

FALL 2011 Group Exercise Schedule (updated October.1.2011)

MON	8:00a – 8:55a	Sculpt and Strength	Gym	Leah
NEW	8:00a – 8:50a	Body Fusion	Rejuvenate Studio	Jenna
	8:00a – 8:55a	Cycle	Group Exercise	Trudy
	9:15a – 10:15a	Pilates (mat)	Rejuvenate Studio	Debbie
	9:15a – 10:15a	SPOGA	Group Exercise	Carol
NEW	9:15a – 10:30a	20/20/20	GYM	Dea
NEW	12:20p – 1:00p	Kids Yoga*	Rejuvenate Studio	Carol/Karey
	1:00p – 1:45p	Silver Sneakers Cardio Sculpt	Gym	Patty
	2:00 – 3:15p	Yoga 1	Group Exercise	Mary Lou
	5:30 – 6:45p	Yoga	Rejuvenate Studio	Audrey
	5:30p – 6:10p	Cycle/Boot Camp	Group Exercise	Jenny
	7:30p – 8:45p	Hapkido Self Defense *	Rejuvenate Studio	Jonathan
TUE	5:45a – 6:45a	Boot Camp Fitness	Gym	Lyn
	8:00a – 9:00a	Cardio Cycle	Group Exercise	Cathy
NEW	8:00a – 8:50a	Kickboxing	Gym	Sarah
	9:15am – 10:15a	Yoga	Rejuvenate Studio	Karey
	9:30a – 10:30a	Power Sculpt	Gym	Kelli
	9:30a – 10:30a	NIA	Group Exercise	Terese
	11:00a – 12:00p	Yoga – Gentle	Group Exercise	Karey
	12:50 – 1:45p	Sculpt & Strength	Gym	Cathy
	2:00 – 3:00p	Senior Functional Fitness	Gym	Suzi
	6:00 – 7:00p	Pilates Fusion	Group Exercise	Debbie
WED	6:00a – 7:00a	Cycle	Group Exercise	Trudy
	8:00a – 9:00a	Cardio Strength	Gym	Cathy
	8:00a – 8:55a	Cycle	Group Exercise	Trudy
	9:15a – 10:15a	Power Yoga	Group Exercise	Carol
NEW	9:15a – 10:30a	20/20/20	Gym	Cathy
	11:15a -12:30p	Gentle Yoga	Group Exercise	Mary Lou Buck
	11:45a -12:55p	Prenatal Yoga	Rejuvenate	Joan Wolfe
NEW	12:00-12:45p	Hula Hooping Fitness for Seniors	Group Exercise	Wendy
	1:00p – 1:45p	Silver Sneakers Sculpt	Gym	Patty
BACK	5:30p – 6:30p	Intermediate Yoga	Rejuvenate Studio	Audrey
	6:00p – 7:00p	Yoga Tone	Group Exercise	Robin McCoy
	7:30p – 8:45p	Hapkido Self Defense *	Rejuvenate Studio	Jonathan
THU	5:45a – 6:45a	Boot Camp Fitness	Gym	Jenna
	8:00a – 9:15a	Cardio Cycle & Core	Group Exercise	Kelli
	9:15a – 10:30a	Yoga	Rejuvenate Studio	Terri
	9:30a – 10:30a	Power Cycle and Core	Group Exercise	Leah
	11:00a – 12:00p	Yoga – Gentle	Group Exercise	Karey
	12:20p – 1:00p	Kids Yoga*	Rejuvenate Studio	Karey/Carol
NEW	12:50pm – 1:45p	Sculpt & Strength	Gym	Cathy
	1:30p – 2:30p	Tai Chi	Group Exercise	Mike
	2:00p – 3:00p	Senior Functional Fitness	Gym	Suzi
	5:30p – 6:10p	Cycle/Boot Camp	Group Exercise	Jenny
	6:30p – 7:30p	Zumba	Group Exercise	Lyn
FRI	6:00a – 7:00a	Cycle/Athletic Conditioning	Group Exercise	Trudy
	8:00a – 9:00a	Body Sculpt	Gym	Kelli
	8:00a – 8:55a	SPOGA	Group Exercise	Carol
	9:15a – 10:30a	Cycle and Core	Group Exercise	Dea
	9:30a – 10:30a	Athletic Conditioning	Gym	Leah
BACK	9:15a-10:15a	Pilates	Rejuvenate Studio	Valerie
	1:00p - 2:00p	Senior Functional Fitness	Gym	Suzi
SAT	8:00a – 9:00a	Power Yoga	Group Exercise	Carol
	9:30 – 10:45a	Cycle and Abs of Steel	Group Exercise	Katy / Leah alt
NEW	9:30a – 10:30a	Cardio Craze*	Gym	Andre'
	11:05a – 12:30p	Hapkido for All Ages *	Rejuvenate Studio	Jonathan
SUN	3:30p-4:30p	Yoga (Intermediate)	Rejuvenate Studio	Audrey
NEW	4:00p-5:00p	CARDIO CRAZE*	Gym	Andre'
NEW	4:00p-5:00p	Cycle/Athletic Conditioning	GE	Jenny/Angie

