

FALL 2010 AEROBICS SCHEDULE

Effective September 6th, 2010

MONDAY

6:00-6:45AM 9:15-10:15AM 10:45-11:30AM	BOOTCAMP STEP CARDIOKICK (in Basketball Gym)	TESSA SUE VICKI
5:30-6:30 PM 6:30-7:30 PM	STEP BOOTCAMP CHALLENGE (<i>In basketball gym</i>)	MICHELLE JESSICA

TUESDAY

5:45-6:30AM 9:10-10:20AM 10:30-11:30AM	MORNING VARIETY-CARDIO PIYO MUSIC, MOVEMENT AND MUSCLE	TONYA CARLE STEPHANIE
5:30-6:25PM 6:30-7:30PM 7:40-8:40PM	INTERVAL STEP PILATES MUSCLE CONDITIONING	ANN PAM BRETT

WEDNESDAY

6:00-6:45AM 9:15-10:15AM 10:25-11:25AM	BOOTCAMP CIRCUIT PLYOMETRIC POWER	TESSA SUE TERESA
5:25-6:15PM	CORE PLUS	LISA
7:15-7:45PM 7:15-8:00PM	HIGH INTENSITY TRAINING (PT area in fitness center) CARDIOKICK (in Basketball Gym)	JESSICA VICKI

THURSDAY

5:45-6:30AM 10:30-11:15AM	MORNING VARIETY-CARDIO MUSCLE CONDITIONING	TONYA BOBBI
4:45-5:15PM 5:30-6:25PM 6:30-7:30PM 7:40-8:40PM	KIDS FITNESS STEP PILATES MUSCLE CONDITIONING	BRETT TERESA PAM JESSICA

FRIDAY

9:15-10:15AM 10:00-11:00AM	INTERVAL INTENSE BOOTCAMP	SUE JOHN
5:00-5:30PM 5:30-6:30PM	KIDS HIP HOP CARDIO MAX	DANA TERESA

SATURDAY

8:10-9:10AM 9:00-9:30AM 9:15-10:15AM	STEP/INTERVAL HIGH INTENSITY TRAINING (in fitness center) ULTIMATE CARDIO	PAULA JESSICA TIARA
--------------------------------------------	---------------------------------------------------------------------------------	---------------------------

SUNDAY

12:10-1:15PM	CARDIOKICK (in Basketball Gym)	VICKI
--------------	--------------------------------	-------

* ALL PARTICIPANTS ARE REQUIRED TO OBTAIN AN AEROBICS PASS FOR ALL AEROBIC CLASSES FROM THE FRONT DESK.

*Classes in **Bold** are new*

CLASS SIZE IS LIMITED TO 25 PARTICIPANTS. (Classes held in the gym will not require a pass)

PLEASE NOTE THAT CLASS SIZE IS LIMITED TO 25 PARTICIPANTS & CLASSES EXHIBITING CONSISTENTLY WEAK ATTENDANCE MAY BE CANCELLED OR CHANGED FOR THE SESSION**

CLASS DESCRIPTIONS:

BOOTCAMP CHALLENGE

A true challenge for all, not for the weak of heart! Training involving cardio, plyometrics, free weights and other exercise equipment. Class may occasionally be held out doors. All are welcome!

CARDIO MAX

Instructor's choice of Step, Interval and Aerobics combined with strength training. Beginner to advanced.

CARDIOKICK

Boxaerobics and Hi/Lo in one class. This class is a high energy, high intensity class. Get ready for a workout for your legs! Strength training tops off the class. Intermediate to advanced.

CORE PLUS

This class works on strengthening the abs and back while incorporating legs and arms for stability and strength. Great for the beginner and will challenge the most advanced.

HIGH INTENSITY TRAINING

A high intense half hour cardio based class that challenges your whole body, even the most experienced exerciser. This class is occasionally held outdoors.

INTENSE BOOTCAMP

Experience a military style workout outside with intense motivation. Intermediate to Advanced.

INTERVAL

A high intensity workout that combines cardio and strength in an interval format. Beginner to advanced.

KIDS FITNESS

Kids play games and have fun! All while being physically active. Great for ages 5 and up.

MORNING VARIETY

Early morning variety class that combines an energetic mix of cardio and muscle conditioning.

MUSCLE CONDITIONING

This conditioning program will strengthen and tone the entire body with the use of various exercise equipment including BOSU and physoballs, bands, bodybars, tubes and free weights. Beginner to advanced.

MUSIC, MOVEMENT, & MUSCLE

This class incorporates muscle strengthening and toning for the entire body with the use of various exercise equipment including BOSU, physoballs, bands, bodybars, tubes and free weights. Included is a Hi/Low class with an infusion of dance music. Beginner to advanced.

PILATES

The ultimate mind-body exercise for all fitness levels. Techniques focus on strengthening the core, realigning the body and increasing flexibility. All while combining the key elements of yoga and stress reduction. Class uses mat principles. Beginner to advanced.

PIYO

A challenging combination of Pilates and yoga in the same class. Appropriate for all levels.

PLYOMETRIC POWER

A class is high energy and combines plyometrics and interval cardio. This class is great for intermediate to advanced.

STEP

This high intensity low impact aerobic class utilizes the step followed by strength training. This class may also be done in an interval format. Beginner to advanced.

ULTIMATE CARDIO

A class of intense cardio mixed with weight training and abdominal exercises for a total body workout.