



Group Fitness Schedule

All classes on this schedule are included with your Fitness & Aquatic Center Membership.

Dance Room -----(DR)
 Aerobics Room --(AR)
 Krank Cycles -----(KC)

Morning Classes

Schedule Effective January 23, 2012

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		TRX Gina (DR)	Krank Cycle Gina (KC)	Krank Cycle Gina (KC)	Krank Cycle Gina (KC)	Krank Cycle Gina (KC)	
5:30 AM		Full Body Circuit Lisa (AR)	Cycling Steve (AR)	Muscle Max Lisa (AR)	Cycling Jessica (AR)	30/30 Lisa (AR)	
5:45 AM				Yoga Tara (DR)	Zumba Amy (DR)	TRX Natalie(DR)	
7:00 AM		Cycling Stephanie (AR)		Cycling Stephanie (AR)			Cycling Jessica (AR) ---- Cardio Ballet/ Pilates Dawn(DR)
8:00 AM							Muscle Melanie (AR) --- TRX Laura B.(DR)
8:15 AM		Athletic Challenge Laurene (AR)	Dance Jam Harmonie (DR) (45 min)	Athletic Challenge Laurene (AR)	Silver Sneakers Chelsea (AR)		
8:30 AM		Krank Cycle Lori (KC)	Krank Cycle Lori (KC)	Krank Cycle Hope (KC)	Krank Cycle Lori (KC)	Krank Cycle Hope (KC) ----- Zumba Harmonie (AR)	
9:00 AM		Core/Bosu Shal (DR)	Power Yoga Melanie (AR) --- Turbo Kick Rebekah (DR)	Step Interval Rebekah (DR)	Yoga Rachel (AR) --- TRX Shal (DR)	Step Interval Laurene(DR) (75 min. class)	Zumba Kimberly (DR/Gym)
9:30 AM		Silver Sneakrs Angie (AR)		Silver Sneakers Chelsea (AR)		Silver Sneakers Sarah (AR)	
10:00 AM		Pilates Shal (DR)	Cycling Heidi (AR) --- TRX Laura B.(DR)		Cycling Shal (AR) --- TRX Laura B. (DR)		
10:30 AM				Silver Sneakers Yoga Chelsea (AR)			
12:00 PM		Kick Box Laura H.(AR)	TRX Laura B.(DR)	Yoga Rachel (DR)	Krank Cycle Stacey (KC)	Zumba Amy (DR)	

Evening Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm			Zumba Toning Shaelynn (AR)			
6:00 PM	Cycling Stephanie (AR) ----- Pilates Shaelynn(DR) (45 min. class)	Turbo Kick Melanie (AR)	TRX Heidi (DR)	Kick Box Laura H. (AR)		
6:30pm		Krank Cycle Stacey (KC)	Zumba Cardio Shaelynn (AR) (30 min. class)			
7:00 PM	TRX Laura B. (DR)	Zumba Shaelynn (AR) --- Krank Cycle Stacey (KC)	Hip Hop Melanie(AR) ----- Krank Cycle Heidi (KC)	Total Body Conditioning Jackie (AR) --- Krank Cycle Gina (KC)		
8:00 PM	Relax & Release Yoga Melanie(AR)		Cycling Stephanie(AR)	Cycling Jackie (AR)		

* all TRX and Krank classes require hand stamp from front desk (stamps start 20 min before class begins) .

* Group Fitness classes are 55 minutes, Krank classes are 30 minutes.

* Classes and times subject to change

Group Fitness Class Descriptions

30/30: 30 minutes cardio and 30 minutes of muscle and core work

Athletic Challenge: This workout utilizes various areas of the gym. Class begins in the aerobic room using hand weights, steps, spin bikes, and jump ropes. Intervals of walk/running on the track, stair reps, and lunges are incorporated, ending the class in the turf room with muscle conditioning and stretching. A fun, fast, and athletically challenging class that can be modified for all fitness levels, works the entire body in just an hour!

Cardio Ballet: 55 minutes of intense leg drills, upper body toning and core conditioning. Sweat your way to long, strong and lean muscles! Lead by Pilates master trainer Dawn Wessman. All levels of fitness welcome!

Core/Bosu: This exciting workout combines a moderate to high intensity cardio, core and strengthening workout. Enjoy energy building cardio choreography and muscle strengthening all in one fun class. Appropriate for all fitness levels, so join us and jump start your day with a great workout!

Cycling: Designed to improve cardiovascular and muscular strength. Class includes a variety of terrain that is easy enough for everyone to follow. Proper alignment, body mechanics and goal specific training will be taught. It's a fun ride and a challenging workout!

Dance Jam: It's time to hit the dance floor and JAM! This fun workout will mix it up with different dance styles including salsa, hip hop, disco, country and more! With easy to follow moves, this class is perfect for all levels and experience. Come jump, jive and jam your way to a healthier you.

Hip Hop: Have fun dancing your way into fitness. This class breaks down hip-hop moves into a fun, easy to follow and energetic class. Don't let the name intimidate you...this class takes the fun up a notch with super hot moves that will leave everyone wanting more!

Kick Box: Come enjoy an hour of kickin' excitement! Learn the basics of punching and kicking in this fast paced cardio kickboxing class. This class will develop your cardiovascular endurance level to maximize the fat burn zone. The format will consist of 45 minutes of cardio party that uses the kick box bags and gloves.

Krank Cycle: Kranking provides a new way to build aerobic capacity and upper body strength while burning calories and building core stability. Because it utilizes the upper body instead of the legs, it represents a unique cross-training opportunity for all athlete types.

Muscle: This class focuses primarily on muscular endurance and muscular strength. Also includes a mild to moderate cardio workout using the step while training a variety of the larger muscle groups. Core work is incorporated throughout as well.

Muscle Max: Come pump up your metabolism, build muscle mass and strengthen those bones! This class is a full hour of building muscular strength and endurance. We will be using equipment ranging from free hand weights to stretch bands to barbells to fitness balls. All fitness levels welcome.

Pilates: Pilates workouts focus first on developing strength through the core of the body--the back, abdomen and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.

Silver Sneakers: Customized Silver Sneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

Step Interval: After an initial warm-up, the cardio intervals begin with 5 minutes of basic step, then head up the stairs for 5 minutes of walk/running on the track (or use any open cardio machine of your choice), then head back down for more step! You won't stop moving for almost an hour. The class doesn't end there...15 minutes of muscle conditioning and a final stretch to make this a 75 minute class.

Total Body Conditioning: This class is suited for ALL fitness levels. A combination of strength, cardio, balance and flexibility. A class that's offers dynamic movements, giving you the best results in a short amount of time. Bring your water bottle and come ready to work!

TRX: Suspension training utilizes bodyweight to build strength, balance, flexibility and core for all fitness levels.

Turbo Kick: The hottest kickboxing class around! TK is a non-contact kickboxing class (meaning we don't use bags) that combines athletic moves, sports drills, hip-hop flavor, and so much more! Come try the ultimate cardiovascular challenge!

Yoga: Hatha Yoga improves circulation, strengthens muscles, increases flexibility, increases breath capacity, reduces stress, improves well being and challenges your mind. Class includes various poses and some meditation and relaxation.

Zumba: Fuses hypnotic Latin flavor and international zest with easy to follow moves. Achieve long term benefits while experiencing one exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing, awe inspiring moves. Routines and resistance are varied to tone and sculpt, while burning fat. Come have a fitness party with Zumba!