

Group Exercise ~ April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:15* Body Sculpt—PJ 12:00 Yoga—DM	3 11:30* Kickboxing—DG 12:15* HardCore—MQ	4 11:15* Body Blast —PJ 12:00* Fusion—PJ 5:15 Zumba—SP	5 11:30* Pilates—DM 12:15* BootCamp—MJ	6 11:30*** Hard Core—MJ 11:45* MaxIt—MJ
9 11:15* Body Sculpt—PJ 12:00 Yoga—DM	10 11:30* Kickboxing—DG 12:15* HardCore—MQ	11 11:15* Body Blast —PJ 12:00* Fusion—PJ 5:15 Zumba—SP	12 11:30* Pilates—DM 12:15* BootCamp—MJ	13 11:30*** Hard Core—MJ 11:45* MaxIt—MJ
16 11:15* Body Sculpt—PJ 12:00 Yoga—DM	17 11:30* Kickboxing—DG 12:15* HardCore—MQ	18 11:15* Fusion —PJ 12:00* Body Blast—JC 5:15 Zumba—SP	19 11:30* Pilates—DM 12:15* BootCamp—MJ	20 11:30*** Hard Core—MJ 11:45* MaxIt—MJ
23 11:15* Body Sculpt—PJ 12:00 Yoga—DM	24 11:30* Kickboxing—DG 12:15* HardCore—MQ	25 11:15* Fusion —PJ 12:00* Body Blast—JC 5:15 Zumba—SP	26 11:30* Pilates—DM 12:15* BootCamp—MJ	27 11:30*** Hard Core—MJ 11:45* MaxIt—MJ
30 11:15* Body Sculpt—PJ 12:00 Yoga—DM				

All classes are 60 minutes long unless otherwise indicated by an *: *45 min.; **30 min; ***15 min

INSTRUCTORS:

DG—Diane G.
PJ—Patti J.

DM—Daniel M.
SP—Stephanie P.

JC—Jennifer C.

MJ—Marcus J.

MQ—Mark Q.

VIAD FITNESS CENTER HOURS:

Staffed—Monday-Friday 10:00 am—2:00 pm

Open—Monday—Friday 6:00 am—8:00 p.m.

Closed—Saturday & Sunday

LifeStart—Viad

Class Descriptions

BODY BLAST: This class will keep you constantly moving and your heart rate up, putting you up to the ultimate fitness challenge. We focus on strength, balance, stability, core strength, agility, and endurance exercises. This intense class works every part of your body from head to toe using all fitness equipment! Wheww!

BODY SCULPT: Full body resistance workout will tone, strengthen and increase lean muscle everywhere.

BOOT CAMP: This military style class is not for the beginner! This class will push you to your limit!

FUSION: The latest combination of strength, balance, pilates and yoga mixed. Challenge every muscle in your body with functional and balance resistance exercises, core strengthening and the flexibility of yoga intertwined throughout the entire class. A super sweat without the stress on your joints.

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.

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

PILATES: Strengthen and lengthen your deep core muscles through this century old exercise designed by Joseph Pilates.

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. All levels welcome!

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