





...The game is on

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SEPTEMBER 2010 GROUP EXERCISE SCHEDULE

UPDATED 09/10

CLUB HOURS		KID'S FITNESS & ROCK WALL HOURS		PLAYROOM HOURS		UPCOMING EVENTS	
MONDAY - THURSDAY 5AM - 11PM FRIDAY 5AM - 8PM SATURDAY 9AM - 6PM SUNDAY NOON - 6PM		MONDAY - THURSDAY 5PM - 9PM FRIDAY 5PM - 8PM		MONDAY - THURSDAY 8 AM - NOON, 4:00 PM - 9 PM FRIDAY 8 AM - NOON, 4:00 PM - 8 PM SATURDAY 9 AM - NOON		Summer Sports Camp Pool Opens Racquet Re-Stringing	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15 AM Spin	5:15 AM Power Pump	5:15 AM Zumba®/Yoga*	5:15 AM Power Pump	5:15 AM Outdoor Jog			
8:30 AM Power Pump	8:30AM Spin	8:30 AM Trekking	8:30 AM Interval Step	8:30 AM H.B & T/abs	9:30 AM Multi Step		
9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	10:00 AM Spin		
					10:30 AM Zumba		
12:15 PM Interval Cardio*		12:15 PM Power Sculpt*		12:15PM Interval Cardio*			
2:00 PM Silver Sneakers®		2:00 PM Silver Sneakers®				2:00 PM Zumba®	
5:30 PM Trekking			5:30 PM Kickboxing		*30 Minute Class		
5:30 PM Power Pump	5:30 PM Zumba	5:30 PM Multi Step	5:30 PM Stomp*	5:30 PM Zumba®*			
6:00 pm Spin	5:30 PM Abs*	5:30 PM Pilates	6:00 PM Spin	6:00 PM Power Pump *			
6:30 PM Zumba®	6:00 PM H, B & T*		6:30 PM Zumba®*				
7:30 PM Ball Sculpt	6:30 PM BootKamp.		7:00 PM Abs*				
CARDIO-VASCULAR Step & Multi Step- One hour, multi uses more than one step but have no fear! Instructor will work at low, medium, and high levels of intensity to provide all skill levels an opportunity to get a great workout. H.E.A.T. & Boot Kamp- One hour. Bring your sissy fat cells and watch 'em melt! This is a total body workout: cardio, stamina, strength, and balance. YOU DON'T WANT TO MISS THIS ONE!	WEIGHT TRAINING Power Pump- One hour group weight lifting class. Great music, great exercises, and a total body workout for awesome results. Int. Circuit- This class combines the use of hand-weights and a stability ball for intense weight training with intervals of cardio conditioning.	MUSCLE & BODY TONING Pilates/Yoga- This class is designed to increase your flexibility and core body strength through power toning combos and deep muscle stretching. Ball Sculpt- Combines balance, strength, and cardio for an entire body sculpt. H, B, & T- Targeted to the hips, buns, and thighs area of the body. Abs- This class is designed to strengthen and develop the abdominal and core body area for greater overall fitness.	SENIOR ADULT CLASSES  SilverSneakers®- You have fun while moving to music and doing a variety of exercises designed to increase muscular strength, range of motion and activity for daily living. Regular activities planned to socialize after class including monthly birthday celebrations, pot luck lunches, and even cook-off competitions. 	EQUIPMENT CLASSES Spin- This is a cycling class. No special equipment needed just you and a desire to burn those fat cells. Class held upstairs by racquetball courts. Stomp- This class is a short (30 minutes), high intensity workout on the Stairmasters. Class held upstairs by racquetball courts. Trekking- Group treadmill class done downstairs by the racquetball courts. It combines walking, jogging, running, and hill climbing into a one hour fantastic cardio class. You can go at your own pace based on your ability.	NEW CLASS Lose It at Lunch- 30 min class, fruit, yogurt and drinks served after, and back to work in time for an energy filled afternoon. Monday- Interval Cardio- Full body workout using intervals of strength and cardio. Wednesday- BootKamp- see description to the left. Friday- Power Sculpt- High energy weight and cardio workout.	NEW CLASS Zumba® - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! EACH OF THE CATEGORIES DO NOT LIMIT WHAT CAN BE DONE IN THE CLASS ASK FOR MORE DETAILS ABOUT OUR CLASSES	