

# Schedule Fall 2008 (effective 10/03/08)

monday	tuesday	wednesday	thursday	friday
5:30-6:30 ★ Jenn <b>Race Coaching</b> (spin studio)	5:30-6:15 Donna <b>Pilates &amp; Sculpt</b>	5:30-6:30 Bob <b>Spinning</b>	5:30-6:30 Rob <b>BOSU Conditioning</b>	5:30-6:30 Alan <b>Spinning</b>
6:45-7:45 Michela <b>Sculpt &amp; Groove</b>	6:15-7:15 Donna <b>Spinning</b>	6:15-7:15 Val <b>Strength, Balance &amp; Core</b>	6:30-7:30 Amanda <b>Spinning</b>	6:45-7:45 Joe F <b>Functional Strength &amp; Fitness</b>
7:15-8:15 Jim <b>Cardio Blast Spin</b> (Not for Beginners)	7:00-8:00 Linda <b>Step Interval</b> (small studio)	7:15-8:15 Val <b>Spin</b>	7:00-8:00 Linda <b>Cardio &amp; Strength</b> (small studio)	8:00-9:15 Lynn W. <b>Yoga: Relax, Restore &amp; Revive</b>
9:30-10:30 Bob <b>Spinning</b>	7:30-8:00 Val Y <b>Let's Stretch it Out</b>	8:00-9:00 Jim <b>Rising with Tai Chi</b>	7:30-8:15 Joe F <b>Let's Stretch it Out</b>	9:30-10:20 Tita <b>Step</b>
9:30-10:30 ★ Nathalie <b>Dance Dance Dance</b>	9:30-10:30 Michela <b>Power Plus</b>	9:30-10:20 Tita <b>Rebound Interval</b>	9:30-10:30 ★ Joe <b>Power Yoga</b>	9:30-10:30 Patti <b>Spinning</b>
10:30-11:30 Val Y <b>All About Core</b>	9:30-10:30 Jenn M. <b>Spinning</b>	9:30-10:30 Stacey <b>Spinning</b>	9:30-10:30 ★ Jenn <b>Race Coaching</b> (spin studio)	10:30-11:30 Tita <b>Super Strength</b>
10:30-11:30 Laura <b>Yoga</b> (small studio)	10:30-11:30 Julianne <b>Power / Vinyasa Yoga</b>	10:30-11:30 Tita <b>Super Strength</b>	10:30-11:30 Ernest <b>Pilates</b>	10:30-11:30 Katy <b>Yoga</b> (Small Studio)
	1:00-1:45 Val <b>Spinning</b>	10:30-11:30 Satveer <b>Yoga: Relax, Restore &amp; Revive</b> (Small Studio)	10:30-11:30 Nathalie <b>Bellydancing</b> (Small Studio)	
			1:00-1:45 Susan <b>Spinning</b>	
5:00-5:45 Alan <b>Spinning</b>	5:00-6:00 ★ Rob <b>BOSU Conditioning</b>	4:30-5:30 Dorothy <b>Yoga</b> (all levels)	5:00-6:00 ★ Joe F <b>Functional Strength &amp; Fitness</b>	
5:45-6:00 Alan <b>Crunch</b> - An Ab Workout	6:00-7:00 Ernest <b>Pilates</b>	5:00-5:30 Linda <b>Step Express</b>	6:30-7:30 Katie <b>Spinning</b>	
6:00-7:00 Dorothy <b>Yoga</b>	6:30-8:00 Jack <b>Endurance Spin</b> (come for part or all)	5:30-6:00 Linda <b>Strength</b>	7:00-8:00 <b>Open Studio Tae Kwon Do</b> (Small Studio)	
6:30-7:30 TBA. <b>Spinning</b>	7:00-8:00 <b>Open Studio Tae Kwon Do</b>	6:00-6:45 TBA <b>Hip Hop Spin</b>		
7:00-8:00 <b>Open Studio Tai Chi</b>		6:30-7:30 Anna <b>Body Sculpt</b>		
			<b>saturday</b>	<b>sunday</b>
			7:15-8:00 Jim <b>Cardio Blast Spin</b>	7:30-8:30 Joe <b>Yoga</b>
			8:05-9:05 Katie <b>Spinning</b>	8:00-9:00 Bob <b>Spinning</b>
			8:00-9:00 Rob <b>BOSU Conditioning</b>	9:00-9:45 Michela <b>Cardio Jam</b>
			9:00-10:00 Satveer <b>Hatha Flow with Core Infusion</b>	9:15-10:15 Kim/Ellen <b>Spinning</b>
			9:15-10:15 Candi/Tom <b>Spinning</b>	9:45-10:30 Michela <b>Abs &amp; Strength</b>
			10:00-11:00 😊 Paulette <b>Strength &amp; Motion</b>	
			11:00-12:00 ★ Paulette <b>Pilates</b>	
			4:30-5:30 Alan <b>Spinning</b>	

## NOTE:

Sign up (first and last name) is required for **all** spin classes as follows:

Tuesday-Saturday classes, call after 5PM the day before class.

