

AEROBICS STUDIO SCHEDULE – Winter, begins Feb. 1, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	SilverSneakers2	Aerofit	Pilates		Pilates		
9:00 am	Nancy	Donna	Nancy	Pilates	Nancy		
9:15am	Cardio Pump**	Zumba	Ball &	9:00 Judy	Aerofit		
9:30am	Kathy	Trina	Bar Strength		Donna	StepAerobics	
10:00am	Stability Ball Donna	BodySculpt 10:15 -Judy	Donna	SilverSneakers2 Nancy	Stability Ball Donna	Robyn All Abs	
11:05am	SilverSneakers Pat & Donna	SS YogaStretch *11:05 - Judy	SilverSneakers Pat & Donna		SilverSneakers Pat & Donna	BodySculpt 10:30 - Karin	
12:00pm					Power Yoga 12:10 -MaryAnn	Cardio Core 11:30-Stephanie	Zumba+Toning 2:00 – Trina
1:00 pm		SilverSneakers Donna				Double Dutch 1-4	

5:30pm	Gentle Yoga 5:15 pm - Janet	Aerofit Carrie	Gentle Yoga 5:15 pm - Janet	Stretching Carrie			
6:15pm	Zumba Trina		Zumba Trina	Stability Ball Carrie	Zumba 5:45-Trina		
7:00pm	Pilates Judy	Power Yoga MaryAnn	Cardio Core Stephanie	StepAerobics Kecia			
7:45pm	BodySculpt Pat		BodySculpt Pat	BodySculpt Karin			

Token is required for MWF 11:05 am SilverSneakers. Maximum 40.

***SilverSneakers YogaStretch begins Feb. 16, 2010.**

Token is required for Zumba classes. Maximum 32.

There will be No Zumba on Sunday, Jan. 31, 2010.

****Wednesday Cardio Pump is held in the gym from 9:15 -10:00 am with Kathy.**

GROUP EXERCISE CLASSES

Minimum age to attend fitness classes is 13. No one under 13 permitted in studio.

Full coverage, supportive athletic shoes are required in all classes except Pilates/ yoga.

Please do not use ipods, headphones or other personal music in classes.

If you need to take or make a phone call or text, please step out of the studio.

Aerofit - A program designed to educate & instruct individuals who want an easy-to-follow routine of walking, floor aerobics, strength, & stretching. Participants are encouraged to follow along at their own pace. A great place for a beginner.

Body Sculpt - Routines set to music & designed for strength & endurance. Program is designed to work all the major muscle groups in the body in a program of functional fitness; easy to follow routines; use of hand weights, barbells, stability balls & mats.

Step Aerobics - High intensity, low impact program, set to music, involves stepping up & down on an adjustable platform while simultaneously performing upper body movements. You'll work every major muscle group in the lower body, while conditioning the upper body.

Power & Restorative Yoga - Explore the spirit-mind-body connection of basic fitness yoga. This class will explore yoga for fitness, flexibility, strength, and relaxation. This class practices Ashtanga (power) yoga. Restorative Yoga will emphasize position, alignment & meditation.

Gentle Yoga – Looking for a beginner approach to yoga? Try this class for traditional yoga taught at a gentle pace with lots of modifications. All levels are welcome.

Pilates – Interested in learning the basics of Pilates, which emphasizes core strength, balance & flexibility? This class will add strengthening & stretching to your fitness routine through Joseph Pilates' mat work routine. Class will also use the Pilates ring for greater range & strength.

Stability Ball – This class will use stability balls to strengthen and stretch while emphasizing core muscle strength. Hand weights are added to this challenging class.

Cardio Pump - Come join Kathy for intervals of cardio and toning segments for a great workout!! This is a high-intensity interval training class that can push you to a new fitness level!

Stretching - Stretches will be taught for relaxation, stress release, flexibility, and fun! Learn & practice in a class situation, continue at home.

Zumba – The class is based on exciting & unique Latin moves & rhythm. A great work-out that is easy to learn & lots of fun! ZUMBA: the class that is taking the world by storm!

SilverSneakers 1 – Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living. Handheld weights, elastic tubing, ball & a chair is used for seated & standing support. All fitness levels.

SilverSneakers 2 – Combine fun & fitness to increase your cardiovascular & muscle endurance power with a standing circuit workout. Upper body strength work using weights, tubing & a ball are alternated with non-impact standing choreography. A chair is offered for standing support, final stretch & relaxation.

Cardio Core Dance - Tone your entire core with a glute strengthening, ab tightening, hip shaking Cardio Bellydance workout! Join Stephanie, a professional bellydancer, for a fun workout set to Middle Eastern music, in a Zumba-style format. All levels welcome; absolute beginner to advanced.

We build strong kids, strong families, strong communities.