

FITNESS CLASS SCHEDULE - SUMMER 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:50 AM	Cardio Mix	Center Cycling	Cardio Mix	Center Cycling	Body Challenge	
7:30 - 8:15 AM	Center Cycling		Center Cycling			
8:00 - 8:45 AM						Center Cycling
8:30 - 9:45 AM		cardio combo		cardio combo		
9:00 - 10:00 AM					Y oga (E nds at 10 :2 0)	Cardio Mix
9:45 - 10:20 AM	 Yoga Stretch		 Yoga Stretch			
10:00 - 10:30 AM						ZUMBA 10:15-11:15
10:30 - 11:00 AM	Muscle Works FREE!		Muscle Works FREE!		Muscle Works FREE!	
10:30 - 11:15 AM		 Muscular Strength & Range of Motion		 Muscular Strength & Range of Motion		
12:00 - 12:45 PM			Y oga			
4:30 - 5:15 PM						
5:30 - 6:30 PM	Body Challenge		Step-N-Pump			
6:00 - 7:30 PM					<i>POWER YOGA</i>	
6:30 - 6:50 PM	Abs Class FREE!		Abs Class FREE!			
7:00 - 8:00 PM			YOGA SPORT			

White box time slots are free for Premier Plus Members and \$3 for Premier Members

Center Cycling

\$2.50 per class for Premier Plus Members, \$5 per class for Premier Members

FITNESS CLASS DESCRIPTIONS

Abs Class: This free class is a 20-minute ab workout that will get you that six pack before you know it.

Body Challenge: This circuit-style class includes track work, ball work, weights and much more. You name it, this class has it!

Body Pump: Get a great cardio workout using our body bars. This fun and challenging workout will leave you feeling strong.

Cardio Mix: This class combines floor and step aerobics with abdominal and muscle work.

CardioPilates: Try an exercise combo know for getting results with this new strengthening, toning, fat burning fusion class.

Foam Roller Class: Feel stretches in places you've never been able to stretch before while massaging tight and knotted muscles.

Center Cycling: A 45-minute class using Kaiser indoor cycles for a high-energy, calorie-burning, cardiovascular workout.

Muscle Works: This 30-minute class is designed to work all muscle groups, and you will learn to use a variety of equipment, use proper form and challenge yourself!

Power Yoga: An Ashtanga-based class

Step-N-Pump: A workout that utilizes an adjustable step, allowing you to bring your workout to new heights. Add weights, tubing, and body bars in this fun cardio workout and burn more calories. A great metabolism booster and a full body workout!

Silver Sneakers Muscular Strength: Free class for Silver Sneakers members and a great way for active older adults to stay fit.

Silver Sneakers Yoga Stretch: Yoga Stretch will move your body through a complete series of seated and standing yoga poses.

S.O.S.: 30 to 40 minutes of strength/resistance work followed by 20 minutes of stretching for all fitness levels.

Yoga: Learn proper form and breathing techniques to improve flexibility and relaxation.

YogaSport: Yoga class that blends balance, strength and flexibility for individuals at any level of fitness.

Zumba: Is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.