



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## JANUARY-MARCH 2012

### EFFECTIVE JANUARY 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Line Dancing 8:30-9:15 am w/ Tiffany	Zumba ® 8:30-9:15 am w/ Emily	Zumba Gold ® 8:30-9:15 am w/ Christie  Mommy & Me Stroller fitness 9:30-10:30 w/Rebecca (meets on outside patio)	Zumba ® 8:30-9:15 am w/ Emily	Zumba Gold ® 8:30-9:15 am w/ Christie	Body Pump™ 8:15-9:15 am w/ Dori
Kickboxing 9:30-10:30 am w/ Melissa  Cycle & Tone 9:30-10:30 am w/Sarah (Studio B)	Boot Camp 9:30-10:30 am w/ Jenny Core Time 10:35-11:05 am w/Jenny (Relaxation Studio)	Cycle 9:30-10:30 am w/ Sarah (Studio B)  Body Pump™ 9:30-10:30 am w/ Andrew	Boot Camp 9:30-10:30 am w/ Rebecca Core Time 10:30-11:00 am w/Rebecca (Relaxation Studio)	Step II 9:30-10:30 am w/ Jenny	Cycle 9:30-10:15 am w/ Kelly (Studio B)  Body Pump™ 9:30-10:30 am w/ Kim
Power Sculpt 10:30-11:30 am w/ Melissa	Step n' Sculpt 10:45-11:45 am w/ Kelly	Senior Strength 10:45-11:45 am w/ Kelly	Step n' Sculpt 10:45-11:45 am w/ Kelly	3,2,1 10:45-11:45 am w/ DeAnna	Zumba ® 10:45-11:45 am w/ Andrew
	Cycle 5:10-6:10 pm w/ Jenny (Studio B)	Zumba ® 5:15-6:15 pm w/ Dawn	Zumbatomic ® 4-10 yr olds 4:15-5:00 pm w/ Tiffany		
Cycle 5:30-6:30 pm w/ Kelly (Studio B)	Body Pump™ 5:00-6:00 pm w/ Kim	Cycle 5:15-6:15 pm w/ Kim (Studio B)			
Zumba ® 5:45-6:45 pm w/ Mary	Power Strength 6:15-6:45 pm w/ Jenny		Boot Camp 5:45-6:45 pm w/ Jenny	Zumba ® 5:30-6:30 pm w/ Mary	
Body Pump™ 6:55-7:55 pm w/ Heather L.	Combo Fitness 6:55-7:55 pm w/Dori	Body Pump™ 6:30-7:30 pm w/ Heather E.	Body Pump™ 6:55-7:55 pm w/Dori		Rev 12/15/11 ND



# CLASS DESCRIPTIONS

## COMBO FITNESS

Combo Fitness is a fun, total body workout that combines step aerobics, cardio kick, and strength training into one class.

## ZUMBA GOLD®

This program was designed for the older active adult, a person who hasn't been exercising in a long time or individuals who may be limited physically. Zumba Gold® is taught at a lower intensity pace. It's just as much fun just not as fast!

## CYCLE-(located in Studio B)

This class is an aerobic workout which you follow the general instructions of the cycling teacher, you are in control when it comes to your pace. Please come 10 minutes early if it is your first time to be sure to get fitted correctly on the bike.

## CYCLE & TONE (located in Studio B)

30 minutes of cycle and 30 minutes of upper body toning. Class is designed for all levels.

## 3, 2, 1

Full body toning class with short intervals of cardio to get your heart rate up while sculpting strong lean muscles. 3 minutes of strength training, two minutes of core and a short but intense minute of cardio.

## POWER SCULPT

Looking for a challenge? Work your entire body in this intense conditioning class using a variety of resistance exercises.

## ZUMBA®

Zumba® features interval training sessions that combine fast and slow rhythms to tone and sculpt the body while burning fat. Mix in Latin music and you have a fun Zumba® class.

## STEP II

This class will help improve your cardiovascular fitness while emphasizing the lower body muscles. Previous step experience recommended.

## Senior Strength

Geared for the young at heart, this is a low-impact total body-conditioning workout. Strength, conditioning and flexibility are the main focus of the workout.

## LINE DANCING

Come have a boot scooting good time! No experience necessary and no partner required.

## Mommy & Me Stroller Fitness

Stroller based fitness class that combines cardio drills mixed with strength and resistance training. Fitness for mom, fun for baby.

## CORE TIME

### (located in Relaxation Studio)

This class is designed to increase abdominal strength and condition your back using different body positions, tempos, and equipment to effectively work the abs and strengthen the back.

## BOOT CAMP

Circuit classes combining plyometrics, agility, strength and resistance training. Boot Camp can be an individual or group motivating class.

## ZUMBATOMIC®

Kids ages 4-10 are welcomed in these high-energy fitness parties packed with specially choreographed, kid friendly routines with all the music kids love! Age specific classes.

## POWER STRENGTH

This class is designed to build total body strength using a variety of tools such as tubes, balls, dumbbells, and your own body weight. It will emphasize core strength, stability, balance, and functional training.

## STEP n' SCULPT

Combination of basic step, cardio moves, strength, core and stretching all in one fast paced hour class.

## KICK BOXING

Get ready to sweat in this "Fat Blasting" class filled with jabs, punches, kicks and power moves.

## BODY PUMP™

BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. The class is designed to transform your body by developing strength and endurance in major muscle groups and, in doing so, burn calories and tone your body.