

Group Exercise Class through Memorial Day 2010

	Morning			Afternoon		
Monday	5:35-6:20	Kettlebells <i>in Gym</i>	Jen R.	12:15-1:00	Body By Mercedes	Mercedes
	5:40-6:30	Yoga	Gayle	4:15-5:15	Double Step	Jackie
	6:35-7:15	Breakfast Club	Gayle	5:30-6:30	Body By Mercedes	Mercedes
	8:15-8:55	Studio Strength	Heather	6:30-7:30	Specialty classes	Watch for Information
	9:00-10:00	Step/Yoga	Kris			
	10:15-11:00	Cardio Lift	Mercedes			
	11:15-12:00	SilverSneakers® MSROM	Kris			
Tuesday	5:45-6:45	Cardio Wake up	Lisa H.	12:15-1:00	Fitness Yoga	Katie
	8:20-8:55	Kettlebells	Beth	4:15-5:10	ZUMBA®	Aubrey
	9:00-10:00	CardioKick	Lisa M	5:15-6:15	Turbo Kick®	Jen R
	10:15-11:00	Flexible Strength	Beth	6:20-7:30	Gentle Flow Yoga	Jenna
	11:15-12:00	Stretch & Balance	Kris	7:30-8:30	Karate	Tony/Devron
Wednesday	5:45-6:30	Mixx Express	Jen R	12:15-1:00	Body By Mercedes	Mercedes
	6:30-7:15	Breakfast Club	Len	4:15-5:10	Body By Mercedes	Mercedes
	8:15-8:55	Stability Ball	Heather	5:15-6:15	BootCamp	Jenny
	9:00-10:00	Step Kettlebells	Kris & Beth	6:30-7:30	Beg. Karate	Devron
	10:15-11:00	Cardio Lift	Mercedes			
	11:15-12:00	SilverSneakers® MSROM	Kris			
Thursday	5:45-6:45	Cardio Wake up	Betsy	12:15-1:00	Fitness Yoga	Katie
	8:20-8:55	Kettlebells	Beth	4:15-5:10	Master Step	Kris
	9:00-10:00	CardioKick	Lisa M.	5:15-6:25	Mind & Body Yoga	Jenna
	10:15-11:00	Flexible Strength	Beth	6:30-7:30	ZUMBA®	Aubrey
	11:15-12:00	Stretch & Balance	Kris			
Friday	5:45-6:30	Yoga	Gayle	12:15-1:00	Body By Mercedes	Mercedes
	6:35-7:15	Breakfast Club	Gayle	4:15-5:15	Double Step	Jackie
	8:00-8:55	BootCamp	Deb	5:30-6:30	Body By Mercedes	Mercedes
	9:00-10:00	PIYO	Jenna			
	10:15-11:00	Cardio Lift	Mercedes			
	11:15-12:00	SilverSneakers® Cardio Circuit	Renee			
Saturday	9:00-10:00	The Mixx or Step	Jen/Kris	10:15-11:15	Beg. Judo	
				11:15-Noon	Judo	

Body By Mercedes - Weight lifting and resistance training to develop strength, size and endurance. Learn how to work out those “hard to work out” areas.

Boot Camp - A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.

Breakfast Club - Early morning, low stress, lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee.

Cardio Kick - A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.

Cardio Lift - A 20 minute cardio dance & 35 minutes of strength training in a group setting Great for all levels.

Cardio Wake Up - A great way to start your day with this fun cardio class.

Core Crunch - A 35 minute intense workout focusing on the thighs, glutes, abs and back.

Double Step – This step class uses 2 steps for a high energy fun workout.

Master Step - Do you love advanced step choreography? If so, this is the class for YOU! Come join this nonstop step party and enjoy being challenged physically as well as mentally. Previous step experience is recommended.

The Mixx & Mixx Express - Combine cardio kickboxing, high-impact moves, step, low-impact/dynamic moves along with some strength training and you have one, high-energy, tough workout.

Pilates -This class uses various types of equipment to improve your core strength, flexibility and motion. Pilates teaches body awareness, posture, breathing techniques and graceful movement.

PiYo - Fusion of Pilates and Yoga. Multi-level class will increase core stability and flexibility. Great enhancement to any exercise program.

Power Ball - concentrates on strengthening the body and core while using the large resistance ball and/or small core ball.

Flexible Strength – This class works on strength, balance and flexibility. Great for seniors, Beginners and injury rehab members.

Fitness Yoga - This non-purist yoga class is specifically designed for the mainstream fitness participant. We will integrate body and mind through yoga poses for total performance with focus on strength, conditioning and flexibility.

SilverSneakers® - A class offered to Active Older Adults geared toward increasing strength and range of motion in daily exercises. Hand held weights, stretch bands and balls are used in seated and standing exercises with a chair for support.

Stability Ball - Focuses on conditioning the core and provide a variety of upper and lower body exercises.

Step/Strength - High Energy step combined with strength training.

Step/Yoga - High energy step following up with soothing stretches and relaxation.

Studio Strength - Sculpt and define your total body using a variety of equipment for resistance training.

Stretch & Balance – This class is designed for all ages and levels to benefit from stretching and working on balance. Chairs will be used if not comfortable getting on the floor.

Turbo Kick® - Combines athletic moves, sports drills, kickboxing and hip hop for an awesome Workout!

Yoga, Mind & Body Yoga, Gentle Flow Yoga - Relax, strengthen and sooth the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques.

ZUMBA® - Fusion of Latin dance moves and cardio exercises to create a fun, easy to follow, spicy workout to great Latin music.