



Group Fitness Class Schedule

effective: March 2 – April 18, 2009
Specialty Classes start March 2

mon	tue	wed	thu	fri	sat
West Side Classes					
530–630 am The Ride	530–630 am XL...For Life 530–615 am Contact Boxing	530–630 am Dynamic Strength	530–630 am XL...For Life 530–615 am Kickboxing	530–630 am Circuit Challenge	7–8 am The Ride
8–855 am The Ride	8–855 am Dynamic Strength & Cardio	8–845 am Zumba!	8–855 am Dynamic Strength & Cardio	8–855 am The Ride	815–930 am Super Saturday
9–955 am R.A.B. Dynamic Strength	9–945 am Yoga	9–955 am STEP & Dynamic Strength	9–945 am Yoga	9–955 am Dynamic Strength	
9–10 am (s) Pilates Level 2					
930–1030 am XL...For Life		930–1030 am XL...For Life			
10–11 am (s) Pilates Level 1	10–1045 am SilverSneakers® Strength	10–11 am Active Adults	10–1045 am SilverSneakers® Strength	10–11 am Active Adults	
10–11 am Active Adults					
430–515 pm Zumba!	4:30–5:15 pm XL For Kids				
	5–525 pm Dynamic Abs				
530–625 pm Circuit Challenge	530–625 pm Kickboxing	530–625 pm Dynamic Strength & Cardio	530–615 pm Zumba!	5:15–6:00 pm XL For Kids	
	530–630 pm (s) Pilates				
	530–630 pm XL ..for life		530–630 pm XL ..for life		
6–7 pm XL ..for life		6–7 pm XL ...for life			
	630–715 pm (s) HIP HOP Hustle™				
630–730 pm Yoga	630–730 pm The Ride	630–730 pm Yoga	630–830 pm The Ride - XL		
East Side Classes					
6–7 am Dynamic Strength	530–630 am Starting 3/16 Intro to The Ride	6–7 am Step & Dynamic Strength	530–630 am Starting 3/16 Intro to The Ride		
8–845 am Zumba Gold	8–9 am Dynamic Strength	8–9 am Gentle Yoga	8–9 am Functional Strength	8–845 am Zumba	8–9 am Zumba/Yoga
				9–9:45am Silver Sneakers Cardio	
10–11 am Active Adults	930–11 am Cardiac Rehab	10–11 am Active Adults	930–11 am Cardiac Rehab	10–11 am Active Adults	March 7 – Yoga March 14 - Zumba March 21 – Yoga March 28- Zumba
	1115–12 pm SilverSneakers® Strength	1115–1215 pm Tai Chi	1115–12 pm SilverSneakers® Strength		
430–515 pm STEP	530–630 pm Dynamic Strength & Cardio	430–525 pm STEP & ...Strength			
515–6 pm Dynamic Strength	630–715 pm Kids Shape	545–645 pm – Starting 3/16 The Ride- Weight Loss	530–615 pm Zumba!		April 4 – Yoga April 11 – Zumba April 18 – Yoga April 25 - Zumba

Class Descriptions

Active Adults – Maintain cardiovascular health and improve strength and flexibility in this fun, low-impact class. Not only is it a wonderful place to meet new people, but it is designed specifically to help bring ease to your everyday activities. The music will get you moving, and the friends will keep you coming back.

Circuit Challenge – A fantastic, calorie-burning, heart-pumping, athletic-style workout. Simple exercises that everyone can do. You will work through numerous stations to train cardiovascular fitness, functional strength performance, balance, and coordination.

Dynamic Abs – Work a series of dynamic ab-defining exercises and get to the core of your abdominal strength. This class will hit you where it counts.

Dynamic Strength – Strength training builds muscle, burns fat and improves bone density. Not only will you burn tons of calories, but you'll also maintain a significant metabolism boost throughout the day. These classes are suitable for all fitness levels and experience.

