

Spring Semester 2012 Group Fitness Schedule – January 4 through March 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am		Spin* 45 minute class Aimee		Spin* 45 minute class Jenny	
10:15 am	Intensity 30 minute class Yuri		Core and More 30 minute class Kathryn		
12:00 pm	Kickboxing 45 minute class Joan	Bruin Sculpt 45 minute class Yuri	Pilates 50 minute class Kay	Step Interval 45 minute class Angie	Spin* 45 minute class Kathryn
4:00 pm	Spin* 45 minute class Kathryn		Spin* 45 minute class Kathryn		
5:00pm	Pilates 50 minute class Kay	Cardio Sculpt 50 minute class JoAnna	20/20/20 60 minute class JoAnna	Restorative Yoga 75 minute class Sue	
6:00pm	Total Body Training 50 minute class Danielle	Zumba 60 minute class Molly	Flow Yoga 60 minute class Natalie		
7:00pm	Zumba 50 minute class Molly		Zumba 60 minute class Casey		

*You may sign up for this class. Call 460-6313 to reserve your bike no more than 24 hours before class. **Class will begin on September 12th and continue until October 14th.

Class Descriptions

- ❖ **20/20/20** –Back by popular demand, 20/20/20 brings you 20 minutes of heart-thumping cardio, 20 minutes of toning and 20 minutes of abs and stretching that will keep you coming back for more!
- ❖ **Cardio Sculpt** – Perfect for those short on time but who want a great workout. This class will keep your heart rate up while you sculpt killer muscles.
- ❖ **Intensity**- Get ready for a half hour of heart pumping cardio and strength movements that will tone your entire body!
- ❖ **Kickboxing** – Are you looking for a way to mix up your workout routine? This class will have you kicking and punching your way to a great cardio workout!
- ❖ **Pilates** –This class is designed to strengthen and tone your core muscles (back and abs) with deceptively challenging moves. Using the mat, rings, and balls, this class can give you the abs you want.
- ❖ **Spin** – Not a fan of running? Take a ride on our indoor bikes and work up a sweat with this fun, popular class. You will spin your way through mountains, valleys, and more. Don't forget your water bottle and towel!
- ❖ **Step Interval** – Are you looking for challenging cardio and toning? This class will give you a great cardio challenge while toning your body – what more could you ask for? Join us today for this great class!
- ❖ **Total Body Training** - Bring your A game! This fast-paced class will work every muscle you have while having fun. Your body won't know what hit it!
- ❖ **Yoga** – Get in touch with your inner self during one of our Yoga sessions. *Flow Yoga* will have you stretching away your inner stresses. *Restorative Yoga* refreshes and recharges you after a busy or stressful week.
- ❖ **Zumba** – Ditch the workout and join the party! This Latin-inspired dance based class features easy to follow dances broken down and taught just for you. Come dance your day away and work out while you do it!