

**SPINNING PROGRAM SCHEDULE
INDOOR CYCLING STUDIO
Sept- Oct 2009**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am		Class	Class	Class	Class	Class	
8:00am		Class		8:00-8:30 Class		Class	7:30 Class
9:00am		Class		Class			
10:00am							Class
Noon	12:45-2pm Class				Class		
4:30pm		Class				Class	
5:30pm			Class	5:45 Class	Class		
7:30pm		Class	7:15pm Class		7:00-7:30 Intro to spin 7:30-8:30 class		

GROUP FITNESS CLASSES

Absolute Abs- Learn new ways to get your core in shape. This class will take you to your limit.

Butts & Guts- One hour of targeting the abdominals and the gluteus muscles.

Cardio Intervals- Designed around 5 to 8 min. of cardio 3-5 min of muscle strengthening.

Cardio Kickboxing- Work's upper body as well as lower body with kicking a punching moves.

Cardio & Sculpt- Mix up the impact- low, middle, high add some weight training and get a super workout.

Core and Stretch-45 min of abdominal work accompanied by stretching that will help keep you in shape.

Golden Lite- Low impact cardio and weight training for the active older adult.

Muscle Works- Class uses balls, bands, weights, bars for an over all body workout

Pilates- Non-Impact exercises that help build, strengthen, lengthen and tone your core.

Golden Pilates- Core and stretch work for ages 55 and older.

Pi/Yo- A mix of pilates and yoga- target the core and get all the benefits of yoga stretches.

Sit and Fit- Physical training while you sit, work your arms, legs, and core. Geared toward the active older adults.

Spinning- Hop on a studio bike and get a great cardio- non-impact workout.

Step- Great cardio workout! Simple choreography set to fun music.

Step & Core: ½ hour of step followed by an intense core workout.

Step & Tone-Basic choreography and high energy music make this class a great workout for either the beginner or more advanced stepper. Varied upper and lower body toning exercises using the body bar and free weights follow the step portion; abdominal work will complete your full-body workout.

Yoga- Connect with your mind, body, and spirit. Build stamina, flexibility, and concentration.

Zumba- Fitness dance class to international music!!!!- fun for everyone!!!!

Zumba Gold- Zumba for the active older adult or beginner exerciser!! 45min of cardio fun!

Participants must be 16yrs of age or older to participate in-group classes. 12-15 year olds may participate if accompanied by an adult. All participants are encouraged to exercise at their own pace. *Please refrain from entering after class has begun for your safety and the safety of the class.*

Class sizes are limited due to space availability.