Dynamic Strength & Cardio – Condition your cardiovascular system and nearly every muscle in your body with this fun, energizing class. Feel free to pace yourself or go the limit with intervals of strength and cardio using athletic-based aerobic moves, body bars, hand weights, and tubes, just to name a few.

Functional Strength – Functional strength training for life performance. A total body workout using dynamic movements, your own body weight and a variety of other fitness tools.

Gentle Yoga – Restore the body and renew the mind with this gentle yoga. Gentle yoga promotes balance, flexibility, strength and relaxation through a wide variety of poses and breathing techniques. Appropriate for the beginner or for the experienced yoga practitioner who is seeking a relaxing rather than a rigorous yoga experience.

Kickboxing – This powerful, high-energy class is full of kicks and punches that will help you increase strength, improve definition and work your cardiovascular endurance. Be prepared to have a blast in this calorie-burning, stress-releasing workout!

R.A.B. Dynamic Strength – Have a ball during this fantastic new workout! Tighten your abs, strengthen your back and improve your posture using the Resist-A-Ball, a mat and occasional weights. Learn fun and functional exercises with this total body Resist-A-Ball class that delivers strengthening, toning, stretching and balance for a healthier lifestyle.

SilverSneakers® – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movements and activity for daily living. We will focus on functional strength building exercises using hand-held weights, elastic tubing, and a ball for resistance, and a chair is used for seated and/or standing support.

STEP & Dynamic Strength – After all these years, step classes are still one of the most popular and effective ways to burn fat and build cardiovascular endurance. An awesome workout that includes heart-pumping cardio work on the step mixed with effective strength & toning exercises for a complete full body workout.

Super Saturday – This nonstop, 75-minute class will offer you a large variety of instructors, class formats, and fitness levels. A combination workout of cardio and strength that may include step aerobics, kickboxing, weights, tubing and more. We guarantee you will get the Super workout you've been looking for!

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. These classes are a great way to relieve stress and feel great.

Zumba® – Let the party begin! Zumba® is a Latin-dance inspired fitness class. Class features interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required! Just show up and let the Latin rhythms do the rest!

Paid Specialty Classes *Session Dates / March 2 – April 18*

Contact Boxing – Find your fighter instinct as we will lead you through intense intervals, skill breakdowns with strength and speed conditioning. Feel how the power of contact gives you one tough workout!

Hip Hop Hustle- NO EXPERIENCE REQUIRED! Impossible you say? Not at all! This completely pre-designed hip-hop dance class is easy to follow and anyone can learn. The fun part is taking the moves and making them your own. It's a fun little fat-burner with a hip hop style. Join the party!

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Pilates– With an emphasis on breath, core conditioning, and body awareness, Pilates is a safe and effective way to stretch, strengthen, and streamline your body. The perfect complement to cardiovascular exercise, sports, and life, it will leave you looking toned, feeling revitalized, and moving with ease.

Tai Chi – A self-paced series of gentle exercises. Performing defined postures and movements in a slow, graceful manner, benefiting stress reduction, greater balance and increased flexibility. Great for everyone, especially active older adults.

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road. Great for all levels.

The Ride - Weight Loss Looking for an exciting and encouraging way to lose weight? This new program is designed to motivate and support your wellness goals. Personalized coaching will provide you with nutrition and exercise tools that will help you achieve success!

XL Performance for Life- A comprehensive training program geared towards enhancing your flexibility through dynamic warm up and static stretching techniques, improve your balance and coordination, core stability and overall functional strength. If you are looking to improve your energy levels, daily stamina, strength, and general quality of life, this is the class for you!

XL for Kids- A highly energetic class that is geared towards 7-11 year olds to enhance their flexibility through dynamic warm up and static stretching techniques, improve their balance and coordination, core stability and overall functional strength. Your child will also learn the fundamentals for speed, agility, footwork, and not to mention games to challenge them and bring out their competitive side.

▶ **Please note:**

- All classes in the shaded boxes are paid Specialty Classes.
- See Specialty Class brochure for class prices.