

# January 2009 Group Exercise Schedule

## Multi-Purpose Room

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Bed Head Sue	Body Toning Jean	Bed Head Sue	Body Toning Jean	Core and More! Chris	
8:30am	Body Blast Angela Z.		Body Blast Angela Z	Yoga Chris		
10:45am						Cardio Boot Camp Brenda
6:30pm			Yoga Chris			

## Group Exercise Studio (Upstairs)

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am		BOSU Angela W. 8:45am-9:35am		Express Workout Jenni	BOSU Angela W. 8:45am-9:35am	
9:30am	Advanced Yoga Lynn	Ab Attack 9:45-10:30am Angela W.			Ab Attack 9:45-10:30am Angela W.	
10:00am						Yogilates Chris
6:30pm	Pilates Chris					
7:30pm	Cardio Challenge Nicole		BOSU Ann Marie / Laura			

**GROUP EXERCISE / SPINNING SEASONAL PASS - \$145 Members / \$235 Residents**  
**MONTHLY FLAT RATE PASS - \$55 Member / \$75 Resident**  
**POP IN RATE - \$5 Member / \$10 Resident & Guest**

**All classes are subject to change and be cancelled due to low enrollment**

**Ab Attack!** -Come develop those six pack abs! This class strengthens, tones, and firms up the abs well as your core muscles.

### **Advanced Yoga**

**Bed Head** - This early morning workout will get you sweating and your heart pumpin! Be prepared for a yoga, step, kickboxing or strengthening training to start your day of on the right foot even if your having a bad hair day!

**Body Toning** - A great class to tone and strengthen all of your muscles. Body bars, stretch bands, flexaballs, dumbbells, and your own body will be used as resistance. Come to this class for a great total body workout!

**BOSU** - Increase your endurance, strength, balance, and coordination by using the BOSU balls (BOSU stands for Both Sides Up). A great way to mix it up and combine all of your workouts into one great class!

**Body Blast** - Workouts will challenge you with 45 minutes of strength training and 45 minutes of cardio kickboxing. Burn calories, tone up, and have a blast!

### **Cardio Boot Camp**

**Cardio Challenge** - Meet the Challenge! Thgis class will include a variety of all your favorite cardio techniques: Step, kickboxing, plyos and more! This workout will also include a challenging strength component for a great total body workout!

**Core and More!** - Develop your core strength and flexibility with a variety of standing exercises, floor work, and yoga/pilates based moves. Hand weightsd, exerballs, body bars and bands may be used to enhance your workout.

**Express Workout** - Looking for something new for your workout routine? This class will include both cardiovascular exercise and strenght training utilizing the Circuit Seris equipment in the DEN. Led by an instrucotr, this fast paced workout will challenge your body and help you accomplish your fintess goals. Max - 12.

**Pilates** - Great for total body conditioning, improving strength, flexibility, endurance, balance, alignment, & coordination. Exercises strengthen the body from its center core to provide stability to derive stress free movement of the limbs.

**Yoga** - This energizing class combines posture (asana) with breath and movement. Build strength and stamina, increase flexibility, and finish with deep relaxation for a feelling of balance and rejuvenation. Bring your own yoga mat.

**Yogilates** - This class combines yoga poses and pilates strengthening exercises into one class. It's relaxing yet challenging!