

Spinning Program Schedule

July-August 2010

Indoor Cycling Studio

All classes are 1 hour long unless otherwise noted on schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am		Samantha	Cindy	Carol	Cindy	Samantha	
8:00am		Jo		8-8:30 Jo		Ann B	7:30am Jon
9:00am		Angie		Angie			8:45am Christine
10:00am							Andrea
12:00pm			Christine		Christine		
4:30pm		Lori T		Bobby		Lori T	
5:30pm			Heath	5:45 Debra	Heath		
6:30pm					6:30-7:00 Intro to Spin Bobby		
7:30pm		Dan/Bobby	7:15 Debra G		7:15 Bobby		

CLASSES FREE FOR ALL MEMBERS

Program Members (2 month session)

1 CLASS PER WEEK - \$35 2 CLASSES PER WEEK - \$65

FLEXI PASS (INCLUDES SPINNING) - \$80 ZUMBA CLASSES DROP IN - \$10.00 PER CLASS

GROUP FITNESS CLASSES

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

Cardio Boost- Work at your own pace with a variety of cardio exercises!

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.

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.

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 & Tone-Basic choreography and high energy music followed by a variety of upper and lower body toning exercises equal a total body workout - perfect for beginner or advanced stepper.

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!

Zumba Toning- Taking Zumba to the next level!! Add toning sticks to your favorite Zumba music and you get a completely different kind of sculpting class. **Class size limited. MUST REGISTER AT FRONT DESK- ZUMBA TONING IS A FEE CLASS TO ALL PARTICIPANTS- 6 WEEK SESSIONS.** Check with front desk for session dates.

Participants must be 16yrs of age or older to participate in-group classes. 14-15 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 SIZE IS LIMITED TO SPACE AVAILABILITY.

CELL PHONE AND COMPUTER USE PROHIBITED IN ALL CLASSES.