

February 2012 Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday/Sunday			
SCHEDULE CHANGES: Cardio Conditioning: Moving to 1:30pm on Sundays Rx Ripped Launch on Sunday, February 26 @ 12:15pm Friday, 5:30AM class changed to Boot Camp				1-Feb 5:30 Cycle 1 Giselle 5:30 Boot Camp 2 Bernie 8:00 Pilates 1 Amy 8:15 Body Sculpt 2 Rene 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:15 Yoga Stretch 1 Becky 10:20 Zumba® 2 Rachel B. 12:00 Kettlebells 2 Blake 12:00 Cycle 1 Giselle 12:15 Tread & Shed W2 Theresa 4:30 Intense Fit 2 Sean 5:45 Inner Strength 2 Jodie 5:45 Cycle 1 Jim K. 6:30 Cycle 1 Jim K. 6:30 Kettlebells 2 Phillip 7:00 Kettlebells 2 Phillip		2-Feb 5:30 Boot Camp (30 min) 2 Jeannie 5:45 Cycle 1 Mandres 6:05 Core & More (30 min) 2 Jeannie 6:35 Sculpt Express 1 Mandres 8:00 Pilates 2 Sarah 9:00 Cycle 1 Sean 9:10 Intense Fit 2 Andrea H. 10:15 Body Sculpt 2 Theresa 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 4:15 Teen Cycle 101 1 Sean 5:30 Yoga 1 Brendan 5:45 Step / Interval 2 Reety 6:50 Zumba® 2 Andrea R. 7:10 Boxing 101 6 Phillip		3-Feb 5:30 Boot Camp 2 Jolene 6:00 Sunrise Yoga 1 Suanne 8:15 Cardio / Sculpt 2 Reety 8:15 Cycle 1 Giselle 9:10 Seniors 1 Reety 9:20 Body Combat® 2 Theresa 10:15 SS Yoga Stretch 1 Suanne 10:30 Zumba® 2 Robin 12:00 Restorative Yoga 2 Becky 12:00 Cycle 1 Giselle 1:00 Kettlebells 2 John H. 4:15 Intense Fit 2 Bernie		4-Feb 7:40 Boot Camp 2 Phillip 8:00 Inner Strength 1 Jodie 8:45 Step N Sculpt 2 Reety 9:00 Cycle 1 Sean 10:00 Intense Fit 2 Phillip 10:15 Power Yoga 1 Sean 11:00 Zumba® 2 Robin 12:15 Kettlebells 2 Phillip			
		6-Feb 5:30 Boot Camp 2 Sharon 6:00 Sunrise Yoga 1 Suanne 8:00 Pilates 1 Amy 8:15 Cardio Muscle 2 Fran 9:10 Seniors 1 Kathy L. 9:20 Zumba® 2 Rachel B. 10:15 SS Yoga Stretch 1 Kathy S. 10:20 Body Blast 2 Reety 12:00 Kettlebells 2 John 4:30 Intense Fit 2 Sean 5:30 Cycle 1 Giselle 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Kettlebells 2 Phillip 7:20 Kettlebells 2 Phillip		7-Feb 5:45 Cycle 1 Randy 6:35 Sculpt Express 1 Randy 8:00 Step 2 Allyson 8:00 Pilates 1 Sarah 9:00 Cycle 1 Sean 9:10 Core & More 2 Jeannie 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 5:30 Super Sculpt 1 Margaret 5:45 Body Combat® 2 Theresa 6:30 Pilates 1 Sarah 6:50 Zumba® 2 Andrea 7:10 Boxing 101 6 Phillip		8-Feb 5:30 Cycle 1 Giselle 5:30 Boot Camp 2 Bernie 8:00 Pilates 