pool <i>Deborah</i>	Spinning 5:30 pm – 45 min Spinning Studio <i>Heather</i>	Spinning Noon – 60 min Spinning Studio <i>Lisa</i>	
Cardio Combo 12:15 pm – 45 min Aerobics Room <i>Del/Cindy</i>	Yoga 11 am – 60 min Aerobics Room <i>Jamie</i>	Zumba 10:30 am – 45 min Aerobics Room <i>Patty</i>	Zumba w/Toning 5:30 pm – 45 min Aerobics Room <i>Nancy</i>	<p>Classes are available to non-members. 6 classes for \$42</p> <p>Classes are free to members! No sign-up required.</p>	
Pilates 5:30 pm – 45 min Aerobics Room <i>Patty</i>	Strength 12:15 pm – 45 min Aerobics Room <i>Colleen</i>	Spinning Noon – 60 min Spinning Studio <i>Lisa</i>	Yoga 6:45 pm – 75 min Aerobics Room <i>Treasa</i>		
H.I.T. 5:30 pm – 45 min Basketball Court <i>Cindy</i>	Spinning 5:30 pm – 45 min Spinning Studio <i>Heather</i>	Cardio Combo 12:15 pm – 45 min Aerobics Room <i>Del/Ashley</i>			
Aqua 6 pm – 60 min Pool	Zumba w/Toning 5:30 pm – 45 min Aerobics Room <i>Nancy</i>	Fun/Fitness/15 5:30 pm – 60 min Aerobics Room <i>Cindy</i>			
	Yoga 6:45 pm – 75 min Aerobics Room <i>Treasa</i>	Aqua 6 pm – 60 min Pool			

* The Tai Chi class on Fridays will begin on September 17.

Aqua

Get your heart rate pumping while building overall strength! Being in the water allows less stress on your joints while getting a great workout.

Aqua Warm Water

Utilize the warm water therapy pool. You will go through full range of motion to improve your strength and flexibility. This class is geared toward those with arthritis and joint problems.

Cardio Combo

You never know what kind of cardio you'll be doing until you show up. The instructor will "mix it up" and majority will rule!

Extreme Ball

Take core strengthening and balance to the next level. This 30 minute class utilizes different types of ball modalities and is aimed for the advanced exerciser.

Fun/Fitness/15

You want a challenge, you got it! 15 minute segments using the gliding discs, jump rope, step, stability ball, bosu. It's different every class to keep you challenged mentally and physically.

H.I.T.

Do you like P90X®, Crossfit® or Insanity®? If the answer is yes and like doing a high intensity workout, then this class is for you. This boot camp-style workout, offered for 8 weeks May 10 to June 30, will whip your body into shape for the summer. Non-members are welcome to attend by purchasing a special H.I.T. punch card. For more information call Emily at 647-2660. This class is limited to 25 participants.

Hydro-Pilates

The basic exercises of Joseph Pilates adapted to the water. Gain the benefit of Pilates in a kinder, gentler atmosphere.

Pilates

Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

Restorative Yoga

This class will break down and modify as needed the traditional yoga poses so that everyone can get the physical, mental, emotional and energetic benefits of the ancient healing art. We will combine traditional yoga postures, guided meditation, restorative yoga poses, progressive relaxation and a variety of breathing techniques to give you a strong but elastic body, a feeling of general well-being and a joyful, peaceful mind.

Ride 'N Glide

Work through intervals of spinning on the bikes and use the gliding discs to isolate all the muscle groups. This class keeps it aerobic, interesting and FUN!

Stretch

45 minutes of gentle stretching from head to toe. Leave feeling refreshed and open.

Spinning

Using our CycleOps Pro Series bikes, our instructors will take you on a ride to the rhythm of powerful music.

Strength

This class uses weights, bands, stability balls, body bars and the bosu to work all the muscle groups of the body.

Step

45 minutes of step aerobics. This class is geared to the intermediate/advanced exerciser.

Water Running

Just like the name! Get a great workout while being kind to your joints.

Yoga

Based on the Hatha style of yoga. Practice with our instructors at your own pace and begin to feel good in your body!

ZUMBA®

A fusion of Latin dance and aerobic/fitness moves choreographed to Latin & International music.