



Group Exercise Schedule

FEBRUARY 2012

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

All Classes are Multi-Level unless otherwise specified.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:00 Cardio Circuit	5:45-6:45 Bootcamp	6:00-7:00 Cardio Circuit		8:00-8:45 Zumba	
	9:00-9:55 Cardio Circuit	9:00-9:55 Pilates	8:15-9:00 Belly Dancing 9:15-10:10	9:00-9:55 Pilates (GE) 9:00-10:00	9:00-9:55 Step	9:00-10:00 Cardio Circuit	
	Cycling Room	9:15-10:00 Stretch, Move & Bend	10:15-10:45 Lower Body Strength & Tone	9:15-10:00 Stretch, Move & Bend	10:00-10:45 Zumba		
	10:00-10:30 ABS	10:00-10:30 Starter Step		10:00-10:30 Cardio Express			
	Cycling Room	10:30-11:30 Arthritis Class	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> 3rd Wed of the Month </div>	10:30-11:30 Arthritis Class			
PM			4:05-4:30 Starter Pilates			1st Sunday	3:30-4:00 Starter Yoga
	4:45-5:25 Zumba	5:00-5:55 Cardio Circuit	4:30-5:25 Pilates				
	5:30-6:25 Cardio Circuit		5:30-6:25 Bootcamp (GE) 5:30-6:30 Zumba (Gym)	5:30-6:25 Cardio Dance	5:30-6:25 Step Level II		
	6:00-7:00 Yoga <i>Cycling Room</i>	6:00-6:55 Kickboxing	6:00-7:00 Yoga <i>Cycling Room</i>				
	6:30-7:30 Pilates	7:00-7:30 ABS	6:30-7:30 Power Cut	6:30-7:30 20-20-20	6:30-7:30 Yoga	Classes that consistently have fewer than 6 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive after the warm up has been completed, please wait for the next class.

Class Descriptions

Levels

Intro Classes are 30 minutes, designed to be attended one or more times. Basics of equipment usage, positions and techniques of various class types will be introduced.

Starter Classes are 30 minutes, geared toward the beginner exerciser.

Level I Classes are 15 to 60 minutes, geared toward the beginner to intermediate exerciser.

Level II Classes are 15 minutes or longer, geared toward the intermediate to advanced exerciser.

Multi Level Classes are 15 minutes or longer, geared to accommodate the beginner to advanced exerciser.

Classes

Abs focuses on exercises that strengthen and tone the mid-section (core) of the body which includes the abdominals and lower back muscles.

Arthritis Foundation Exercise Program Take control with exercise, an arthritis foundation exercise program designed for those with arthritis and related diseases. It is an hour class with health education, exercises, movement activities and relaxation. The three main types of exercises are: range of motion, strengthening, and endurance. These are designed to keep the joints moving, the muscles around the joints strong and the bones healthy.

Belly Dancing focuses on core muscles and balance

while having fun!

Y-Boot Camp challenges the body with a variety of cardio and strength training techniques through Calisthenics-type exercises.

Cardio Circuit alternates muscular strengthening exercises with cardiovascular activities.

Instructor Choice will be determined by the instructor and may change each class.

Kickboxing combines shadow boxing, kick boxing and sports drills to involve the whole body.

Latin Dance is a cardiovascular workout using Latin inspired dance moves set to international music.

Martial Arts incorporates basic athletic movements that are adapted from boxing, kickboxing, tae kwon do and kung fu.

Power Cut conditions the muscles of the entire body with repetitions set to music using plate-loaded bars, and may also include use of dumbbells, resistance tubing, bands and stability balls.

Y-Pilates strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Step is an aerobic class

that utilizes a step platform throughout the workout.

Strength and Tone conditions the entire body using resistance exercises to develop muscular strength and endurance. Hand weights, balls and more may be used during the class.

Stretch, Move and Bend is designed especially for active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Class includes low-impact movement performed at a lower intensity along with muscle conditioning and exercises for flexibility and balance.

20-20-20 starts off with a cardiovascular workout, moving into strength training, followed by pilates and/or flexibility training.

Yoga concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Zumba is a cardiovascular workout that uses Latin-inspired dance moves set to international music.