1 Amy 8:15 Body Sculpt 2 Rene 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:15 Yoga Stretch 1 Becky 10:20 Zumba® 2 Rachel B. 12:00 Kettlebells 2 Blake 12:00 Cycle 1 Giselle 12:15 Tread & Shed W2 Theresa 4:30 Intense Fit 2 Sean 5:45 Inner Strength 2 Jodie 5:45 Cycle 1 Steve 6:30 Cycle 1 Steve 6:30 Kettlebells 2 Phillip 7:00 Kettlebells 2 Phillip		9-Feb 5:30 Boot Camp (30 min) 2 Jeannie 5:45 Cycle 1 Randy 6:05 Core & More (30 min) 2 Jeannie 6:35 Sculpt Express 1 Randy 8:00 Pilates 2 Sarah 9:00 Cycle 1 Sean 9:10 Intense Fit 2 Andrea H. 10:15 Body Sculpt 2 Theresa 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 4:15 Teen Cycle 101 1 Brendan 5:30 Yoga 1 Brendan 5:45 Step / Interval 2 Reety 6:50 Zumba® 2 Andrea R. 7:10 Boxing 101 6 Phillip		10-Feb 5:30 Boot Camp 2 Jolene 6:00 Sunrise Yoga 1 Suanne 8:15 Cardio / Sculpt 2 Reety 8:15 Cycle 1 Rene 9:10 Seniors 1 Reety 9:20 Body Combat® 2 Theresa 10:15 SS Yoga Stretch 1 Kathy S. 10:30 Zumba® 2 Robin 12:00 Restorative Yoga 2 Becky 12:00 Cycle 1 Giselle 1:00 Kettlebells 2 John H. 4:15 Intense Fit 2 Bernie		11-Feb 7:40 Boot Camp 2 Phillip 8:00 Inner Strength 1 Jodie 8:45 Body Combat® 2 Theresa 9:00 Cycle 1 Sean 10:00 Intense Fit 2 Phillip 10:15 Power Yoga 1 Sean 11:00 Zumba® 2 Robin 12:15 Kettlebells 2 Phillip	
		13-Feb 5:30 Boot Camp 2 Sharon 6:00 Sunrise Yoga 1 Crystal 8:00 Pilates 1 Amy 8:15 Cardio Muscle 2 Rene 9:10 Seniors 1 Reety 9:20 Zumba® 2 Rachel B. 10:15 SS Yoga Stretch 1 Kathy S. 10:20 Body Blast 2 Reety 12:00 Kettlebells 2 John 4:30 Intense Fit 2 Sean 5:30 Cycle 1 Giselle 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Kettlebells 2 Phillip 7:20 Kettlebells 2 Phillip		14-Feb 5:45 Cycle 1 Randy 6:35 Sculpt Express 1 Randy 8:00 Step 2 Allyson 8:00 Pilates 1 Sarah 9:00 Cycle 1 Sean 9:10 Core & More 2 Sharon 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 5:30 Super Sculpt 1 Margaret 5:45 Body Combat® 2 Theresa 6:30 Pilates 1 Rene 6:50 Zumba® 2 Andrea 7:10 Boxing 101 6 Phillip		15-Feb 5:30 Cycle 1 Giselle 5:30 Boot Camp 2 Bernie 8:00 Pilates 1 Amy 8:15 Body Sculpt 2 Rene 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:15 Yoga Stretch 1 Becky 10:20 Zumba® 2 Rachel B. 12:00 Kettlebells 2 Blake 12:00 Cycle 1 Giselle 12:15 Tread & Shed W2 Theresa 4:30 Intense Fit 2 Sean 5:45 Inner Strength 2 Jodie 5:45 Cycle 1 Steve 6:30 Cycle 1 Steve 6:30 Kettlebells 