

**GROUP FITNESS CLASS SCHEDULE/STUDIO A/August 2011**

| <b>TIME</b>   | <b>CLASS TYPE</b>                                       | <b>INSTRUCTOR</b> |
|---|---|-------------------|
| <b>MONDAY</b>   |   |                   |
| 5:45-6:30 am  | Interval Insanity (16+) (also meets in gym 3 & outside) | Tara              |
| 7:30-8:30am   | Heart Smart Cardio/Strength (AOA)                       | Gina              |
| 8:30-9:30am   | Interval Cardio Blast (12+)                             | Tara              |
| 9:30-10:30am  | Pilates (12+)   | Deanna            |
| 10:35-11:30am   | SilverSneakers® MSROM                                   | Debbie            |
| 11:35-12:10pm   | Hooping Madness (8+)                                    | Debbie            |
| 4:30-5:15pm   | Zumba®/Hip Hop (8+)(FF)                                 | Nickey            |
| 5:45-6:15pm   | Core Conditioning (12+)                                 | Jeff C.           |
| 6:30-7:30pm   | Step/Advanced Choreography (16+)                        | Linda D.          |
| <b>TUESDAY</b>  |   |                   |
| 6:30-7:00am   | Hard Core (16+)   | Elaine/Staff      |
| 8:30-9:30am   | Sculpting (12+)   | Gina E.           |
| 9:30-10:30am  | Dance Step/Advanced Choreography (16+)                  | Melanie           |
| 10:30-11:00am   | Sculpting (12+)   | Melanie           |
| 11:00-11:45am   | Silver Sneakers® Cardio Circuit                         | Betsy             |
| 12:15-12:45pm   | Power Fit (12+)   | Heather D.        |
| 4:15-5:15pm   | Sculpting/Power-Cut (12+)                               | Linda O.          |
| <b>WEDNESDAY</b>  |   |                   |
| 5:45-6:30 am  | Interval Insanity (16+) (also meets in gym 3 & outside) | Tara              |
| 7:30-8:30am   | Heart Smart Cardio/Strength (AOA)                       | Debbie            |
| 8:30-9:30am   | Hi-Lo Cardio (12+)                                      | Waddell           |
| 9:30-10:30am  | Pilates (12+)   | Deanna            |
| 10:35-11:30am   | SilverSneakers® MSROM                                   | Debbie            |
| 11:35-12:10pm   | Hooping Madness (8+)                                    | Debbie            |
| 5:45-6:15pm   | Core Conditioning (12+)                                 | Jeff C.           |
| 6:30-7:15pm   | Zumba® Toning (8+)                                      | Mariana           |
| <b>THURSDAY</b>   |   |                   |
| 6:30-7:00 am  | Hard Core (16+)   | Kasey/Staff       |
| 8:30-9:30am   | Sculpting (12+)   | Gina E.           |
| 9:30-10:30am  | Dance Step/Advanced Choreography (16+)                  | Melanie           |
| 10:30-11:00am   | Sculpting (12+)   | Melanie           |
| 11:00-11:45am   | Silver Sneakers® Cardio Circuit                         | Betsy             |
| 12:15-12:45pm   | Power Fit (12+)   | Heather D.        |
| 4:15-5:15pm   | Sculpting/Power-Cut (12+)                               | Linda O.          |
| 5:30-6:30pm   | Zumba®/Hip Hop (12+)(FF)                                | Nickey            |
| 6:45-7:30pm   | Power Pump (16+)  | Jeff P.           |
| <b>FRIDAY</b>   |   |                   |
| 7:30-8:30am   | Heart Smart Cardio & Resistance (AOA)                   | Gina              |
| 8:30-9:15am   | Zumba®/Hip Hop (8+)(FF)                                 | Nickey            |
| 10:45-11:30am   | Chair/Yoga& Stretching (12+)                            | Kitty             |
| <b>SATURDAY</b>   |   |                   |
| 8:30-9:30am   | Dance Step/Advanced Choreography (16+)                  | Melanie           |
| 11:00-11:45am   | Zumba® (8+)(FF)   | Bruni             |
| <b>Group Fitness Classes Held Outside of Facility or in GYM</b> |   |                   |
| <b>TUESDAY/THURSDAY (OUTSIDE OR IN GYM 3)</b>                   |   |                   |
| 6:00-7:00pm   | Boot Camp Challenge (16+)                               | Staton/ Staff     |
|   |   |                   |

## GROUP FITNESS CLASS DESCRIPTIONS for Studio A Classes

**Core Conditioning:** Strengthening & definition for abdominals & back (core).

**Hard Core:** Six pack abs might be what you used to expect from a core class-this class is ALL THAT and more! Moving beyond basic floor work to incorporate exercises that improve core control, stability, strength & function.

**Zumba®:** Zumba® is a high intensity Latin dance cardio class infused with other high intensity dance classics. Get ready to shake your booty! **Zumba® Toning:** Adds light weights for additional toning.

**Zumba®/Hip Hop** Combines fabulous Latin flavor and funky hip hop moves for an upbeat, fun dance session/workout! Shake it!!

**Hooping Madness:** Hula Hooping class to chisel your core and increase cardio fitness levels. Fun, fun,, fun!!

**Hi-Lo Cardio:** Combination Hi & Low impact floor aerobics with toning and abdominal strengthening work. Cool down and stretch at the end. All levels are welcome!

**Interval Cardio Blast:** Cardio combo class with floor aerobics, basic step, some toning.

**Sculpting/Power Fit:** Muscle strengthening & definition for entire body. Sculpt & define muscles and increase muscle endurance for entire body. Stretching at end.

**Step/Dance Step:** High energy bench stepping class which includes body toning exercises. Beginner step utilizes basic step moves; advanced choreography step & dance step has more choreographed moves and is higher intensity than beginner step.

**Pilates:** Strengthening class for the abdominal/torso (core) of the body. Uses stability balls and weights.

**SilverSneakers® MSROM:** A universal class designed to improve agility, balance, coordination and activities. The class will improve daily living skills and increase participant functional capacities. Wheelchair friendly!

**Silver Sneakers® Cardio Circuit** is a non-impact standing class of alternating intervals designed to increase cardiovascular and muscular endurance.

**Chair/Yoga & Stretching:** Uses chairs for poses and is designed for seniors, beginners, or those who choose not to get down on the floor as in Hatha Yoga class.

**Heart Smart Cardio/Strength (Active Older Adults):** Group fitness class consisting of low impact aerobics, resistance training, stretching and relaxation. Targets older adults (AOA) with heart issues or those trying to prevent them.

**Power Pump:** Resistance training with cardio drills using all our tools to burn fat and increase endurance. High intensity for maximum results!

**Interval Insanity:** High intensity functional fitness class with interval drills in cardio & strength designed to burn fat, increase endurance and improve physique. Starts in Studio A Tu/Th am. (Meets Gym 3 or outside on Mon & Wed thru June 29th).

## GROUP FITNESS CLASS DESCRIPTIONS for classes outside or in gym only:

**Boot Camp Challenge:** Class of mixed drills that includes push-ups, squats, running for distance, running drills & muscle endurance. Designed to make you sweat.(held outside or in gym)

**KEY:** Classes are designed for most ages. Those listed as 8+, are considered appropriate for over age 8; 12+ for those over 12,16+, for those over 16, KF is “kid friendly” and FF is “family friendly”. Instructor has final say if he/she feels class is not appropriate for an individual due to safety issues or behavior.