




Group Fitness Class Schedule

- April 2012 -

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sat.
5:45 AM		Spinning w/ Mary Ann		Spinning w/ Mary Ann	Spinning w/ Mary Ann	 Spinning w/ Shannon or Steffani 8:30 AM
6:00 AM	Sunrise Yoga (I / II) w/ Giovanni					
8:30 AM	Yoga (I) w/ Joanne	Balance & Conditioning w/ Jamie Spinning w/ Jules	Yoga (I) w/ Joanne or Giovanni	Balance & Conditioning w/ Jamie Spinning w/ Bernie	Yoga (I) w/ Joanne	
9:45 AM	Body Sculpt w/ Steffani	Pilates Mat w/ Jules		Body Sculpt w/ Bernie	Zumba® w/ Jen	
12:00 PM				Yoga (II) w/ Giovanni		
6:00 PM	Yoga (II) w/ Elizabeth	CROSS - Training w/ Jamie	Flow Yoga (II / III) w/ Joanne or Katie	Pilates Mat w/ Steffani		

Yoga: I = Beginner II = Intermediate III = Advanced

* = Fee Based Schedule subject to change.

Balance & Conditioning: Come join us for this wonderful strength and balance class. It includes weight, flexibility and balance exercises in a safe and gentle manner that can be adapted to a wide variety of skill levels and needs. The class will focus on exercises that help counter the aging process and promote the highest quality of life.

Body Sculpt: Get ready to meet the new you! This is a super efficient, convenient and quick weight lifting class. By using multi-joint exercises, alternating muscles and active recovery, members will be able to get a full body workout in 30 minutes. The class focuses on lighter weights, higher reps and caters to all skill levels.

CROSS - Training: CROSS - Training is an exercise class that uses several modes of training to increase your overall fitness. You can expect to find weights, cardio intervals, martial arts, Plyo-metrics, agility drills and functional exercises. What you won't find is the same routine at each class. CROSS - Training is about changing it up to keep your mind and body adapting.

Flow Yoga: This yoga class emphasized flow and continual movement creating a more challenging practice.

Pilates Mat: Looking for a flatter stomach? Constantly struggling with back pain? Want to strengthen and stretch your entire body? Desiring a stronger tennis or golf swing? Sculpt and reshape your body with gentle, focused exercises that combine the suppleness of yoga with the strength benefits of weights!

Spinning: Jump on a bike for the workout of your life! Cycle through imaginary voyages, speed and hill intervals. Our Star Trac V-Bikes are adjustable to your fitness level. It is the most complete cardio workout without impact. Instructors use fun music and great energy to motivate you through fifty-five minutes of a heart pumping workout. Each student can go at his / her own pace so this class is great for everyone from the beginner to the advanced athlete.

Sunrise Yoga: Join us for this special class. Workout under the inspiring guidance of Giovanni as he takes you through a full series of yoga poses with the rising sun.

Yoga: This class is designed to develop and promote flexibility, muscle tone and relaxation. It can help reduce stress and release tension in the head, neck, shoulders and lower back. This class is a perfect mind and body workout suitable for the beginner up to the intermediate student.

Zumba®: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. When members see a Zumba® class in action, they can't wait to give it a try. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before members know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba® Fitness - Party. It's easy to do, effective and totally exhilarating.