2 Phillip 7:00 Kettlebells 2 Phillip		16-Feb 5:30 Boot Camp (30 min) 2 Jeannie 5:45 Cycle 1 Randy 6:05 Core & More (30 min) 2 Jeannie 6:35 Sculpt Express 1 Randy 8:00 Pilates 2 Sarah 9:00 Cycle 1 Sean 9:10 Intense Fit 2 Andrea H. 10:15 Body Sculpt 2 Theresa 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 4:15 Teen Cycle 101 1 Sean 5:30 Yoga 1 Brendan 5:45 Step / Interval 2 Reety 6:50 Zumba® 2 Andrea R. 7:10 Boxing 101 6 Phillip		17-Feb 5:30 Boot Camp 2 Mary 6:00 Sunrise Yoga 1 Suanne 8:15 Cardio / Sculpt 2 Reety 8:15 Cycle 1 Rene 9:10 Seniors 1 Reety 9:20 Body Combat® 2 Theresa 10:15 SS Yoga Stretch 1 Kathy S. 10:30 Zumba® 2 Robin 12:00 Restorative Yoga 2 Becky 12:00 Cycle 1 Sean 1:00 Kettlebells 2 John H. 4:15 Intense Fit 2 Bernie		18-Feb 7:40 Boot Camp 2 Phillip 8:00 Inner Strength 1 Jodie 8:45 Step N Sculpt 2 Reety 9:00 Cycle 1 Sean 10:00 Intense Fit 2 Phillip 10:15 Power Yoga 1 Sean 11:00 Zumba® 2 Robin 12:15 Kettlebells 2 Phillip	
		20-Feb 5:30 Boot Camp 2 Sharon 6:00 Sunrise Yoga 1 Suanne 8:00 Pilates 1 Amy 8:15 Cardio Muscle 2 Fran 9:10 Seniors 1 Kathy L. 9:20 Zumba® 2 Rachel B. 10:15 SS Yoga Stretch 1 Kathy S. 10:20 Body Blast 2 Reety 12:00 Kettlebells 2 John 4:30 Intense Fit 2 Sean 5:30 Cycle 1 Mandres 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Kettlebells 2 Phillip 7:20 Kettlebells 2 Phillip		21-Feb 5:45 Cycle 1 Randy 6:35 Sculpt Express 1 Randy 8:00 Step 2 Allyson 8:00 Pilates 1 Sarah 9:00 Cycle 1 Sean 9:10 Core & More 2 Jeannie 10:15 Body Sculpt 2 Sharon 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 5:30 Super Sculpt 1 Margaret 5:45 Body Combat® 2 Theresa 6:30 Pilates 1 Sarah 6:50 Zumba® 2 Andrea 7:10 Boxing 101 6 Phillip		22-Feb 5:30 Cycle 1 Giselle 5:30 Boot Camp 2 Bernie 8:00 Pilates 1 Amy 8:15 Body Sculpt 2 Rene 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:15 Yoga Stretch 1 Becky 10:20 Zumba® 2 Rachel B. 12:00 Kettlebells 2 Blake 12:00 Cycle 1 Giselle 12:15 Tread & Shed W2 Theresa 4:30 Intense Fit 2 Sean 5:45 Inner Strength 2 Jodie 5:45 Cycle 1 Steve 6:30 Cycle 1 Steve 6:30 Kettlebells 2 Phillip 7:00 Kettlebells 2 Phillip		23-Feb 5:30 Boot Camp (30 min) 2 Jeannie 5:45 Cycle 1 Randy 6:05 Core & More (30 min) 2 Jeannie 6:35 Sculpt Express 1 Randy 8:00 Pilates 2 Sarah 9:00 Cycle 1 Sean 9:10 Intense Fit 2 Andrea H. 