

FITNESS CLASS SCHEDULE

January 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPINNING 60 min. TRACY	POWER UP! 60 min. TRACY	SPINNING 60 min. SHANNON	POWER UP! 60 min. TRACY		
7:30 AM						POWER UP! 60 min. TRACY
8:00 AM	SPINNING 60 min. MOLLI					
8:30AM					SPINNING 60 min. CARLY	YOGA SURPRISE 75 min. JOE/MOLLY
8:45AM	SUPER CIRCUIT 45 min. CAROL			SUPER CIRCUIT 45 min. CAROL		
9:00 AM		STEP 60 min. CARLY		YOGA 101 60 min. MOLLY		
9:30 AM					CORE WORKS 30 min. CARLY	
10:00 AM		STRAIGHT UP STRENGTH 30 min. CARLY				
5:00 PM	FLOW YOGA 75 min. JOE			FLOW YOGA 75 min. JOE	FLOW YOGA 75 min. LEAH	
5:30 PM	SPINNING 60 min. RENEE		SPINNING 60min. MOLLI	ZUMBA 60 min. MAIJA		
7:00 PM	ZUMBA 60 min. MAIJA					

AQUA CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		SPLASH N DASH 60 min. CAROL		SPLASH N DASH 60 min. CAROL		
7:30 AM						SPLASH N DASH 60 min. KARLA
8:00 AM		TAI CHI 30 min. KATHY		TAI CHI 30 min. KATHY		
9:00 AM	ENERGIZER 60 min. MAGGIE	ENERGIZER 60 min. MAGGIE	ENERGIZER 60 min. MAGGIE		ENERGIZER 60 min. MAGGIE	
10:20 AM	SILVER SPLASH 45min CAROL	SILVER SPLASH 45min CAROL	SILVER SPLASH 45min CAROL	SILVER SPLASH 45min CAROL	SILVER SPLASH 45min CAROL	
11:15 AM		PRENATAL 60 min. CARLY				
2:00 PM	FLUID MOTION 60 min. MARTINE		FLUID MOTION 60 min. MARTINE			
6:00 PM	AQUA BURNER 60 min. PEGGI	AQUA BURNER 60 min. MARTINE		AQUA BURNER 60 min. MAGGIE		

GROUP FITNESS CLASSES

POWER UP: Your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Power Up is for all ages and fitness levels. (B/I/A)

SPINNING®: Let our certified instructors take you through a challenging course of terrain designed to make you sweat and stay focused on power. (B/I/A)

STEP: Take the first step to fitness. A great cardio workout to get that fat burning zone you need. Fun step moves as well as strengthening to make this a full body workout. (B/I/A)

STRAIGHT UP STRENGTH: A class for the member that wants to strengthen their abs and the back. Using weights and resistance, let us straighten up your posture. (B/I/A)

ZUMBA: A fusion of Latin and International dance moves that will make you want to party! Let our certified instructor help you burn those calories away and keep you inspired for the next workout too. (B/I/A)

SUPER CIRCUIT: : Weight bearing exercise is the key to bone strength. Let us guide you through a series of strengthening exercises done seated for the 1st half of class and then move on to the weight room and we can make it easy for everyone. *This class is perfect for people with arthritis or other joint ailments (B)*

CORE WORKS: Balance, strength and focus make this core workout the best around. Using body weight and stability you can transform the middle of your body into a sculpted work of art. (B/I)

YOGA 101: This would be the place to start if you've never been to yoga or your working with an injury. Jenny can show you all the modifications you will need to have a safe and gentle workout for flexibility and strength. (B/I)

FLOW YOGA: Looking for your basic form yoga class? Here it is! This will take you through a medium intensity class to refresh and stimulate all your senses. This class will leave you relaxed and ready for the evening ahead. (I/A)

SATURDAY SURPRISE: Molly and Joe will give you a cleansing, fortifying yoga hour of their choice!!

AQUA CLASSES

AQUA TAI CHI: Basic form Tai Chi performed in the water for added support. Try this relaxing twist on an old form of movement. (B/I)

SPLASH & DASH: If you enjoy working out in the morning, this is the class for you. A vigorous workout including intense aerobics, challenging muscle toning and a total body stretch. (B/I/A)

ENERGIZER: An upbeat, fun class that will "energize" the rest of YOUR day! The 40 minute cardio segment will challenge all fitness levels. Tone! Strengthen! Condition! Laugh! (B/I/A)

SILVER SPLASH: This class is appropriate for those who have arthritis as well as those returning to exercise after an injury or other joint or muscle mobility impairment. The Arthritis Foundation Aquatic Program (AFAP) is centered on gentle range of motion exercise, stretching and strengthening exercises for all major muscle groups. (B)

FLUID MOTION: A lighter version of aerobics in the water to rev you up as you splash your way to fitness. This class will condition the cardiovascular system and strengthen the muscles utilizing a variety of movements. (B/I)

AQUA BURNER: Jump on in to this water aerobics class and splash to the beat! This high intensity class combines both cardio and muscle conditioning elements for a full body water workout. Burn it up in the water! (B/I/A)

*B- beginning
I- intermediate
A-advanced*

YOU'RE FIRST CLASS

1. **Introduce yourself to the Instructor.**
2. **Learn the footwork first, then add your arms.**
3. **Work at your own pace. Slow down, if you are tired.**
4. **HAVE FUN!!**

CHOOSING A FITNESS CLASS

1. Unless indicated, you may begin a class at anytime.
2. For beginners, we recommend ENERGIZER or STAY STRONG, But you may start in any class you Choose.
3. Choose a class style that sounds good to you and meets

your needs.

4. Find a class time that works into your schedule.
5. Try out several different class styles and instructors or feel free to just watch a class.
6. Try each class two or three times before you choose which class or classes are right for you.

INSTRUCTORS

Carly Borton
Molly Boyle
Shannon burns
Leah Carey
Peggi Cassady
Carol Dupont
Kathy Hemming
Karla Holland
Joe Irby
Abby Kment
Martine Kurs
Jenny Loughmiller
Renee McClung
Molli Martin
Tracy Miller
Maggie Perret
Maija Vance