



# Group Exercise Schedule



Effective: February 6, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Time</b>						
9:05 a.m.	Cycle Lite Janet (30 min.)	Cycle Charlene		Cycle Rebecca		
9:15 a.m.	AWT* Rebecca	Senior Fitness Lv.1 Rebecca	Cardio Pump* Suzanne	Zumba* Kimmy	Zumba Gold Joyce	AWT Diana/Megan
9:15 a.m. (Court B)		TBC (ct. B) Mary			Bootcamp (ct. B) Rebecca	
10:00 a.m. (Loft)	SlowFlow Gerald					
10:10 a.m.	Cycle Emily		Cycle Rebecca		Cycle Janet	
10:15 a.m.	Praise Flow Janet	Deeper Stretch Rebecca	Senior Fitness Lv.2 Suzanne/Tina	Pilates and Stretch Rebecca	Senior Stretch & Strength/Tina	Zumba* Heather
4:30 p.m.	Power Hour Tina			Tri-Fusion Kimmy		
5:45 p.m.	Zumba* Kimmy	AWT Angela		Cardio Camp Angela	Step Skills Mary	
6:00 p.m.	Cycle Bruce			Cycle Suzanne		
6:30 p.m.	Step Circuit Mary	Zumba* Amy		Pilates Diana		
6:45 p.m.		Cycle Emily				
7:30 p.m.	willPower & Grace Amy	Bootcamp Carmen				

Group Exercise classes are for participants ages 11 and older. Ages 11 - 13 must have an adult present during the entire class. Proper athletic footwear is required. For the protection of the participants, it is asked that you do not enter the class if more than 15 minutes late. Classes are between 45-60 minutes long. Sign up required for cycle classes at front desk. Description of classes on reverse side.

\*Indicates class is for ladies only.

# ***Class Descriptions***

**(AWT) Aerobic Weight Training - A class combining cardio and muscular endurance training using weights, bands, balls and abs at the end. Little rest between sets; designed to keep your heart rate up.**

**Bootcamp - A fun, motivating, highly exhilarating military style training program including cardio, agility & strength training.**

**Cardio camp - any type of cardio is a go in this class. Kickboxing, drills, interval training, stations, etc. Guaranteed to keep your heart rate up!**

**Cardio Pump - A high energy cardio workout combining any cardio format including Kickboxing, Hi/Lo drills and/or Step with strength exercises including squats, lunges, weights, bands, etc.**

**Cycle - A group class done on stationary bikes where the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class great for all levels.**

**Pilates - A movement system that stretches and strengthens all of the major muscle groups. Praise Flow - Stretch/strength poses are used in a flowing fashion. Deeper Stretch - Stretching poses are held to experience a deep stretch. Slow Flow - A graceful, slow-motion progression through a series of poses to build strength, agility and balance.**

**Power Hour - Different format each week. 1st week-Circuit Training/2nd week-Kickbox & Sculpt/3rd week-Core Conditioning/4th week-Step & sculpt.**

**Senior Fitness - A circuit format class alternating low-impact cardio exercises with flexibility, range of motion and muscular fitness exercises. A chair is used for seated and/or standing support. Level 2 does not use the chair. Senior Stretch & Strength - Poses are used to strengthen and stretch your entire body. Class incorporates scripture, devotion and prayer.**

**Step Circuit - A cardio and muscular endurance workout alternating basic step moves on the bench, weights, bands, balls & more.**

**Step Skills - This class is guaranteed to get your heart rate up. 45 minutes of cardio exercise centered around the step bench. Great for all levels. Class is co-ed.**

**TBC (Total Body Conditioning) - this class will strengthen and sculpt your entire body. Weights, bands, balls and benches are used to improve muscular endurance.**

**willPower & Grace - Combining the power of thought and graceful landing on your feet to help develop ankle, knee and hip stabilization to facilitate good movement and prevent injury.**

**Tri--fusion - This class is composed of three parts to help improve overall balance and flexibility. Ballet for toning and posture improvement, Pilates for core strength and Yoga for flexibility training. It is a fun fluid class appropriate for all levels.**

**Zumba - The newest Latin-based workout. Easy to follow choreography to energetic Latin and Christian music. A real cardio and spirit booster. \*Zumba class is for ladies only. Zumba Gold - Same as Zumba but less choreography and done at a slower pace. Great for beginners and seniors. (Zumba Gold is co-ed.)**