



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING

## STUDIO 501

July 5 - September 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Cycling 6:00 - 6:45am		Cycling 6:00 - 6:45am		Cycling 6:00 - 6:45am	Ⓢ Indicates either a 30-minute or a class that is suitable for starters.	
AM	Cycling 9:00 - 10:00am		Cycling 9:00 - 10:00am		Cycling 9:00 - 10:00am	Cycling 9:00 - 10:00am	
						<b>Starter Cycling*</b> 10:05-10:45am 1st Saturday Only Ⓢ	Cycling 10:15-11:15am
Lunch	Cycling 12:15 - 1:15pm		Cycling 12:15 - 1:15pm				
PM		Cycling 4:30 - 5:15pm		Cycling 4:30 - 5:15pm			
	Cycling 5:40 - 6:40pm	Cycling 5:40 - 6:40pm	Cycling 5:40 - 6:40pm	Cycling 5:40 - 6:40pm	Cycling 5:40 - 6:40pm		Cycling 5:00 - 6:00pm
	Cycling 6:45 - 7:45pm					Classes that consistently have fewer than 8 participants are subject to cancellation.	

\*Attendance in Starter Cycling is required prior to first Cycling class for seat set-up and basic cycling techniques instruction.

\*\*All classes are multi-level unless otherwise stated. Please do not enter class more than 5 minutes after it has begun.

# WATER EXERCISE

July 5 - September 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Water Exercise 8:00 - 9:00am Ⓢ	Water Exercise 8:00 - 9:00am Ⓢ	Water Exercise 8:00 - 9:00am Ⓢ	Water Exercise 8:00 - 9:00am Ⓢ	Water Exercise 8:00 - 9:00am Ⓢ	Ⓢ Indicates either a 30-minute or a class that is suitable for starters.	
PM	Water Exercise 6:00 - 7:00pm Ⓢ		Water Exercise 6:00 - 7:00pm Ⓢ			Classes that consistently have fewer than 8 participants are subject to cancellation.	

\*All classes are multi-level unless otherwise stated. Please do not enter class more than 5 minutes after it has begun.

# Class Descriptions

## Levels

**Starter Classes** are classes geared towards the beginner exerciser. The basics of equipment usage, positions and techniques may be introduced.

**Level I Classes** are 15 to 60 minute classes geared towards the beginner to intermediate exerciser.

**Level II Classes** are 15 minutes or longer classes geared towards the intermediate to advanced exerciser.

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

## Land Classes

**20/20/20** - A total body workout, this class includes **20** minutes of cardiovascular conditioning, **20** minutes of strength training, and **20** minutes of core exercises.

**Abs** - This class focuses on exercises that strengthen and tone the mid-section or core of the body which includes the abdominals and lower back muscles.

**Abs & More** - This class focuses on strengthening the core which include the abdominal and lower back muscles. Additional exercises that incorporate the upper and lower body may be added.

**Belly Dancing** - This workout focuses on your core muscles and balance while having fun. All levels welcome.

**Body Design** - A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

**Cardio Circuit** - This class alternates muscular strength and cardiovascular activities.

**Chair Yoga** - This class is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

**Cycling** - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques. Please bring a water bottle.

- **Attendance in Starter Cycling is required prior to first Cycling class for seat set-up and basic cycling techniques instruction.**
- **The Cycling Studio has a small designated "No Fan Zone". This excludes oscillating fans!**

**Family Karate** - Enjoy a healthier life through Martial Arts. This class will teach you the positive benefits of Martial Arts, focus, awareness, coordination, fitness and self defense. Classes are open to all ages and abilities. Join us in learning lifelong skills while having fun. Students may begin at anytime; open enrollment year-round; all ages welcome.

**Hap Ki Do** - Improve your self-confidence, self-respect and respect for others, discipline, coordination and physical conditioning while practicing skills that would help you overcome a variety of difficult situations.

**Hip Hop** - This is a high energy cardiovascular class that incorporates hip hop dance steps set to the latest sounds in R&B and pop music.

**Kickboxing** - A cardiovascular workout that incorporates martial arts, shadow boxing, kick boxing, and sports drills.

**Low Impact** - This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

**Stability Ball** - This class is a total body conditioning class that enhances balance, strength and improves range of motion using a stability ball. Free weights and other equipment may be used.

**Step** - An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

**Strength & Tone** - This strength workout is designed to condition the entire body using resistance exercises to develop muscular strength. Plate-loaded bars, hand weights, balls and more may be used during the class.

**Stretch** - Improve your flexibility and muscle tone with a concentration on body awareness, breathing techniques and increased range of motion.

**Tai Chi** - An ancient Chinese discipline focused on slow fluid movements for balance, control, precision, strength, and flexibility.

**Y-Boot Camp** - this class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

**Y-Pilates** - A class designed to strengthen and lengthen the core muscles. Breathing, control, and flexibility exercises are used to improve posture, body alignment and overall strength.

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

**Yoga—Classic** - A traditional yoga class which includes a variety of postures that improves balance, flexibility, strength and relaxation while focusing on breath. Class may include sequences and/or postures.

**Zumba** - A cardiovascular workout using Latin inspired dance moves set to international music. (Dance shoes recommended. These shoes have multi-directional support and little tread on the sole. They are lightweight and make it easy to pivot and glide across the floor.)

## Water Classes

**Water Exercise** - This 60-minute class is performed with minimal impact on the joints, this class is designed for all fitness levels. The instructor will incorporate various cardiovascular training techniques and may use a variety of resistance equipment.