

Spinning Program Schedule

May-June 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	MAY-Dan JUNE-Carol	Cindy	Samantha	
8:00am		Jo		8-8:30 Jo		Ann B	7:30am Jon
9:00am		Angie		Angie			8:45am Tim
10:00am							Andrea
Noon	12:45-2pm Ann Call ahead for class schedule		Christine		Tim		
4:30pm		Lori T		Christine		Lori T	
5:30pm			Heath	5:45 Debra	Heath		
6:30pm					6:30-7:00 Intro to Spin Bobby		
7:30pm		Dan	7:15 Debra G		7:15 Bobby		

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 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!

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.

