

WINTER 2010 AEROBICS SCHEDULE Beginning January 1st, 2010

MONDAY

9:15-10:15AM	STEP	SUE
10:45-11:30AM	CARDIOKICK	VICKI
5:30-6:30 PM	STEP	MICHELLE
6:30-7:30 PM	BOOTCAMP CHALLENGE (In basketball gym)	JESSICA
7:10-8:10PM	POWER FITNESS <i>YOGA</i>	BONNIE

TUESDAY

5:45-6:30AM	MORNING VARIETY-CARDIO	TONYA
9:10-10:20AM	PIYO	CARLE
10:30-11:15AM	MUSCLE CONDITIONING	STEPHANIE
5:30-6:25PM	INTERVAL STEP	ANN
6:30-7:30PM	PILATES	PAM
7:40-8:40PM	MUSCLE CONDITIONING	CARLA

WEDNESDAY

9:15-10:15AM	CIRCUIT	SUE
10:25-11:25AM	ULTIMATE CARDIO	TERESA
5:25-6:15PM	CORE PLUS	LISA
6:30-7:30PM	YOGA	TONYA
7:15-7:45PM	HIGH INTENSITY TRAINING (in fitness center)	MIKE / JESSICA
7:15-8:00PM	CARDIOKICK (in Basketball Gym)	VICKI

THURSDAY

5:45-6:30AM	MORNING VARIETY-CARDIO	TONYA
9:10-10:10AM	YOGA	SONDRA
10:30-11:15AM	MUSCLE CONDITIONING	BOBBI
4:45-5:15PM	KIDS FITNESS	TERESA
5:30-6:25PM	STEP	TERESA
6:30-7:30PM	PILATES	PAM
7:40-8:40PM	MUSCLE CONDITIONING	CARLA

FRIDAY

9:15-10:15AM	INTERVAL	SUE
5:00-5:30PM	KIDS HIP HOP	DANA
5:30-6:30PM	CARDIO	TERESA

SATURDAY

8:10-9:10AM	STEP/INTERVAL	PAULA/SUE
9:00-9:30AM	HIGH INTENSITY TRAINING (in fitness center)	MIKE/ JESSICA
9:15-10:15AM	ULTIMATE CARDIO	TIARA
10:30-11:30AM	YOGA	AMY

SUNDAY

12:10-1:15PM	CARDIOKICK/TAG	VICKI
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* ALL PARTICIPANTS ARE REQUIRED TO OBTAIN AN AEROBICS PASS FOR ALL AEROBIC CLASSES FROM THE FRONT DESK.

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

***SIGNIFIES NEW CLASS AND NEW TIME**

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:

BOXAEROBICS THIS FORMAT USES THE MOVEMENT OF BOXING, PUNCHING, KICKING AND JUMPING IN A NON-CONTACT CARDIO PROGRAM. *BEGINNER TO ADVANCED*

BOOTCAMP CHALLENGE A CLASS TO CHALLENGE ALL. BOOTCAMP/CIRCUIT TRAINING INVOLVING CARDIO, PLYOMETRICS AND FREE WEIGHTS. *BEGINNER TO ADVANCED*

CARDIO INSTRUCTOR'S CHOICE OF STEP, BOXAEROBICS, INTERVAL, AEROBICS COMBINED WITH STRENGTH TRAINING. *BEGINNER TO INTERMEDIATE*

CARDIOKICK BOXAEROBICS AND HI/LO IN ONE CLASS. THIS CLASS IS A HIGH INTENSITY CLASS BUT ALSO GREAT FOR A BEGINNER. GET READY FOR A WORKOUT FOR YOUR LEGS! STRENGTH TRAINING TO TOP OFF THE CLASS. *BEGINNER TO ADVANCED*

INTERVAL HIGH INSTENSITY WORKOUT COMBINING CARDIO AND STRENGTH IN AN INTERVAL FORMAT. BEGINNER TO ADVANCED

MUSCLE CONDITIONING THIS CONDITIONING PROGRAM WILL STRENGTHEN AND TONE THE ENTIRE BODY WITH THE USE OF VARIOUS EQUIPMENT. **CLASS ALSO UTILIZES THE STABILITY BALL.** *BEGINNER TO INTERMEDIATE*

STEP THIS HIGH INTENSITY LOW IMPACT AEROBIC CLASS UTILIZES THE STEP FOLLOWED BY STRENGTH TRAINING. MAY ALSO BE DONE IN AN INTERVAL FORMAT.

YOGA A GREAT WAY TO INTRODUCE YOURSELF TO YOGA,. THIS CLASS FOCUSES ON GENTLE STRETCHING AND RELAXATION AT A SLOWER PACE. *BEGINNER TO INTERMEDIATE*

HIGH INTENSITY TRAINING: A HALF HOUR CLASS OF HIGH INTENSE, TOTAL BODY MOVES TO CHALLENGE EVEN THE MOST EXPERIENCED EXERCISER.

CORE CONDITIONING / CORE PLUS *THE ABS CLASS REDEFINED!* 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 ADVANCED. MAY UTILIZE THE **STABILITY BALL**, WEIGHTS AND TUBES. *BEGINNER TO ADVANCED*

PILATES THE ULTIMATE MIND-BODY EXERCISE FOR ALL FITNESS LEVELS. TECHNIQUES FOCUS ON STRENGTHING THE CORE MUSCLES, REALIGNING THE BODY, INCREASING FLEXIBILITY, WHILE COMBING 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.

KIDS FITNESS KIDS PLAY GAMES AND HAVE FUN- ALL WHILE BEING PHYSICALLY ACTIVE. AGES 5 AND UP.

MORNING VARIETY EARLY MORNING VARIETY CLASS THAT COMBINES AN ENERGETIC MIX OF CARDIO AND MUSCLE CONDITIONING

ULTIMATE CARDIO A CLASS OF INTENSE CARDIO MIXED WITH WEIGHT TRAINING AND ABDOMINAL EXERCISES FOR A TOTAL BODY WORKOUT.