

# Group Exercise

May 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.	Pure Strength <i>Main Studio</i>	Cycling <i>Studio 1 (45 min.)</i>	Boot Camp <i>Main Studio (45 min.)</i>	Spinning® <i>Studio 1 (45 min.)</i>	Boot Camp <i>Main Studio</i> Barre Blend <i>Studio 1 (45 min.)</i>	8:15 a.m. Spinning® <i>Studio 1</i>
8:15 a.m.	BodyPump® <i>Main Studio</i> Boot Camp <i>Studio 1</i>	Tai Chi I <i>Main Studio (45 min.)</i>	Pure Strength <i>Main Studio (45 min.)</i>	Tai Chi I <i>Main Studio (45 min.)</i>	Body Weight Training <i>Main Studio (45 min.)</i>	9:15 a.m. BodyPump® <i>Main Studio</i>
8:30 a.m.		Yoga II <i>Studio 1</i>		Yoga II <i>Studio 1</i>		10:15 a.m. Zumba <i>Main Studio</i>
9 a.m.		Tai Chi Cane Form <i>Main Studio (30 min.)</i>	Spinning® <i>Studio 1 (45 min.)</i>	Tai Chi Cane Form <i>Main Studio (30 min.)</i>	Barre Blend <i>Studio 1 (45 min.)</i>	
9:30 a.m.	New Horizons <i>Main Studio</i> Zumba® <i>Studio 1</i>	Tai Chi II <i>Main Studio</i> Zumba Toning® <i>Studio 1</i>	New Horizons <i>Main Studio</i>	Tai Chi II <i>Main Studio</i> Zumba Toning <i>Studio 1</i>	New Horizons <i>Main Studio</i>	
9:45 a.m.			Barre Blend <i>Studio 1 (45 min.)</i>		Pilates <i>Studio 1 (45 min.)</i>	2 p.m. Spinning <i>Studio 1</i>
10:30 a.m.	Fitness for Life <i>Main Studio</i>		Fitness for Life <i>Main Studio</i>		Fitness for Life <i>Main Studio</i>	3 p.m. Yoga I <i>Main Studio</i>
10:45 a.m.		Yoga I <i>Main Studio</i> Yoga Chi <i>Studio 1</i>		Restorative Yoga <i>Main Studio</i>		
11:30 a.m.			Mindful Movement <i>Studio 1 (45 min.)</i>			
noon	BodyFlow®* <i>Studio 1 (45 min.)</i>	Line Dancing <i>Main Studio</i>		Line Dancing <i>Main Studio</i>	BodyFlow®* <i>Studio 1 (45 min.)</i>	
4:45 p.m.	Step <i>Studio 1 (45 min.)</i>	Barre Blend <i>Studio 1 (45 min.)</i>		Barre Blend <i>Studio 1 (45 min.)</i>		
5 p.m.						
5:15 p.m.			Pure Strength <i>Main Studio (30 min.)</i> BodyFlow® <i>Studio 1 (45 min.)</i>			
5:30 p.m.	BodyPump® <i>Main Studio</i> HIIT <i>Studio 1 (30 min.)</i>	Spinning® <i>Studio 1</i> Power Yoga <i>Main Studio (45 min.)</i>		BodyPump® <i>Main Studio</i> Spinning® <i>Studio 1</i>		
5:45 p.m.			Cardio Kickboxing <i>Main Studio (30 min.)</i>			
6:30 p.m.	Zumba® <i>Studio 1</i>					
						<p><b>All schedules are based on attendance and are subject to change. To remain on the schedule, class size must remain consistent.</b></p> <p>•••</p> <p><b>Participants should wear appropriate shoes to class. No work boots are allowed on the studio floor.</b></p> <p>*These classes are kid-friendly. Junior members are welcome with parent participation.</p>

# Group Exercise Class Descriptions

■ **BodyFlow®.** BodyFlow® is a fusion of yoga, Tai Chi and Pilates that will calm the mind while lengthening and strengthening the body. Stand taller, feel stronger, gain flexibility and be more aware of your mind and body. *All levels*

■ **Body Weight Training.** This class uses only your body weight as resistance for overall strength and endurance training that will give you an excellent workout. The added benefit is these exercises can be performed anywhere, which means no excuses when you can't make it to the gym. *All levels*

■ **BodyPump®.** BodyPump® is the original barbell workout that strengthens the entire body. It challenges all major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. *All levels*

■ **Boot Camp.** Designed to challenge the experienced exerciser who wants to improve sport performance or go to the next level. Expect military and sports conditioning drills like sprints, plyometrics and strength work. *Not appropriate for beginner exercisers or those with orthopedic concerns. Intermediate – Advanced*

■ **Cardio Kickboxing.** This 30-minute workout combines martial arts techniques with traditional cardio. Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout. *All levels*

