



Group Exercise Menu



Winter 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Extreme Ball 6:30 am – 30 min Group X Studio <i>Del</i>	Step 5:45 am – 45 min Group X Studio <i>Sally</i>	Extreme Strength 6:30 am – 30 min Group X Studio <i>Del</i>	Step 5:45 am – 45 min Group X Studio <i>Sally</i>	Cycling 9 am – 60 min Cycling Studio <i>Colleen</i>	Zumba w/Toning 8:30 am – 45 min Group X Studio <i>Bridget</i>
Aqua 9 am – 60 min Pool <i>Deborah</i>	Water Running 8:30 am – 60 min Pool <i>Angela</i>	H.I.T. 8:45 am – 60 min Basketball Court <i>Ashley</i>	Strength 9 am – 60 min Group X Studio <i>Del</i>	Aqua 9 am – 60 min Pool <i>Deborah</i>	Strength 9:15 am – 45 min Group X Studio <i>Morgan</i>
Pilates 10:15 am – 45 min Group X Studio <i>Del</i>	Strength 9 am – 60 min Group X Studio <i>Del</i>	Aqua 9 am – 60 min Pool <i>Deborah</i>	Aqua 9:30 am – 45 min Pool <i>Jan</i>	Yoga 9 am – 75 min Group X Studio <i>Kim</i>	Pilates 9:15 am – 45 min Gym <i>Bridget/Colleen</i>
Poolates 10:15 am – 60 min Pool <i>Deborah</i>	Aqua 9:30 am – 45 min Pool <i>Lucy</i>	Restorative Yoga 9 am – 75 min Group X Studio <i>Kim/Barb</i>	Yoga 11 am – 60 min Group X Studio <i>Kim</i>	Poolates 10:15 am – 60 min Pool <i>Deborah</i>	Yoga 10:15 am – 75 min Group X Studio <i>Lee</i>
Cycling 11:15 am – 45 min Cycling Studio <i>Candace</i>	Stretch 10:15 am – 40 min Group X Studio <i>Colleen</i>	Aqua 10:15 am – 60 min Pool <i>Deborah</i>	Strength 12:15 pm – 45 min Group X Studio <i>Sally</i>	Tai Chi 10:30 – 60 min Group X Studio <i>Mary</i>	
Cycling Noon – 45 min Cycling Studio <i>Bridgette</i>	Aqua Warm Water 10:30 am – 45 min Pool <i>Lucy</i>	Cycling 11:15 am – 45 min Cycling Studio <i>Candace</i>	Cycling 5:30 pm – 45 min Cycling Studio <i>Heather</i>	Cycling 11:15 am – 45 min Cycling Studio <i>Candace</i>	
Cardio Combo 12:15 pm – 45 min Group X Studio <i>Del/Cindy</i>	Yoga 11 am – 60 min Group X Studio <i>Barb</i>	Cycling Noon – 60 min Cycling Studio <i>Lisa</i>	Zumba w/Toning 5:30 pm – 45 min Group X Studio <i>Bridget</i>	Cycling Noon – 60 min Cycling Studio <i>Lisa</i>	
Pilates 5:30 pm – 45 min Group X Studio <i>Bridget/Colleen</i>	Strength 12:15 pm – 45 min Group X Studio <i>Colleen</i>	Cardio Groove 12:15 pm – 45 min Group X Studio <i>Bridget</i>	Cycling 6:15 pm – 45 min Cycling Studio <i>Therese</i>	<p>Classes are available to non-members. 6 classes for \$48</p> <p>Classes are free to members! No sign-up required.</p>	
H.I.T. 5:30 pm – 45 min Basketball Court <i>Cindy</i>	Cycling 5:30 pm – 45 min Cycling Studio <i>Heather</i>	Fun/Fitness/15 5:30 pm – 60 min Group X Studio <i>Cindy</i>	Yoga 6:30 pm – 75 min Group X Studio <i>Lee</i>		
High Intensity Aqua 6 pm – 60 min Pool <i>Jessica</i>	Zumba w/Toning 5:30 pm – 45 min Group X Studio <i>Bridget</i>	High Intensity Aqua 6 pm – 60 min Pool <i>Lucy</i>			
	Cycling 6:15 pm – 45 min Cycling Studio <i>Therese</i>				
	Yoga 6:30 pm – 75 min Group X Studio <i>Lee</i>				



Memorial
Health & Lifestyle CenterSM

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!

Cardio Groove

Fitness, some thumping jams, and a few dance moves come together in this heart-pounding workout. From Bhangra to Disco to Salsa, anything goes! One-stop shopping for anyone looking to workout, cut loose, and soak up some good tunes.

Cycling

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

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 a high intensity workout, then this class is for you. This boot camp-style workout will whip your body into shape.

Pilates

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

Poolates

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

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.

Stretch

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

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.

Tai Chi

Tai Chi is considered a power exercise. It improves balance and focus, and may reduce blood pressure, stress and inner chatter.

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.

Childcare Hours:

Monday – Friday: 8:30 a.m. – 1:30 p.m.

Tuesday & Thursday: 5:30 – 8 p.m.

Saturday: 8 a.m. – Noon