



## GROUP FITNESS

**SUMMER 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>INDOOR CYCLING</b> 5:30am – 6:30am Sue L.	<b>PILATES/BALL</b> 5:30am – 6:30am Kimm	<b>INDOOR CYCLING</b> 5:30am – 6:30am Sue L.	<b>“30/30” CARDIO &amp; CORE</b> 5:30am – 6:30am Kimm	<b>INDOOR CYCLING</b> 5:30am - 6:30am Sue L.	
<b>PILATES</b> 8:00am – 9:00am Mary		<b>PILATES</b> 8:00am – 9:00am Mary		<b>PILATES</b> 8:00am – 9:00am Mary	<b>INDOOR CYCLING</b> 8:15am – 9:15am Mo/Sue F.
<b>INDOOR CYCLING</b> 9:15am – 10:15am Tammy	<b>CIRCUIT TRAINING – NEW!</b> 9:00 – 10:00am Linda	<b>STEP &amp; STRENGTH</b> 9:15am – 10:00am <u>Linda</u> <b>SUPER ABS EXPRESS</b> 10:00am – 10:15am Linda	<b>WATCH FOR A NEW CLASS COMING SOON!</b>	<b>INDOOR CYCLING</b> 9:15am – 10:15am Tammy/Shannon	<b>INST. CHOICE</b> 9:20am – 10:05am <u>Sue F./Kimm</u> <b>SUPER ABS EXPRESS</b> 10:05am – 10:20am Sue F./Kimm
<b>STEP &amp; STRENGTH</b> 5:30pm – 6:15pm <u>Kimm</u> <b>SUPER ABS EXPRESS</b> 6:15pm – 6:30pm Kimm	<b>INDOOR CYCLING</b> 5:30pm – 6:30pm Shanna / Maggie	<b>STEP &amp; STRENGTH</b> 5:30pm – 6:15pm <u>Kimm</u> <b>SUPER ABS EXPRESS</b> 6:15pm – 6:30pm Kimm	<b>INDOOR CYCLING</b> 5:30pm – 6:30pm Maggie	<b>KICKBOXING</b> WILL RETURN IN THE FALL©	<b>SUNDAY CLASS: YOGA – NEW!</b> 11:00am – 12:00pm Hannah
	<b>CARDIO KICKBOXING</b> 6:45pm – 7:30pm Michelle	<b>YOGA – NEW!</b> 6:45pm – 7:45pm Sue F.	<b>YOGA</b> 6:45pm – 7:45pm Sue F.	<b>GYM HOURS:</b> 24 Hours from Monday, 5:00am – Saturday, 8:00pm Sunday: 8:00am – 8:00pm  <b>DAYCARE HOURS:</b> Monday – Friday: 8:00am – 8:00pm Saturday: 8:00am – 2:00pm Sunday: 10:00am – 3:00pm	
	<b>SUPER ABS EXPRESS</b> 7:30pm – 7:45pm Michelle				

## CLASS DESCRIPTIONS:

**BODY SCULPTING** A 30-minute class that uses tubes, bands, weights, balls and BOSUS to tone and sculpt your whole body. Learn proper form and technique for a safe and effective workout. Class is taught by a personal trainer and is held in the aerobic room. All fitness levels welcome.

**BOOT CAMP** This high energy interval class alternates strengthening exercises with high energy cardio bursts. Cardio/strength segments will consist of kickboxing, sports drills, high-lo cardio moves, weights, med. balls & tubes to burn fat and keep your cardio system challenged!

**CARDIO KICKBOXING** This multi-level class will take you through a regiment of cardio moves, punching and kicking drills, including bag work. Be prepared to SWEAT!!

**CIRCUIT TRAINING** Never the same class twice! Challenge yourself with cardio conditioning, strength training and functional fitness. Equipment such as stability balls, medicine balls, tubing and bands, Gliding and BOSUs, along with weights will be used.

**DRUMS ALIVE** Experience the pulsating rhythms, dynamic movement and powerful percussions of this new high-energy cardio and rhythm program. This workout uses “whole-brain”-“whole body” while drumming on your stability ball with drumsticks.

**INDOOR CYCLING** Please arrive 15 minutes early if you are a “first time” participant to be properly fitted to a bike and receive instruction on riding safety. You must be 18 years of age to participate. Bike shorts, gel seats, cycling shoes and heart rate monitors are recommended. Water bottles are required (if you forget yours there is water available to purchase at the front desk.) Towels are provided.

**INSTRUCTOR'S CHOICE** The instructors who teach this class will challenge you with any one of our classes listed except Indoor Cycling. Class choices will be posted on the Group Fitness board by the Front Desk a few weeks prior to the class. See class descriptions for classes posted.

**PILATES ON THE BALL** Tone, strengthen and stretch your muscles in this dynamic and innovative total body workout utilizing the stability ball. Bring your own sticky mat.

**PILATES** This class conditions the body from the inside out. Core stabilization, muscle balance, proper alignment, strength and flexibility with mindful fluidity and grace. A sticky mat is recommended.

**STEP & STRENGTH** Formulated for all fitness levels, this dynamic cardiovascular workout takes you through creative bench step combinations and strength segments to build and tone muscles. Class formats will vary to keep your workout challenging and effective!!

**SUPER ABS EXPRESS** A 15-minute NO NONSENSE class that emphasizes the involvement of all the abdominal muscle groups for abdominal shaping and low back health.

**YOGA** Unite the mind and body with exercises to promote strength, flexibility, balance and relaxation.

**“30/30” CARDIO & CORE** 30 Minutes of cardio and 30 minutes of intense core on the ball. A format designed to burn calories and improve cardio health, followed by ab and core exercises on the stability ball to emphasize strength and balance.

## CLASS CANCELLATION POLICY:

We make every effort NOT to cancel any class. HOWEVER, we reserve the right to do so if circumstances are beyond our control. We will try to fill in the spot with something else if we can not find someone who can teach the class being cancelled. Thank you for your understanding.

## INSTRUCTOR CERTIFICATIONS:

<b>Bob</b>	Madd Dogg Spinning
<b>Colleen</b>	Madd Dogg Spinning
<b>Hannah</b>	YogaFit Level 2, YogaFit Pilates, Schwinn cycling, Boxing
<b>Kimm</b>	Madd Dogg Spinning, AFAA
<b>Linda</b>	AFAA, AFAA Personal Training, Gliding, Zumba, Drums Alive
<b>Maggie</b>	Madd Dogg Spinning, AFAA Personal Training
<b>Mary</b>	Advanced Pilates, AFAA
<b>Michelle</b>	AFAA, AFAA Personal Training, Black Belt: Tae Kwon Do, Drums Alive
<b>Mo</b>	Madd Dogg Spinning, ACE, ACE Personal Training, Yogafit
<b>Shannon</b>	Madd Dogg Spinning, Black Belt: Tae Kwon Do, AFAA, Kickboxing, Drums Alive
<b>Susan</b>	Madd Dogg Spinning, AFAA
<b>Sue F.</b>	Madd Dogg Spinning, YogaFit
<b>Tammy</b>	Madd Dogg Spinning
<b>Vic</b>	Madd Dogg Spinning