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers® MSROM 1 Allyson 11:15 SilverSneakers® Cardio Circuit 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 6 Blake 4:15 Teen Cycle 101 1 Rachel C. 5:30 Yoga 1 Brendan 5:45 Step / Interval 2 Reety 6:50 Zumba® 2 Andrea R. 7:10 Boxing 101 6 Phillip		24-Feb 5:30 Boot Camp 2 Mary 6:00 Sunrise Yoga 1 Suanne 8:15 Cardio / Sculpt 2 Reety 8:15 Cycle 1 Rene 9:10 Seniors 1 Reety 9:20 Body Combat® 2 Theresa 10:15 SS Yoga Stretch 1 Kathy S. 10:30 Zumba® 2 Robin 12:00 Restorative Yoga 2 Becky 12:00 Cycle 1 Giselle 1:00 Kettlebells 2 John H. 4:15 Intense Fit 2 Bernie		25-Feb 7:40 Boot Camp 2 Phillip 8:00 Inner Strength 1 Jodie 8:45 Body Combat® 2 Theresa 9:00 Cycle 1 Sean 10:00 Intense Fit 2 Phillip 10:15 Power Yoga 1 Sean 11:00 Zumba® 2 Amy 12:15 Kettlebells 2 Phillip	
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												12-Feb 1:30 Cardio Cond 2 Phillip 1:45 Cycle 1 Bernie 2:30 Kid's Yoga 2 Crystal 3:00 Cycle 1 Bernie 3:15 Yoga 2 Crystal	
												19-Feb 1:30 Cardio Cond 2 Sean 1:45 Cycle 1 Bernie 2:30 Kid's Yoga 2 Crystal 3:00 Cycle 1 Bernie 3:15 Yoga 2 Crystal	
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27-Feb	28-Feb	29-Feb
5:30 Boot Camp 2 Sharon	5:45 Cycle 1 Randy	5:30 Cycle 1 Giselle
6:00 Sunrise Yoga 1 Suanne	6:35 Sculpt Express 1 Randy	5:30 Boot Camp 2 Bernie
8:00 Pilates 1 Amy	8:00 Step 2 Allyson	8:00 Pilates 1 Amy
8:15 Cardio Muscle 2 Fran	8:00 Pilates 1 Fran	8:15 Body Sculpt 2 Rene
9:10 Seniors 1 Kathy L.	9:00 Cycle 1 Sean	9:10 Seniors 1 Reety
9:20 Zumba@ 2 Rachel B.	9:10 Core & More 2 Jeannie	9:20 Step & Abs 2 Allyson
10:15 SS Yoga Stretch 1 Kathy S.	10:15 Body Sculpt 2 Sandy	10:15 Yoga Stretch 1 Becky
10:20 Body Blast 2 Reety	10:15 SilverSneakers® MSROM 1 Allyson	10:20 Zumba* 2 Rachel B.
12:00 Kettlebells 2 John	11:15 SilverSneakers@ Cardio Circuit 1 Allyson	12:00 Kettlebells 2 Blake
4:30 Intense Fit 2 Sean	12:00 Yoga 2 Becky	12:00 Cycle 1 Giselle
5:30 Cycle 1 Giselle	12:00 Boxing 101 6 Blake	12:15 Tread & Shed W2 Theresa
5:45 Step / Sculpt 2 Mindy	5:30 Super Sculpt 1 Margaret	4:30 Intense Fit 2 Sean
6:35 Yoga 1 Brendan	5:45 Body Combat@ 2 Theresa	5:45 Inner Strength 2 Jodie
6:50 Kettlebells 2 Phillip	6:30 Pilates 1 Sarah	5:45 Cycle 1 Jim K.
7:20 Kettlebells 2 Phillip	6:50 Zumba@ 2 Andrea	6:30 Cycle 1 Jim K.
	7:10 Boxing 101 6 Phillip	6:30 Kettlebells 2 Phillip
		7:00 Kettlebells 2 Phillip

