



# Group Exercise Schedule



Effective: Monday, March 8, 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		5-5:50pm *Spinning (L2/L3) *Limited to 6 Riders		
6-6:50pm Total Body Sculpting (L2)	6-6:50pm *Spinning (L2/L3) *Limited to 6 Riders	6-6:50pm Cardio Mix (L2) *In Shuffle Board Room	6-6:50pm Circuit Series (L2/L3) 6-6:50pm Total Body Sculpting (L2) * In Shuffle Board Room	6-6:50pm *Spinning (L2/L3) *Limited to 6 Riders
7-7:50pm Gentle Yoga (L1)	7-7:50pm Pilates (L2/L3)	7-7:50pm Gentle Yoga (L1)		

\*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/Pilates
- \* 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!

Pilates- A medium to high level method of conditioning with a focus of strength, flexibility, and coordination. Concentration is placed on developing the core by strengthening muscles of the abdomen, back, and hips.

Spinning<sup>®</sup> - 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<sup>®</sup> Classes: These exclusive classes for adults 65+ are a wonderful way to stay fit!

Cardio Circuit<sup>®</sup> - 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)<sup>®</sup> - A beginner to intermediate class that focuses more on the range of motion of the major muscles and joints of the body.

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