

Group Exercise Class

June - August 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	4:30-5:30	Body By Mercedes	Mercedes
	6:35-7:15	Breakfast Club	Gayle	7:00-8:30	Judo	
	8:15-8:55	Studio Strength	Kendra			
	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	Yoga	Katie
	8:10-8:55	Kettlebells	Beth	4:15-5:10	ZUMBA®	Katie
	9:00-10:00	CardioKick	Lisa M	5:15-6:15	Turbo Kick®	Jen R
	10:15-11:00	Flexible Strength	Beth	6:30-8:30	Karate	Tony / Devron
	11:15-12:00	Stretch & Balance	Kris			
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	Studio Strength	Mercedes	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	Yoga	Katie
	8:10-8:55	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	6:30-8:30	Karate	Tony
	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	4:30-5:30	Body By Mercedes	Mercedes
	8:00-8:55	BootCamp	Deb			
	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			

www.itascayfitnessclasses.wordpress.com

Info for class subs and changes

Class Descriptions

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.

Kettlebells- Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements.

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.

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

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

SilverSneakers® MSROM- 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.

SilverSneakers® Cardio Circuit-Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and a complete relaxation in a comfortable position.

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

Step/Kettlebells - High Energy step combined with Kettlebell cardio/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.