Group Exercise Class Descriptions

20/20/20	A high energy workout including cardio, strength and core challenges!
Athletic Conditioning	Cardio Intervals to strengthen your heart coordinated with toning-focused strength training with weights, bands, and your own body resistance to tone and strengthen muscles. Class may include some cycle bike cardio work as well, but not as a standard.
Body Fusion	Core-centric, ballet muscle-focused workout that includes resistance training, hand weights, and total body isometric challenges. This workout will involve overall tone, & flexibility.
Sculpt and Strength	Combines toning-focused strength training with weights, bands, and your own body resistance to tone and strengthen muscles with cardio-intervals to strengthen your heart.
Boot Camp	Activities will focus on fundamental movement skills as a basis of training. The exercises performed will help to improve endurance, muscular strength, flexibility and even lower the body fat composition.
Cardio Circuit	Incorporates multiple exercises and strength training into a cardiovascular and endurance building workout.
Cardio Cycle and Core Cycle	Power cardio class on stationary cycles. Finish strong with deep core strengthening. A high-energy cardio class on stationary cycles. Class designed for students with cycling experience, but beginner students are encouraged to take part in this class and work at his or her own pace.
Cycle/Bootcamp	Cardio cycle class and boot camp fitness combination, utilizing the “metabolic effect” of training that will challenge your entire system for 40 straight minutes!
Hapkido	Korean Martial Art of self-defense incorporates body and mind into a holistic workout.
Kickboxing	Burn off calories, along with stress, as you punch and kick your way to better fitness! This class uses kickboxing techniques (no person to person contact) for a great cardio workout! All levels and no experience necessary!
NIA	Is body-mind-spirit fusion based on dance, yoga, and martial arts. Your body moves with balance, ease and precision. NIA is adaptable to every fitness level and every age. The NIA
Pilates	Mat-based class that focuses on building abdominal and lower back strength and postural alignment while toning muscles.
Pilates Fusion	Focuses on building abdominal and lower back strength and postural alignment while toning muscles. We also incorporate toning with light weights and repetition.
Power Conditioning	A fusion workout like no other! A heated 45 minutes of high intensity cardio, guaranteed to get your heart rate up, followed by 15 minutes strength and balance exercises that challenge your
Silver Sneakers/ Senior Fitness	Functional fitness class for older adults: Workout to develop strength and flexibility while enhancing body awareness and posture. Helps improve balance to reduce risk of falls.
SPOGA	(SPin+yOGA) A perfect fusion of cardiovascular and muscular strength building for 30 minutes followed by strengthening and lengthening with yoga. This is a high energy and high intensity workout for those who already have a base of fitness.
Tai Chi	Also called “meditation in motion” uses slow flowing movements harmonizing the body, mind and spirit. Tai Chi helps develop strength and balance.
YOGA	
Gentle Yoga	This “Yoga of physical well being” combines basic physical postures with breathing, concentration, and relaxation.
Yoga 1	For beginning and continuing students: basic alignment, breath work, postures
Yoga Tone	For folks interested in a combination of yoga and “studio one” – type exercises to target your gluts, abs, arms and legs.
Intermediate Yoga	Not as slow paced as Gentle Yoga or a fast paced as Power Yoga, this class offers a balance of proper posture, movement & breathing.
Kids Yoga	A fun yoga workout specifically designed for children that focuses on basic poses and correct posture.
Prenatle Yoga	A yoga practice for women from preconception through postpartum that is nurturing as well as empowering. Includes breathing techniques and meditation as well as yoga postures to
Power Yoga	Develop strength, flexibility, and stamina, while fostering self-awareness and self-mastery.
Yoga	Will flow from one pose to another in conjunction with the breath. Appropriate for all levels the class includes gentle warm up, Sun salutations, deep stretching and balancing poses as well as a cool down and resting pose.
Zumba Fitness	The only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps. The world's largest, fun dance, fitness program.
Cardio Craze	A funk and hip-hop inspired program that allows people of all fitness levels the chance to move around in an exciting and fast paced routine.