



Group Exercise Schedule



Effective: Monday, January 25, 2010

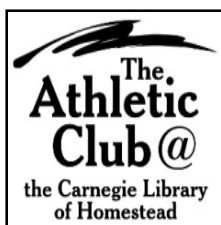
Monday	Tuesday		Wednesday	Thursday	Friday
9-9:50am *SilverSneakers® Cardio Circuit (L2)			9-9:50am *SilverSneakers® Cardio Circuit (L2)		
10-10:50am *SilverSneakers® MSROM (L1)	10-10:50am *SilverSneakers® YogaStretch (L2)		10-10:50am *SilverSneakers® MSROM (L1)	10-10:50am *SilverSneakers® YogaStretch (L2)	10-10:50am *SilverSneakers® MSROM (L1)
1-1:50pm Aqua Fitness (L2)			1-1:50pm Aqua Fitness (L2)		
5-5:50pm *Spinning (L2/L3) *Limited to 6 Riders			6-6:50pm Circuit Series (L2/L3)	6-6:50pm Total Body Sculpting (L2) * In Shuffle Board Room	
6-6:50pm Total Body Sculpting (L2)	6-6:50pm *Spinning (L2/L3)	6-6:50pm Cardio Mix (L2) *In Shuffle Board Room		6-6:50pm *Spinning (L2/L3) *Limited to 6 Riders	
7-7:50pm Gentle Yoga (L2)	*Limited to 6 Riders		7-7:50pm Gentle Yoga (L2)		

*L1 Classes - Beginner's level. Basic movement of the body!

*L2 Classes – Intermediate workout. Strenuous, but not over the top!

*L3- Advanced workout. A higher intensity workout that is sure to make you sweat!

- * Sign-in with the instructor prior to class
- * Please refrain from entering a class more than 10 minutes late
- * A mat is recommended for Yoga
- * 2 participant minimum required
- * Water/Towels required
- * Spinning limited to 6 participants and sign-up starts 10 min. prior



Class Descriptions

Aqua Fitness - 50 minutes of water aerobics emphasizing flexibility, strength, and cardiovascular fitness in a low impact environment!

Cardio Mix - Low/moderate intensity aerobic exercise to increase your cardiovascular fitness!

Circuit Series – A series of 3 rotating circuits (15 minutes each), introducing a variety of combinations including cardio, weight training, and plyometrics/agility.

Gentle Yoga - Fundamental yoga poses and relaxation techniques are taught to suit your individual goals!

Spinning® - Moderated/high intensity stationary bike riding with intervals, lower body strengthening, core, and cardio endurance!

Total Body Sculpting - Low/moderate intensity strength class that tones and burns calories!

SilverSneakers® Classes: These exclusive classes for adults 65+ are a wonderful way to stay fit!

Cardio Circuit® - A more advanced level of cardiovascular exercises. Resistance tubing, weights, and a small ball are used for multi-plane exercises.

Muscular Strength and Range of Motion (MSROM)® - A beginner to intermediate class that focuses more on the range of motion of the major muscles and joints of the body.

YogaStretch® - Seated and standing Yoga poses are performed while focusing on balance and hand-eye coordination.

Group Classes are included for MEMBERS, but open to anyone for our \$10 day pass