



Group Exercise

Effective January 2nd –May 28th 2012

Free to members

Classes are held in the Aerobics Studio unless noted.

	Mon	Tues	Wed	Thurs	Fri	Sat
5:15-6:10am		Step and Sculpt		Step and Sculpt		
5:30-6:30am	Cardio Strength Interval		Cardio Strength Interval			
6:00-7:00am					Cardio Chaos	
8:15-9:30am						Cardio Strength Flex
8:30-9:30am	Step	Body Reform	Step	Body Reform	Step	
9:00-9:45am		Simple Stretch Red Gym		Simple Stretch Red Gym		
9:35-10:05am	Core Conditioning		Core Conditioning		Core Conditioning	
9:45-10:30am		Silver Sneakers I MSROM		Silver Sneakers I MSROM		
10:45-11:30am	Silver Sneakers II Cardio Circuit	Silver Sneakers Cardio Fit	Silver Sneakers II Cardio Circuit	Silver Sneakers Cardio Fit	Silver Sneakers YogaStretch	
12:10-1:00pm	Step		Step		Step	
12:15-12:45pm		Express Body Sculpt		Express Body Sculpt		
4:30-5:30pm	Cardio Strength Interval	Zumba	Butts and Gutts *4:45pm-5:30pm	Step and Sculpt	Total Body Conditioning	
5:40-6:40pm	Cardio Strength Interval	Total Body Conditioning	Cardio Strength Interval	Total Body Conditioning		
6:50-7:50pm		Dance Aerobics		Zumba		

Water Aerobics

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	Mon	Tues	Wed	Thurs	Fri	Sat
6:00-7:00am		Aqua Challenge Taylor		Aqua Challenge Taylor		
8:00-8:45am	Lean and Mean Taylor	Lean and Mean Mix Lap Pool-2 lanes	Lean and Mean Taylor	Lean and Mean Mix Lap Pool-2 lanes	Lean and Mean Taylor	Aqua Challenge Taylor
10:00-11:00am	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	
5:00-6:00pm			MS Water Exercise Class Taylor			
5:30-6:25pm		Water Warrior Taylor		Water Warrior Taylor		
7:05-8:00pm	Aqua Challenge Shallow-Lap Deep Water Challenge Deep-Lap		Aqua Challenge Shallow-Lap Deep Water Challenge Deep-Lap			
8:00-9:00pm	Trek and Tone		Trek and Tone			

Class descriptions on back

Open Group Exercise Classes free for Members

Land

<u>Body Reform</u>	An intense, interval-based class that combines bursts of cardio and strength training to improve endurance and build muscle. ReFORM your body!
<u>Cardio Chaos</u>	A class filled with fun, crazy and zany basic cardio movements designed to leave you smiling and sweaty. This class is designed for all fitness levels.
<u>Cardio Strength Flex</u>	This 75 minute class will include 35 minutes of cardiovascular work, 30 minutes of full body strength training and 10 minutes of flexibility work.
<u>Cardio Strength Interval</u>	Repeat 2-3 minutes of cardio and 2-3 minutes of toning and you have a fun heart pounding muscle toning class.
<u>Core Conditioning</u>	Spend 30 minutes focusing on toning exercises that target the core! A great compliment to your strength training regimen!
<u>Dance Aerobics and Zumba</u>	This cardio class combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. Fun and easy to do. No experience necessary!
<u>Express Body Sculpt</u>	A 30 minute toning class for the entire body that will add discipline and variety to your current strength workout. Different resistance techniques will be used to advance the exercises – all fitness levels welcome.
<u>Simple Stretch</u>	A stretching class for the whole body and everybody. Class may use the stability ball. Please bring your own mat.
<u>Silver Sneakers</u>	The nation's leading older adult exercise program that improves overall fitness and encourages social interaction. A comprehensive older adult fitness class.
<u>Step</u>	New to step or a longtime fan, these classes will make you work and keep you moving. Features basic step moves to get your heart pumping, with floor, dance moves, or mind/body exercises thrown in to spice things up.
<u>Step and Sculpt</u>	A fun and exciting combination of choreographed Step aerobics for all levels of experience and whole body muscle conditioning exercise. This class will give you an efficient cardiovascular and strength training experience.
<u>Total Body Conditioning</u>	Get the total package in the 60 minute class! Using a variety of cardio and toning exercises that work your whole body, you'll leave this class refreshed and renewed!
<u>Butts and Gutts</u>	Shape that lower body; glutes, hams, quads and calves, while strengthening and improving the physique of your core; Abs, upper and lower back. Pound out this efficient 45 min workout session with fun and ease. Butts and Gutts is for everyone to participate with creative exercises!

Water

<u>Aqua Challenge</u>	The complete water workout! This moderate-intense aerobics class is geared towards increase strength, aerobic fitness, and flexibility and helps control weight.
<u>Deep Water Challenge</u>	Class is taught entirely in the deep end with a variety of equipment and progressive movements to target all of the major muscle groups including core strength and cardio. With the help of flotation devices, this no impact workout builds core strength and cardiovascular abilities.
<u>Lean and Mean</u>	Expect to be challenged! Class is fast-moving and high energy and uses a variety of water tools to help increase resistances and intensity.
<u>Lean and Mean Mix</u>	Same great workout and Lean and Mean while taking the class into the deep water. Class will transition between different depths of the Lap Pool. A good cardiovascular and core building workout while minimizing the impact.
<u>MS Water Exercise Class</u>	A water aerobics class geared toward people living with multiple sclerosis. Instructor trained by the National MS Society.
<u>Water Warrior</u>	Geared toward the aquatic exerciser who leads an active lifestyle and is looking for a challenge. Includes warm-up, aerobic segment, and cool-down as well as fun functional exercises using resistance tools that increase resistance and buoyancy.
<u>Water Zone</u>	This level of water aerobics is low impact with the emphasis on balance, coordination and flexibility. Join the class and improve your physical, social and mental well-being.

