



Group Exercise Schedule Effective 3.1.2010

MONDAY

9:30AM – 10:30AM	Cardio Sport with John	Group X Room	
11:30AM-12:00PM	Phenomenal Abdominals with Lisa	Group X Room	30 Minutes
4:30PM - 5:30PM	Sets & Reps with Chris	Group X Room	
5:45PM – 6:45PM	Pilates with Leta	Group X Room	

TUESDAY

8:30AM – 9:30AM	Pilates with Leta	Group X Room	
9:45AM – 10:45AM	Cardio Dance with Karen	Group X Room	
11:30AM – 12:00PM	So you think you can? with John	Group X Room	30 Minutes
4:30PM - 5:30PM	Low-Impact Aerobics with Chris	Group X Room	
5:45PM – 6:45PM	Muscle Madness with Heather	Group X Room	
5:30PM – 6:30PM	Spinning with Colleen	Spin Room	

WEDNESDAY

9:30AM – 10:30AM	Spinning with Viktoria	Spin Room	
10:45AM – 11:45AM	Kripalu Yoga with Siri	Group X Room	
12:00PM - 12:30PM	Awesome Arms with Courtney	Group X Room	30 Minutes
5:30PM – 6:30PM	Cardio Sport with John	Group X Room	

THURSDAY

9:30AM – 10:30AM	Pilates with Leta	Group X Room	
11:30AM – 12:00PM	Core Fusion with Leta	Group X Room	30 Minutes
5:00PM – 6:00PM	Kickboxing with Heather	Group X Room	
5:30PM – 6:30PM	Spinning with Colleen	Spin Room	
6:15PM – 7:15PM	Yoga with Lisa	Group X Room	

FRIDAY

9:30AM – 10:30AM	C.S. Interval with John	Group X Room	
4:30PM - 5:30PM	Sets & Reps with Chris	Group X Room	

SATURDAY

8:00AM – 9:00AM	Spinning with Missy	Spin Room	
9:30AM – 10:30AM	Cardio Sport with John	Group X Room	
10:45AM-11:45AM	Yoga with Siri and Kim (Alt)	Group X Room	

SUNDAY

9:00AM – 10:00AM	Spinning with Missy	Spin Room	
10:00AM – 11:00AM	Zumba! with Katie	Group X Room	

Coming Soon... 6 AM Spinning and Evening Zumba

Cardio Dance:	Aerobics meets the night club! This dynamic dance class will work your whole body by integrating classic aerobic moves with hip-hop.
Kickboxing	A total body "kick butt" workout that combines elements of cardio and boxing.
Cardio Sport:	A high intensity interval training philosophy utilizing sports conditioning techniques
C.S. Interval:	Total body resistance training with a high interval twist. The best of Cardio Sport conditioning with strength training techniques.
Spinning:	Increase strength, cardio endurance, and speed in a class which combines interval levels of spin techniques.
Muscle Madness:	A complete muscle conditioning class that incorporates weights, resistant bands, and tubes for a total body workout.
Kripalu Yoga:	Designed for any level, this class teaches variations of poses leading to increased strength and balance.
Mat Pilates:	This mat class teaches balance and body control by increasing strength and flexibility of abdominals, core, and back muscles resulting in better posture, balance, and core strength.
Core Fusion:	A total Body workout utilizing BOSU & stability ball moves designed to strengthen the core.
Phenomenal Abs:	A dynamic 30-minute class dedicated to conditioning the abdominal and core areas.
Awesome Arms:	This 30-minute high intensity class will tone and sculpt your arms using the latest fitness training techniques.
Zumba®:	ZUMBA® is a fusion of Latin and International music that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.
Sets & Reps:	A group low impact strength training class utilizing weights, stability balls, and tubes for a total body workout.
Low Impact Aerobics:	A group aerobics class offering a low impact cardio workout to help build stamina and burn fat.
So you think you can?	Push Up? Squat? Crunch? We'll See.....