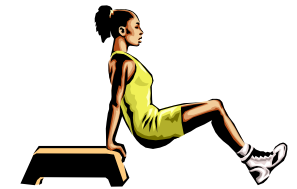




Group Exercise



Room 1

Program Descriptions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CLASSIC SCULPT- Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. Strengthens and lengthens w/out creating bulky muscles.</p> <p>GLUTES & ABS-A fun class to isolate and burn the abdominals/ glutes into shape.</p> <p>KICKBOXING - A high-energy, non-contact workout that incorporates punching, kicking, footwork and sport drills to improve aerobic and anaerobic conditioning.</p> <p>PILATES- Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. Strengthens and lengthens w/out creating bulky muscles.</p> <p>SIT 'N BE FIT- A senior based class that incorporates a warm-up, full-body stretching, balance training, and resistive exercises with rubber tubing.</p> <p>CIRCUIT TRAINING – Experience each of our cardio classes in a 2-minute circuit interval. This is a power packed workout of continuous movement, combining cardio and strength exercises to enhance your overall fitness and endurance.</p> <p>ZUMBA – Ditch the workout, join the party! A beginners salsa / hip-hop aerobics class designed for EVERYONE!</p>	<p>9:00-10:00 Classic Sculpt <i>Cheryl</i></p> <p>10:00-11:00 Cardio Strength <i>Mary</i></p> <p>12:30-1:00 Glutes & Abs <i>Melissa</i></p> <p>1:30-2:15 Sit 'N Be Fit <i>Cheryl</i></p> <p>4:30-5:30 Pilates <i>Star</i></p> <p>5:30-6:30 Zumba <i>Mandy</i></p>	<p>9:00- 10:00 Circuit Training <i>Kristin</i></p> <p>10:00- 11:00 Pilates <i>Kristin</i></p> <p>12:30-1:00 Glutes & Abs <i>Melissa</i></p> <p>5:30-6:30 Kickboxing/Body Sculpting <i>Star</i></p> <p>6:30-7:30 Zumba <i>Cameron</i></p>	<p>9:00-10:00 Classic Sculpt <i>Cheryl</i></p> <p>10:00-11:00 Cardio Strength <i>Mary</i></p> <p>1:30-2:15 Sit 'N Be Fit <i>Cheryl</i></p> <p>4:30-5:30 Pilates <i>Star</i></p> <p>5:30-6:30 Zumba <i>Mandy</i></p>	<p>9:00- 10:00 Circuit Training <i>Kristin</i></p> <p>10:00- 11:00 Pilates <i>Kristin</i></p> <p>12:30-1:00 Glutes & Abs <i>Melissa</i></p> <p>5:30-6:30 Kickboxing/Body Sculpting <i>Star</i></p> <p>6:30-7:30 Zumba <i>Cameron</i></p>	<p>10:00-10:30 Post-Spin Abs & Weights <i>Kristin</i></p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Sunday</p> </div>



Group Exercise



Room 2

Program Descriptions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>BACK CARE-A class designed for anyone who wants to increase or maintain a strong healthy back.</p> <p>SPINNING-Simulates the outdoor cycling indoors on state-of-the-art fixed cam Schwinn stationary cycles.</p> <p>YOGA-Breathing techniques & body positions to improve physical health, release stress, calm the mind & emotions and enhance overall well-being.</p> <p>CIRCUIT SPINNING - This class offers the best of both worlds. Cardiovascular (spinning) exercise combined with strength training intervals makes this workout effective and efficient.</p>		<p>5:30-6:30 Spinning <i>Charlie</i></p>		<p>5:30-6:30 Spinning <i>Charlie</i></p>			
	<p>7:30-8:30 Yoga <i>Khadija</i></p>		<p>7:30-8:30 Yoga <i>Khadija</i></p>		<p>7:30-8:30 Yoga <i>Khadija</i></p>		
	<p>8:30-9:00 Weights & Abs Star</p>		<p>8:30-9:00 Weights & Abs Star</p>				
	<p>9:00-10:00 Spinning <i>Star</i></p>		<p>9:00-10:00 Spinning <i>Star</i></p>			<p>9:00-10:00 Spinning <i>Kristin</i></p>	
	<p>1:00-2:00 Back Care <i>Melissa</i></p>	<p>1:00-2:00 Back Care <i>Melissa</i></p>		<p>1:00-2:00 Back Care <i>Melissa</i></p>			
	<p>6:00-7:00 Circuit Spinning <i>Jose</i></p>	<p>6:30-7:30 Spinning <i>Jose</i></p>	<p>6:00-7:00 Circuit Spinning <i>Jose</i></p>	<p>6:30-7:30 Spinning <i>Jose</i></p>			
						<p>Sunday</p>	

Effective: December 2009