

Group Exercise

Updated December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:15 a.m. Zumba w/ Erin	8:30 – 9:30 a.m. Step w/ Karen	8:30 – 9:15 a.m. Zumba w/ Erin	8:30 – 9:30 a.m. Int. Step w/ Karen	8:30 – 9:15 a.m. Zumba w/ Erin	8:00 – 9:00 a.m. Intermediate Step w/ Karen
9:15 – 10:15 a.m. Pump w/ Amy	9:05 – 9:55 a.m. Classic Sculpt w/ Lea *In Yoga room	9:15 – 10:15 a.m. Pump w/ Kristen	9:05 – 9:55 a.m. Classic Sculpt w/ Nancy *In Yoga room	9:15 – 10:15 a.m. Pump w/ Amy	10:00 – 11:00 a.m. Pilates w/ Tony
9:15 – 10:00 a.m. Classic Cardio w/ Kristen *In Yoga room	9:30 – 10:30 a.m. Pilates w/ Amy	9:15 – 10:00 a.m. Classic Cardio w/ Amy *In Yoga room	9:30 – 10:30 a.m. Pilates w/ Amy	9:15 – 10:00 a.m. Classic Cardio w/ Annette in yoga room	11:00 a.m. – Noon Zumba w/ Zoe
11:00 – 11:45 a.m. Sit-N-Be Fit w/ Nancy	11:00 – 11:45 a.m. Sit-N-Be Fit w/ Amy	11:00 – 11:45 a.m. Sit-N-Be Fit w/ Annette	10:30 – 11:00 a.m. Basic Pilates w/ Nancy	10:15 – 11:00 Athletic Cardio Blast w/Amy	
4:00 – 5:00 p.m. Pilates w/ Tony			11:00 – 11:45 a.m. Sit-N-Be Fit w/ Kristin	Noon – 1:00 p.m. Pilates w/ Amy	
5:00 – 5:30 p.m. Glutes & Abs w/ Liana	5:00 – 5:45 p.m. Pump w/ Kellie	5:30 – 6:30 p.m. Zumba w/ Aline	5:00 – 5:45 p.m. Pump w/ Liana	4:00 – 5:00 p.m. Zumba W/Lisa	
5:30 – 6:30 p.m. H.I.T. w/ Liana	5:45 – 6:30 p.m. Step It Up w/ Natalie	6:30 – 7:15 p.m. Pilates w/ Tony	5:45 – 6:30 p.m. Step It Up w/ Natalie	5:00 – 5:30 p.m. Glutes & Abs w/ Liana	
6:30 – 7:15 p.m. Zumba w/ Aline	6:30 – 7:30 p.m. Kickboxing w/ Liana		6:30 – 7:30 p.m. Kickboxing w/ Liana	5:30 – 6:30 p.m. H.I.T. w/ Liana	
7:15 – 8:15 p.m. Basic Step & Sculpt w/ Tammy	7:30 – 8:30 p.m. Zumba w/ Zoe		7:00 – 8:00 p.m. Tai Chi Chuan w/ Julie		
			7:30 – 8:30 p.m. Zumba w/ Karen		
					Sunday
					10:00 – 11:00 a.m. Tai Chi Chuan Series w/ Julie
					11:00 a.m. – Noon Kickboxing w/ Lalie
					Noon – 12:30 p.m. Glutes & Abs w/ Lalie

Class Descriptions

Athletic Cardio Blast

A power packed workout of continuous movement that combines cardio and strength exercises along with athletic style drills to enhance your overall fitness and endurance.

Classic Cardio

The classic classes are designed to meet the needs of the senior population, postnatal/prenatal women or anyone looking for a low-impact form of aerobic exercise.

Classic Sculpt

Improve your bone density, muscle strength and tone with this weight bearing workout. This conditioning class begins with an aerobic warm-up followed by a full body toning routine.

Glutes & Abs

A 30 minute format that solely concentrates on strengthening and toning the abdominal and gluteus muscles.

Hip Hop 4 Health

Fun choreography to upbeat hip hop music. Come dance off the pounds. All levels welcome!

Kickboxing

A high-powered cardio class using kicks, punches and strength training techniques for optimal conditioning.

Pilates Mat-work

A comprehensive, whole-body system of exercise designed to balance the body's muscles, increase core strength and improve flexibility.

Pump

A high energy, body sculpting class using weights, bands, balls and steps.

Sit-N-Be Fit

A class designed for participants who choose the assistance of a chair through their workout. Class works on cardiovascular fitness, strength and flexibility.

H.I.T. (High Intensity Training)

An intense cardio and strength workout combined with interval training, calisthenics, weight training, plyometrics and team drills.

Basic Step & Sculpt

Basic step choreography is introduced at an appropriate level and speed for beginning steppers.

Step

A low impact and high intensity class that utilizes the step to help burn fat.

Step It Up/Super Step

For the more advanced stepper. The choreography is more intricate and the music is faster.

Tai Chi Chuan

Promote health, stamina, body awareness, balance and self-defense.

Zumba

Zumba is a fusion of Latin and international music and dance that creates a dynamic and exciting fitness routine. Dance your way fit with this fun and effective workout.