


Group Exercise January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
 2	3 6:15 Cardio/Str. Circ.—MW 11:30 Bootcamp—AB 12:15 Yoga—CD 5:30 Yoga—DM	4 11:30 Heavy Metal*—TW 12:00 Pilates—DM	5 6:15 Step Interval—MW 11:30 Kickboxing—AB 12:15 Yoga—CD 5:30 Hard Core* —JC	6 12:00 Max It—AB 5:30 Cardio/Strength Circuit—TW
9 11:00 Pilates— DM 12:00 Hard Core*—AB 5:30 Zumba—MM	10 6:15 Cardio/Str. Circ.—MW 11:30 Bootcamp—AB 12:15 Yoga—CD 5:30 Yoga—DM	11 11:30 Heavy Metal*—TW 12:00 Pilates—DM	12 6:15 Step Interval—MW 11:30 Kickboxing—AB 12:15 Yoga—CD 5:30 Hard Core* —JC	13 12:00 Max It—AB 5:30 Cardio/Strength Circuit—TW
16 11:00 Pilates— DM 12:00 Hard Core*—AB 5:30 Zumba—MM	17 6:15 Cardio/Str. Circ.—MW 11:30 Bootcamp—AB 12:15 Yoga—CD 5:30 Yoga—DM	18 11:30 Heavy Metal*—TW 12:00 Pilates—DM	19 6:15 Step Interval—MW 11:30 Kickboxing—AB 12:15 Yoga—CD 5:30 Hard Core* —JC	20 12:00 Max It—AB 5:30 Cardio/Strength Circuit—TW
23 11:00 Pilates— DM 12:00 Hard Core*—AB 5:30 Zumba—MM	24 6:15 Cardio/Str. Circ.—MW 11:30 Bootcamp—AB 12:15 Yoga—CD 5:30 Yoga—DM	25 11:30 Heavy Metal*—TW 12:00 Pilates—DM	26 6:15 Step Interval—MW 11:30 Kickboxing—AB 12:15 Yoga—CD 5:30 Hard Core* —JC	27 12:00 Max It—AB 5:30 Cardio/Strength Circuit—TW
30 11:00 Pilates— DM 12:00 Hard Core*—AB 5:30 Zumba—MM	31 6:15 Cardio/Str. Circ.—MW 11:30 Bootcamp—AB 12:15 Yoga—CD 5:30 Yoga—DM			

All classes are 45 minutes long unless otherwise indicated by an * (30 minute class)

INSTRUCTORS:

AB—Anette B.
 CD—Cathy D.

DM—Daniel M.
 JC—Jenny C.

MW—Michelle W.
 MM—Marie M.

TW—Tyler W.

Class Descriptions

BootCamp: This military style class is not for the weak! This class will push you to your limit!

Cardio/Strength Circuit: A mix of cardio & strength. During this action packed class participants will rotate through a variety of strength & cardiovascular stations to challenge the body in every way. For all levels (beginner to advanced).

Hard Core: Strengthen your abdominal and lower back muscles in this class. Improve core strength and stability while sculpting the abs you have always wanted.

Heavy Metal: Full body weight training in a group exercise setting. Challenging strength based class to build muscle using dumbbells, tubing, and weighted bars.

Kickboxing: High energy full body cardiovascular workout utilizing boxing kicks, punches, jabs and many more unique moves!

Max It: Interval training at its best! Timed intervals of high intensity cardio/anaerobic intervals with short periods of rest! May be coupled with weight training segment. For all levels (beginner to advanced).

Pilates: Strengthen and lengthen your deep core muscles through this century old series of exercise designed by Joseph Pilates. For all levels (beginner to advanced).

Step Interval: This class is for participants who love to sweat and enjoy intricate moves on the step with intervals of strength training using a variety of resistance tools. What a workout! For those familiar with step, this workout is for levels intermediate to advanced.

Yoga: This class is based on Hatha and Vinyasa methods of yoga. Each session will combine breath-synchronized flowing movements, and static poses that focus on alignment. This class focuses on improving flexibility and building strength while developing a strong body-mind-spirit connection by emphasizing the flow of breath. For all levels (beginner to advanced).

Zumba: An exhilarating, effective, choreographed, Latin-inspired, calorie-burning dance fitness party!