



## Class Schedule JULY 2010

**SILVERSPLASH! AQUAFIT! PILATES! YOGA! CYCLING! SENIORS! SILVER SNEAKERS! LUNCH CRUNCH! FULL FUNCTION! NIA! INTERVAL STEP!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																
<p>8:30 - 9:30 <b>SPORT PUMP</b> RUTH</p> <p>9:30 - 10:30 <b>PILATES</b> RUTH</p> <p>10:00 - 11:15 <b>YOGA</b> ANNE</p> <p>11:00-12:00 <b>SENIOR PILATES</b> DIANE</p> <p>12:00 - 1:00 <b>CYCLING</b> CHRIS</p>	<p>6:05 - 6:50 <b>CYCLING</b> MARCHELL</p> <p>9:00 -10:00 <b>FULL FUNCTION</b> CHRIS</p> <p>10:00 - 11:00 <b>SENIOR FITNESS</b> BILL</p> <p>10:00 - 11:15 <b>YOGA</b> ANAND</p> <p>12:00 - 12:30 <b>LUNCH CRUNCH</b> SARA</p> <p>1:00 - 2:00 <b>SILVERSNEAKERS</b>® CHRIS</p> <p>5:30-6:30 <b>ZUMBA</b> MALIA</p> <p>5:30 - 7:00 <b>YOGA</b> NOAH</p> <p>5:30 - 6:30 <b>CYCLING</b> CHRIS</p> <p>6:30 - 8:00 <b>KARATE</b> BILL</p>	<p>8:30 - 9:30 <b>CARDIO SPORT</b> RUTH</p> <p>9:30 - 10:30 <b>PILATES</b> RUTH</p> <p>10:00 - 11:15 <b>YOGA</b> ANNE</p> <p>11:00-12:00 <b>SENIOR PILATES</b> DIANE</p> <p>12:00 - 1:00 <b>CYCLING</b> CHRIS</p> <p>12:00 - 1:00 <b>AQUAFIT</b> ROBIN</p> <p>12:15 - 1:15 <b>INTERVAL STEP</b> KIM</p> <p>1:00 - 2:00 <b>SILVERSPLASH</b>® SARA</p> <p>4:30 - 5:30 <b>PILATES</b> RHONDA</p> <p>5:30 - 6:30 <b>NIA</b> LORI</p>	<p>6:05 - 6:50 <b>CYCLING</b> SARA</p> <p>9:00 -10:00 <b>FULL FUNCTION</b> CHRIS</p> <p>10:00 - 11:00 <b>SENIOR FITNESS</b> CHRIS</p> <p>10:00 - 11:15 <b>YOGA</b> LYNN</p> <p>12:00 - 12:30 <b>LUNCH CRUNCH</b> SARA</p> <p>1:00 - 2:00 <b>SILVERSNEAKERS</b>® CHRIS</p> <p>5:30-6:30 <b>ZUMBA</b> MALIA</p> <p>5:30 - 7:00 <b>YOGA</b> CHRISTINA</p> <p>5:30 - 6:30 <b>CYCLING</b> CHRIS</p> <p>6:30 - 8:00 <b>KARATE</b> BILL</p>	<p>8:30 - 9:30 <b>SPORT PUMP</b> RUTH</p> <p>9:30 - 10:30 <b>PILATES</b> KATI</p> <p>10:00 - 11:15 <b>YOGA</b> ANNE</p> <p>12:00 - 1:00 <b>CYCLING</b> CHRIS</p> <p>12:00 - 1:00 <b>AQUAFIT</b> SARA/ROBIN</p> <p>12:15 - 1:15 <b>INTERVAL STEP</b> KIM</p>	<p>10:00 - 11:00 <b>SENIOR FITNESS</b> All</p>																
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# **CLASS DESCRIPTIONS**

**AQUA:** Aquatic exercise is an amazing medium for working out both the muscles and the cardio-vascular system. Instructors use up-beat music and a number of props to create a great out door fitness class. Enjoy our awesome pool!

**CARDIO SPORT:** Join Ruth for an hour of legendary Sport Pump plus about 30 minutes of athletic cardio moves for a total fitness experience

**CYCLING:** The ultimate Cardio-Vascular workout. In-door cycling is a highly proven class format done on stationary bikes which provide an amazing workout in just 45 minutes. Many different techniques and interval types keep this class challenging and interesting. All levels welcome.

**FULL FUNCTION:** A core strength, balance and mobility class. Primarily a fusion of pilates, yoga, thera-ball and balance moves. This class is similar in style to pilates, but contains functional aspects from the other disciplines.

**INTERVAL STEP:** This energizing class consists of intervals of step aerobics to improve cardiovascular endurance combined with strength training intervals to improve muscular strength and endurance.

**KARATE:** The art of empty hand fighting. Karate emphasizes mental awareness as well as muscular and cardio-vascular conditioning. Benefits include self discipline, self control, endurance, coordination, strength and flexibility. Techniques for kicking, punching, blocking and kata (formal movements) are emphasized.

**LUNCH CRUNCH:** Come in on your lunch break for this 30 minute class designed to burn your belly, back and buns.

**PILATES:** Pilates is a mat class that strengthens and stretches the muscles while focusing on core body muscles. Pilates flows through a series of movements that are dynamic, systematic and anatomically based to achieve functional fitness. It is a great workout for all levels.

**NIA:** NIA (Neuromuscular Integrative Action) is a revolutionary fusion fitness practice that blends dance, martial arts, and healing arts to inspire the body's natural way to move, strengthen, and achieve health.

**OUTSIDE RIDE:** Join Brian Wednesday evenings @ 6pm for a group road ride, leaving from the parking lot 1-2 hours.

**SENIOR FITNESS:** Senior Fitness is a class designed for those 55+ years of age and for those who are interested in a mildly intense workout. This class includes warm up, cardio, and strength training followed by a relaxing stretch segment.

**BEGINNING (SENIOR) PILATES:** New to Pilates? Learn the basics of this core-strengthening mat class while focusing on the proper alignment and form. Controlled movements improve strength, balance and coordination.

**SILVERSNEAKERS® - MUSCULAR STRENGTH AND RANGE OF MOVEMENT:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, a ball for resistance, and a chair is used for seated and/or standing support.

**SILVERSPLASH® -** Water is a wonderful medium for both aerobic fitness training and muscular strengthening. This class is specifically designed for our silver sneakers members. It utilizes kick boards and floating devices and adds the aerobic component for a strong cardio-vascular system as well as improving muscle tone

**SPORT PUMP:** A light weight/high repetition strength training workout involving large and small muscle groups. Weights, resistance bands, and stability balls are used to maximize stamina and endurance. Sport Pump provides a fun workout guaranteed to help develop lean muscle and tone

**YOGA:** Yoga postures are great for increasing flexibility, lubricating joints, massaging the organs and calming the mind. Continued practice leads to complete body detoxification, increased awareness and reduced stress levels. Vinyasa-style power classes are taught in the morning and focus on

**YOGA 4 RELAXATION:** A gentle but powerful flowing practice incorporating asana (posture), pranayama (breath control) and meditation, designed to calm the mind, relive stress and anxiety and promote relaxation.

**ZUMBA:** Fun and working out are not mutually exclusive. Join the millions of people enjoying Zumba's hypnotic Latin rhythms and easy to follow dance moves. Come join the party!