



Fitness Schedule

September 7 to December 18

Class fees are \$6 resident / \$8 non-resident or Facility Pass



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Ski/Bike Boot Camp Nikki	Functional Fitness Carla	Muscle Plus Nikki		Ski/Bike Boot Camp Nikki		
7:45-9am	Custom Cardio Theresa	Power Pump Theresa	Step & Sculpt Theresa	Power Pump Theresa	Custom Cardio Theresa		
7:30-8:30am	Tone It Up! Lauren Yoga Room		Tone It Up! Lauren Yoga Room		Mat Pilates Carla Yoga Room 7:25-8:25		
8-9am Yoga Room		Fitness 101 Kerry					
8:30-9:30 Yoga Room					Fitness 101 Kerry 8:35-9:35	Step & Sculpt Instructors Vary Mat Pilates Lori Yoga Room	
9:15-10:15am	Muscle Plus Janet 9:15-10:30	Mat Pilates Lisa Hatha Yoga Karin 9:15-10:30 Yoga Room	Power Pump Janet	Interval Challenge Janet Pilates Fusion Lauren Yoga Room	Muscle Plus Lisa	ZUMBA Renate 9:40 -10:40	
9:30-10:45am	Hatha Yoga Leslie Yoga Room		Power Yoga Petra Yoga Room		Power Yoga Petra Yoga Room 9:40-10:55		
10:30-11:30am	ZUMBA Renate		ZUMBA Janet				
Evening Classes	Muscle Sculpt Kim 6:15-7:15 Mat Pilates Lori 6:30-7:30	ZUMBA Renate 6:15-7:15	Muscle Sculpt Kim 6:15-7:15	Hatha Yoga Karin 6-7:15 Mat Pilates Lori 6:30-7:30			

(Classes in blue suitable for beginners.)

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CARDIO & CORE An energetic cardiovascular challenge on and off the Reebok Step with added core strengthening through the use of hand weights, balls, tubes and mat pilates incorporated to improve flexibility, balance and posture.

CORE STRENGTH Every activity starts with core strength. Using stability balls, bands, and free weights this class will strengthen your core from top to bottom - smarter not harder.

CUSTOM CARDIO Fun floor work for a healthy heart and strong core. If you have knee and/or back problems, this class is for you.

FITNESS 101 This class is designed for those who prefer a lighter, more moderately paced program. Easy to follow warm up segments, gentle resistance training with weights, stability practice and stretching follow. This class is suitable for those individuals looking for a self-paced combination.

FUNCTIONAL FITNESS: See and feel results! Energize the heart with cardio intervals; strengthen and stretch the muscles, including abdominals and back; and improve flexibility, balance and posture. Dumbbell, barbell, stability ball and resistance band work formatted, along with core work, increase functional fitness. Dynamic stretches complete the training.

INTERVAL CHALLENGE This will build your cardio stamina by utilizing training tools such as BOSU, step, body bar, slides and glides. A new and exciting class for those tired of the same old workout routine.

MAT PILATES Streamline your muscles without adding bulk. This class focuses on core training to improve strength and flexibility. Suitable for all levels.

MUSCLE PLUS Challenge your body in a full body resistance workout with cardio intervals. Increase your metabolism, build bone density and sculpt your body!

MUSCLE SCULPT Incorporates resistance training. This class may use barbells with interchangeable plates, balls, bands, free weights & benches.

PILATES FUSION A class that integrates traditional pilates exercises with yoga poses, stretching, balance work, movement patterns from the pilates reformer (pilates machine) modified for the mat and muscle conditioning exercises using the ball, bands and hand weights. Improve balance, posture, core strength, and flexibility in the dynamic class!

POWER PUMP This class combines the energy of aerobics with the body shaping results of resistance training. This class may use barbells with interchangeable plates, balls, bands, free weights & benches.

POWER YOGA If you are interested in yoga for spiritual benefits or for health and fitness, Power Yoga can provide both. Synchronous breathing with strong, flowing movement combines for a hot, high energy workout. Build strength, flexibility and mental focus while practicing in a heated room. Feel the tension melt away and leave fully revitalized.

SKI/BIKE BOOT CAMP Get ready for the ski/snowboard season or next bike race with this 60 minute class focusing on cardiovascular sports skills, drills and plyometrics.

STEP & MORE An energizing cardio workout combining intervals of step and BOSU, cardio kickboxing, slides, and high/low aerobics.

STEP & SCULPT This class is a cardiovascular challenge using the Reebok step. Simple step patterns allow you to follow while you keep your energy level high. You not only condition your heart, but also the large muscle groups of your lower body. Some classes will include a conditioning segment.

TONE IT UP! This class fuses mat/ball/pilates/weight lifting and calisthenics. Stretching, balance and core work are emphasized in a well-rounded exercise program guaranteed to "tone you up!"

ZUMBA: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

