

Group Exercise Schedule

Winter 2011



Monday-Friday 5:00am-10pm
Saturday-Sunday: 7:00am-6:00pm
Keyfob Access Required

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am					Cycle 5:30-6:30am <i>Rudy</i>		
							Cycle 9:00-10:00 <i>Rudy</i>
		Muscle Conditioning 9:15-10:15 <i>Kim Reynolds</i>	Flow Yoga 9:15-10:15 <i>Cynni</i>	Pilates 9:15-10:15 <i>Diane</i>	Flow Yoga 9:15-10:15 <i>Kym Swank</i>	Cardio, Core & More 9:15-10:15 <i>Kim Reynolds</i>	Kukuwa Dance Workout 9:30-10:30 <i>Lisa</i>
pm							
		Cycle 6:00-7:00pm <i>Kirsten</i>	Cardio Intervals/ Boot Camp 6:30-7:30 <i>Kim Reynolds</i>	Cycle 6:00-7:00 <i>Kirsten</i>			
		Muscle Blast 6:00-7:00 <i>Karri</i>	Cycle 6:30-7:30 <i>Rudy</i>	Muscle Blast 6:30-7:30 <i>Lee</i>	Boot Camp 6:30-7:30 <i>Becky</i>		
	Kukuwa Dance Workout 7:00-8:00 <i>Lisa</i>	Core & More 7:30-8:00 <i>Kim Reynolds</i>	Flow Yoga 7:30-8:30 <i>Kym Swank</i>				

Boot Camp: High intensity interval class, designed to challenge everyone, no matter what your fitness level. You will be coached through a variety of cardio and strength exercises using various types of fitness equipment. All fitness levels welcome

Cardio Strength Party: Cardio format will rotate between kickboxing, dance aerobics, athletic conditioning, and interval training. Strength segment will include exercises for several muscle groups, using various types of fitness equipment. All fitness levels welcome.

Cardio, Core & More: Core, balance, intensive abdominals, glute and leg work to hit all the parts you worry about most!

Core & More: Strengthen and stabilize your abdominal and back muscles through the use of various types of fitness equipment (BOSU, resist-a-ball, weights, etc.) All fitness levels welcome.

Cycle: High energy, low impact cardiovascular workout using energizing music. Work at your own pace with knowledgeable instructors to guide you and help you take your fitness to the next level! Classes may include interval, endurance and/or power training. All fitness levels welcome.

Fitness Groove: High energy dance fitness, using a mix of hip hop, jazz and traditional floor aerobics. Learn a fun and sassy routine that will keep you movin' and groovin'. Incorporate your own unique style and personality. There's no pressure to get all the steps "right." Just keep your body moving and have a GREAT time! All fitness levels welcome.

Flow Yoga: A challenging yoga series for all levels, transforming your body, mind and spirit. In this class you will learn to integrate rhythmic breathing with conscious movement. Postures are linked in a dynamic flowing sequence that is designed to cultivate heat, stamina, flexibility, and strength in the body. Benefits of practicing yoga: Yoga balances and strengthens us physically, mentally and emotionally, improving the quality of our lives. It is beneficial for everyone and all fitness levels are welcome.

Kick It Up!: High energy, high intensity interval class that combines easy-to-follow kickboxing exercises with boot camp style drills. It's designed to challenge your cardiovascular system and condition your muscles. All fitness levels welcome

Kukuwa Dance Workout: A low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. All fitness levels welcome.

Muscle Blast: Total body muscle conditioning. This class will help shape your body by increasing strength, endurance, and stability in the muscles. All fitness levels welcome.

Pilates: A great way to strengthen, tone, and stabilize your core muscles which can improve your posture and increase your body awareness.