



JANUARY 2016 Group Fitness Schedule

Membership Office Hours:

Monday–Thursday 8:00 am – 7:00 pm

Friday 8:00 am – 5:00 pm

Saturday

By Appointment Only

We reserve the right to
cancel classes due to
low attendance.

| Start Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--|--|---|---|---|--|--|
| 5:15am | | | Group Cycling 5:15–6:00am Rick | | Group Cycling 5:15–6:00am Jen Mc. | | |
| 6:00am | Amped Intervals 6:00 – 6:45am Mary | Tabata 6:00 – 6:45am Danielle | Group Power® Express 6:00 – 6:45am Jen Mc. | Kick It 6:00 – 6:45am Jennifer | Body Basics 6:00 – 6:45am Shannon | | |
| 7:15am | | | | | | Group Cycling Plus Core 7:15 – 8:10am Instructor Varies | |
| 8:15am or 8:30am | Tabata 8:30-9:15am Jen Mc. | Group Cycling Plus Core 8:15-9:15am Jen Mc. | Body Basics 8:30-9:15am Sue Daniel | Group Power® 8:15–9:15am Sue Drewes | Turbo Kick® N' Tone 8:30-9:30am Jennifer | Group Power 8:15-9:15am Instructor Varies | |
| 9:15am or 9:30am | Senior Fitness 9:30-10:15am Kathy | Group Power® 9:15–10:15am Sue Daniel | | Senior Fitness 9:30-10:15am Kathy | | | |
| | | | | | | | Bootcamp 10:00-11:00am Instructor Varies |
| 5:00pm | Turbo Kick® 5:00 – 6:00pm Jennifer | Group Power® 5:00 – 6:00pm Sue Drewes | Tabata 5:00-5:45pm Danielle | Group Power® 5:00 – 6:00pm Sue Daniel | | | |
| 6:00pm | Group Cycling 6:00 – 6:45pm Rick | Zumba® 6:00-7:00 pm Shannon | Amped Intervals 6:00 – 6:45pm Mary | Tabata 6:00-6:45pm Danielle | | | |

CLASS DESCRIPTIONS

AMPED INTERVALS is a non-choreographed, interval training workout. You'll BURN tons of calories, while the instructor takes you through cardio and strength training intervals to help you build your strength and muscle definition. After you're sweaty and your muscles are burning, you'll finish class with a solid 6 minutes of core exercises and then enjoy a total body stretch.

BODY BASICS is a low-impact workout that produces long, lean muscles. This class is unique in that it allows you to work on posture, flexibility, balance and core strength in a fun environment. Body Basics is a great compliment to your fitness through our classes offered.

BOOTCAMP is a circuit training class that has many forms but primarily involves moving from one station to another in set periods of time. Each interval varies from in time alternating between strength and cardio and using a variety of tools such as Step, weights, bands, balls, body weight exercises and more.

SENIOR FITNESS is a fun, energizing program that helps participants take greater control of their health by encouraging physical activity and offering social events. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, agility, balance and coordination activities for daily living. Hand-held weights, elastic tubing with handles, and a variety of equipment options are offered for resistance. A chair may be used for seated and/or standing support. This *gentle* class is perfect for Silver Sneakers participants, seniors, or anyone that is new to, or returning to exercise.

GROUP CYCLING uses a stationary studio cycle, intensity can be increased or decreased by changing the resistance level on the flywheel. Cycling builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. Sign up to reserve a bike is required.

GROUP CYCLING PLUS CORE is your cycling cardio workout with various core strengthening exercises to follow.

GROUP POWER® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere that will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

GROUP POWER EXPRESS® is a shorter version of Group Power for those time pressed individuals.

KICK IT

TABATA is training in a format of high intense interval training or HIIT, in a number of combinations over a period of 45 minutes. It can be done with a number of different exercises and the idea is to use an exercise that gets the whole body involved, or at least the major muscle groups. As a full body workout Tabata can be done as a cardio or strength activity. Tabata training can be done with barbells, dumbbells, or just bodyweight exercises. This class is the ultimate in interval training, and is guaranteed to make you work!

TURBO KICK® is a combination of kickboxing moves, athletic moves, and lots of fun combinations all perfectly in tune to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength & endurance training, and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment. You will find the right intensity for you.

TURBO KICK® N' TONE We begin with 30 min of our favorite parts of Turbo followed by 30 minutes of resistance and strength training for body and core. All fitness levels are welcome to this class.

ZUMBA® classes fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout. Fast and slow rhythms are alternated to provide an interval training effect designed to sculpt and tone your body. Zumba® is a great mix of Latin flavor and international beats designed to keep you moving and the party going! This fun workout feels more like a "night out" than a work out at the gym!



BOOTCAMP is a circuit training class that has many forms but primarily involves moving from one station to another in set periods of time. Each interval varies from in time alternating between strength and cardio and using a variety of tools such as Step, weights, bands, balls, body weight exercises and more.