Group Exercise Class Descriptions

Aerobic / Cardio Classes

Les Mills Body Combat @: All levels. Achieve a higher level of fitness in this martial arts class. Motivational music and combat kicks & punches will rock you through this class.

Step: All levels. A challenging workout with basic to intermediate choreography. You will sweat!

Step Interval: All levels. A great workout using the step as resistance.

Zumba: All levels. Join us for a "feel happy", Latin-based dance class that combines body sculpting with easy to learn dance steps.

Strength / Toning Classes

Core & More: All levels. All movement and exercises in this class work your core muscles which include the deep muscles of the spine, pelvis, hip, shoulder, and scapula.

NEW **Rx RIPPEd:** All levels. A challenging 60-minute muscle strengthening class utilizing a straight bar and weighted plates. We will work all major muscle groups in both upper & lower body doing squats, lunges, chest presses, etc. The music is motivational and the workout will get you ripped!!

Body Sculpt: All levels. A total body workout designed to increase muscular strength and endurance while using hand weights, straight bar, bands and/or stability balls.

Super Sculpt: All levels. A strength and conditioning class working all major muscle groups using a variety of equipment.

Combination Classes

Boot Camp: All levels. This class is a total body workout consisting of sports specific training and intense athletic drills.

Body Blast / Cardio Blast: All levels. These high-energy combo classes incorporate step work and body sculpting using a variety of equipment.

Cardio/Muscle: All levels. A fun class utilizing hand weights, stability balls, bands and/or medicine balls to give students a great cardio, as well as, strength workout.

Cardio Conditioning: All levels. A high intensity workout combining the best of cardio and strength workouts.

Inner Strength: An effective group fitness class during which functional fitness and flexibility is focused. Class is appropriate for individuals of all fitness levels from the beginner to the advanced exerciser.

Tread & Shred: 30 minutes of interval work on a treadmill and 15 minutes of intense abdominal work. Limited to 6 participants

Intense Fit: All levels. A hybrid class that combines the benefits of a strength workout with bursts of cardio intervals

Cycle Classes

Cycle: All levels. Get ready for a super cardio workout as you burn calories while pedaling your bike to motivating music.

NEW **Teen Cycle 101:** A 45-minute class for teens ages 11-16. Class starts with 15 minutes of instruction and bike set-up followed by 30-minutes of an instructor guided workout.

Mind / Body Classes

NEW **Restorative Yoga:** A slower moving class that focuses on deep relaxation and breath. Positions are held longer to improve flexibility and release stress.

Pilates: All levels. Pilates is a body conditioning program focusing on movements which work the "powerhouse". The practice of Pilates strengthens and lengthens muscles, improves posture, flexibility and balance.

Yoga/Stretch: All levels. You will stretch and lengthen your muscles and increase your flexibility.

Yoga: All levels. Learn and practice basic to intermediate yoga poses. The practice of Yoga increases flexibility, balance and strength.

Express Classes

Kettlebells: All levels. An intense workout in 30 minutes! This introductory class will teach you basic kettle bell exercises with a strong emphasis on form and technique while using a kettle bell to challenge your cardiovascular and muscular system.

Instructor will assist in matching student to kettlebell. Kettlebells are limited in quantity.

Boxing 101: All levels. A traditional boxing class. Participants will learn basic punch combinations using heavy bags. The class will consist of 2 to 3-minute rounds with students rotating through 9-10 stations. A very tough workout with lots of core work.

Wraps and gloves are provided. Limit 10 students! First come, first served.

Senior Classes

Seniors: All levels. This class is designed for older adults and combines a low impact cardio segment with muscle conditioning using light hand weights and/or resistance bands.

SilverSneakers I (MSROM): A basic class for older adults to increase strength, range of movement, balance, coordination and improve functional capabilities.

SilverSneakers II (Cardio Circuit): A more advanced class for student wanting more cardiovascular and muscular endurance conditioning and have demonstrated above baseline proficiencies in ability, balance, and coordination.

SilverSneakers Yoga Stretch: A class designed for Seniors to increase flexibility, balance and strength. A chair can be used for support.

Youth Classes

Kid's Yoga: Ages 4-11. A 30-minute class designed to provide a playful approach to the practice of Yoga.

Fitness Class Policies

Minimum age to participate in an adult group exercise class is 12. Children under this age are not allowed in the room during class time unless the class is designed for them.

Late Policy

Instructors reserve the right not to allow latecomers to enter class. In respect to others in the class, please try to be on time. A sign, "Please do not enter, class in session" will be posted outside the room if and when the instructor has determined latecomers would risk injury, or be disruptive to the class. We appreciate your cooperation.