

GROUP FITNESS CLASS SCHEDULE/STUDIO B/ September 2011

TIME	CLASS TYPE	INSTRUCTOR
MONDAY		
6:30-7:00am	Power Stretch (12+)	Elaine/Staff
9:30-10:30am	Yoga (12+)	Kitty
12:15-12:45pm	Kettlebell Power (16+)	Staff
5:30-6:30pm	Yoga (12+)	Joanne
6:35-8:05pm	Tae Kwon Do (8+) Must pay & register at front desk.	
TUESDAY		
5:45-6:30am	Cycle (16+)	John
8:30-9:15am	Silver Spin/Beginner cycle (16+)	Debbie
9:30-10:30am	Cycle (16+)	Nicole
11:00-11:45am	Zumba® (8+) FF/KF	Mariana
12:15-1:00pm	Yoga (12+)	Kitty
5:30-6:30pm	Cycle (16+)	Jeff P.
6:45-7:30pm	Kettle Bell Power (16+)	Jeff P.
WEDNESDAY		
6:30-7:00am	Power Stretch (12+)	Elaien/Staff
9:30-10:30am	Yoga (12+)	Kitty
12:15-12:45pm	Kettle Bell Power (16+)	Staff
5:30-6:30pm	Yoga (12+)	Joanne
THURSDAY		
5:45-6:30am	Cycle (16+)	Tara
8:30-9:15am	Silver Spin/Beginner cycle (16+)	Debbie
9:30-10:30am	Cycle (16+)	Linda O.
12:15-1:00pm	Yoga (12+)	Kitty
5:30-6:30pm	Cycle (16+)	Jeff
FRIDAY		
5:45-6:30am	Cycle Cardio Combo (16+)	Staff
6:30-7:00am	Power Stretch (12+)	Elaine/Staff
8:30-9:00am	Kettlebell Power (16+)	Staff
9:30-10:30am	Yoga (12+)	Kitty
SATURDAY		
8:00-8:50am	Cycle (16+)	Staff
9:00-10:00am	Yoga (12+)	Staff
Class Descriptions for Studio B		
Cycle: Class includes climbs, jumps, sprints, high energy & fun! Abs and stretch at the end.		
Cycle Cardio Combo: Combines cycling with drills& intervals for functional fitness using tools & body weight exercises.		
Silver Spin/Beginner Cycle: Basic cycle class targeting those new to spinning or seniors. Lower intensity class. Teaches proper mechanics.		
Power Stretch: Stretch and lengthen muscle tissues for increased flexibility and range of motion with yoga, static & dynamic stretches. Increase core strength, power and balance.		
Yoga: Energize, relieve stress using Hatha Yoga postures that increase strength, flexibility & mental focus.		
Kettlebell Power: Strength & conditioning class using kettlebells to increase total overall fitness & challenge your body!		
Zumba®: Zumba® is a high intensity Latin dance cardio class infused with other high intensity dance classics. Get ready to shake your booty!		
Tae Kwon Do: Korean art of self-defense. Improves strength, coordination, flexibility. Must pay & register at front desk.		
KEY: Classes are designed for most ages. Those listed as 8+, is appropriate for age 8 & over; 12+ is more appropriate for those over age 12; 16+, for those over 16; and KF & FF is kid friendly and family friendly.		