





FITNESS CLASS SCHEDULE *Effective January 2012*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:50 AM	Cardio Mix	Center Cycling*	ZUMBA	Center Cycling*	Center Cycling*	
		YOGA SCULPT				
6:50 - 7:00 AM		KILLER ABS		KILLER ABS		
7:30 - 8:15 AM	Center Cycling*		Center Cycling*		Center Cycling*	
8:30 - 9:45 AM		Cardio Blast		Cardio Blast		
9:00 - 10:00 AM					Y oga (Ends at 10:20)	CARDIO MIX
9:45 - 10:20 AM	 Yoga Stretch		 Yoga Stretch			
10:15- 11:15 AM						ZUMBA
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		Lunch Express	Y oga	ZUMBA EXPRESS (Location varies)	Lunch Express	
5:30 - 6:30 PM	Instructor's Choice	ZUMBA	Body Challenge	ZUMBA		
				Center Cycling*		
7:00 - 8:00 PM	ZUMBA		YOGA SPORT			

Fitness Classes Are Free For Premier Plus Members & Day Pass Users and \$3 for Premier Members

***Center Cycling is located in the cycle studio at the back of the track.**

FITNESS CLASS DESCRIPTIONS

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

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

Cardio Blast: Challenging, high-energy workout w/a combination of step, hi/lo, muscle & floor work. Advanced level & prior step experience strongly recommended.

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

Instructor Choice: Mix it up and keep the body confused. Step, circuit, strength- everyday is different.

Killer Abs: 10 minutes of focused ab work.

Lunch Express: Crunch this intense class into your lunch hour. Strength & core, everything in 45 minutes.

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

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.

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

Yoga Sculpt: This class is designed to work on core strength with a yoga influence.

YogaSport: Yoga class that blends balance, strength and flexibility

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

Zumba Express: Zumba described above modified to fit into your lunch hour.

Fitness Classes Are Free For Premier Plus Members & Day Pass Users and \$3 for Premier Members

***Center Cycling is located in the cycle studio at the back of the track.**