Sunday and Monday classes, call after 3PM the day before class.

If you are not present at class start time, you will forfeit your bike.

\* Minimum of six participants to hold class.

## KEY:

- ★ = New Class
- 🕒 = New Time
- 😊 = New Instructor

7:15-8:00 Jim <b>Cardio Blast Spin</b>	7:30-8:30 Joe <b>Yoga</b>
8:05-9:05 Katie <b>Spinning</b>	8:00-9:00 Bob <b>Spinning</b>
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4:30-5:30 Alan <b>Spinning</b>	

# Class Descriptions

**Bellydancing**~ A joyful, creative and empowering women's art. Low impact movement Middle Eastern style. All levels welcome

**Body Sculpting/Get On The Ball** A well-rounded non-aerobic conditioning class designed to strengthen and tone all the major muscle groups. Body bars, free weights and Resist-A-Balls are used to accomplish this goal All levels benefit.

**Boot Camp** A drill based class to increase cardio-endurance & build strength. Each instructor brings their own "bag of tricks" to make the class challenging, fun and *NEVER* boring.

**BOSU Conditioning** Speed and agility w/high cardio emphasis combined with strength, balance and core stabilization all performed on BOSU Half-Ball and DSL BOSU weighted balls.

**Cardio Interval/Strength Interval** An interval training class involving performance of intermittent bouts of high intensity followed by periods of recovery. Combine sports moves, athletic maneuvers and hi/lo choreographed movements for a challenging and fun workout!

**Cardio Jam** Come for a "surprise" cardio workout. Challenge yourself with different techniques such as step, dance aerobics, and kickboxing.

**Combat Core** Circuit training involving balls, weight, bands, etc. with minimal rest in a proscribed time frame to increase heart rate for fat burning and at the same time increasing dynamic flexibility and core strength.

**Core Strength & Conditioning** Using stability balls and BOSU with light weight, bands, etc to target and emphasize core strength with intermittent periods of cardio target heart range.

**Crunch** A great abdominal workout followed by lower back stretches.

**Got Muscle?** Total body sculpt and conditioning involving all the tools of the trade, body bars, dumbbells, bands, ball, etc. to achieve tone and strength.

**Energy, Strength & Agility** This class is designed to increase your energy and vitality, make you stronger and leaner and build endurance and speed. It includes Chi building, core strength exercises, total body resistance training, sprint and agility drills.

**I.S.I.S.** (Integrated Strength, Isolated Stretch) This class combines strength training, core conditioning and stretching to produce long, lean muscles and a toned body. This is a non-impact class that still works the entire body.

**Kickbox** An energizing workout. This high-level class incorporates boxing and kicking drills with cardio conditioning to increase muscular strength, endurance and power.

**Low Impact Aerobics** one foot remains on the floor at all times in this aerobic class. You need not be airborne to get your heart rate up, burn fat and have fun!

**Pilates Based Core Conditioning** This one-hour class focuses on the ageless concept of a strong center, positive alignment and mental focus. It addresses torso strength and stabilization and joint mobility by increasing range of motion around a strong and stable core.

**Power Plus** A fun, energetic and high intensity cardio workout using the rebounders while also strengthening and sculpting the upper body and core.

**Rebounding** A high-energy class performed on a mini trampoline! It's fun, effective and kind to your joints. Working against gravity, in a vertical plane, this class gives you the added benefits of a weight workout. Guaranteed to make you sweat and smile.

**Sculpt and Groove:** Athis class uses different strength techniques (dumbbells, body bar, bands, bosu balls) alternating with cardio intervals (choreographed aerobics, rebounding, BOSU).

**Spinning** An intense 45-60 minute cardiovascular workout and a complete mind/body training system. On your stationary bike, join us as we guide you on a journey over imaginary terrain and through outdoor environments. The music stimulates, excites you, and allows you to determine the difficulty of the ride. Open to all levels.

**Step/Step & Strength** Just when you thought it was over, step is making a comeback! The movement is stepping up and down on a platform and a whole lot more! Choreography that is challenging but do-able, combined with sports drills and bouts of weight work make this one hour class a thorough workout, providing an opportunity to maximize fat-burning and work all major muscle groups.

**Step Express** - ½ hour quick cardio workout!

**Strength Interval** A little bit of cardio and a lot of strength. You need not be a "stepper" to join in this great workout!

**Super Strength** A muscular strength and endurance workout performed in a group fitness setting.- works all major muscle groups and strengthens, tones and defines muscles for beginners through advanced exercisers. The ultimate body sculpt class!

**Tae Kwon Do** A martial art providing an excellent means of self-defense, physical fitness, and development of mind, body, and spirit.

**Tai Chi** Ancient Chinese practice of "Moving Meditation". Yang style short form.

**Yoga** Yoga is an ancient form of movement promoting balance, flexibility and relaxation all types of yoga use postures (asanas), breathing (prana yama) and some form of meditation to achieve a union of the body, mind and spirit. Regular practice brings strength, flexibility, coordination and balance to the body. The nervous system becomes calm, the mind alert and concentration improves. Different styles of yoga emphasize different aspects of the practice.