■ **Fitness for Life.** A low-impact cardio and strength training class. Expect to have fun and build your cardiorespiratory endurance in this freestyle class. *All levels*

■ **New Horizons.** A total workout for seniors and those just beginning a fitness program. Cardio, strength, stretching, balance and relaxation are included. *Beginner*

■ **Line Dancing.** Learn popular, basic line dances that will improve your muscle tone, increase your cardiorespiratory endurance and be a lot of fun "to boot." *All levels*

■ **Pilates-Based Mat Class.** Pilates is a combination of exercises that assist in creating strength, flexibility, improved posture, and efficiency of movement and mobility. *All levels*

■ **Pure Strength.** This freestyle class will focus on building muscular strength in all areas of the body, helping you get lean, toned and fit. Expect to use free weights, barbells, resistance bands and your own body weight to ensure no muscle group is left behind. *All levels*

■ **Spinning®.** The original group cycling class that gears you up for a great cardiovascular workout. This class is for everyone – whether you are riding for fun, tuning in or zoning out, losing weight and improving health, getting ready for your next race, or just enjoying the camaraderie of a group ride. All rides will include a warm-up, 40-minute ride in one of the Spinning® Energy Zones™, and a cool down. Heart rate monitors are encouraged for this class but are not required. *(Water bottles and towels are mandatory. Inform the instructor if this is your first class.) Intermediate – Advanced*

■ **Step.** An energizing and athletic workout using an adjustable step platform to step up and down to upbeat music. Toning for the lower body, increased cardio fitness and coordination, and upper- and lower-body conditioning for functional strength are some of the benefits you can expect to achieve in this class. *All levels*

■ **HIIT.** This is a Tabata™ style high intensity interval training class. Push yourself to meet your fitness or weight-loss goals. This workout is proven to be extremely effective and give quick results. *Intermediate – Advanced*

■ **Zumba®.** Zumba® is a fitness party designed for everyone. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be fun and easy to do. *All levels*

■ **Zumba® Toning.** Zumba® Toning raises the bar — or toning stick — with a class designed for the more hard-core Zumba® participant. It combines targeted body-sculpting exercises and high-energy cardio work with familiar Zumba® moves to create a calorie-burning, strength-training dance-fitness party. *All levels*

## MIND AND BODY CLASSES

■ **Barre Blend.** This class is designed to promote the long, lean muscles of a dancer while also improving posture, balance, stability and functional strength. *All levels*

■ **Mindful Movement.** 45 minutes of slow, fluid movements with relaxed breathing to increase flexibility and body awareness. *All levels*

■ **Tai Chi I.** Combines deep breathing with postures that flow from one to another through a series of slow, relaxed and continuous movement. *All levels*

■ **Tai Chi II.** The class continues to build on the discipline of Tai Chi. *Intermediate – Advanced*

■ **Tai Chi Cane.** A special Tai Chi routine based on characteristics of postures with traditional cane martial function. Participants should be in the Tai Chi I or II class or be able to perform the Yang 24 short form. *Advanced Tai Chi participants*

■ **Restorative Yoga.** Each restorative sequence helps to relieve the effects of chronic stress and is designed to move the spine in all directions. These movements illustrate the age-old wisdom of yoga that well-being is enhanced by a healthy spine. *All levels*

■ **Power Yoga.** Power Yoga will explore strength-based yoga postures to develop greater overall muscle tone, more core control and perfect posture. Experience the fusion of yoga and functional fitness. Functional fitness exercises integrate whole-body strength rather than isolate one muscle or muscle group. *Intermediate – Advanced*

■ **Yoga Chi.** Yoga Chi combines the benefits of yoga and chi kung. This new class is beneficial to people who are challenged by arthritis, inflexibility or little mobility. You can enjoy the benefits of Yoga Chi at any age or physical ability level. Yoga Chi can increase flexibility, reduce joint pain, reduce fatigue and enhance your overall well-being. Gentle warm-ups will loosen shoulders, neck, back, legs and feet. The yoga portion will be done while seated in a chair or using a chair for support. The chi kung series uses gentle, flowing movements, combined with deep breathing that enhances the flow of chi, the energy that fuels your mind, body and spirit, boosting your immunity and increasing your energy. This 45-minute class includes guided meditation to increase your ability to deal with stress. *Beginner*

■ **Yoga I.** This class emphasizes breathing and concentration while performing basic yoga Asanas — or postures — to enhance strength, flexibility, balance and relaxation. This class is ideal for those who have never practiced yoga, and also can be enjoyed by those with an established practice. *(Inform the instructor if this is your first class.) All levels*

■ **Yoga II.** This class emphasizes breathing and concentration while performing more challenging yoga Asanas — or postures — to enhance strength, flexibility, balance and relaxation. This class is ideal for those who have an established practice. *Intermediate – Advanced*