

**SPINNING PROGRAM SCHEDULE
INDOOR CYCLING STUDIO
January-February 2010**

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		Class		
4:30pm		Class		Class		Class	
5:30pm			Class	5:45 Class	Class		
7:30pm		Class	7:15pm Class		6:45-7:15 Intro to spin 7:15 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.

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.

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!

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.