



# Aerobics Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:00 AM		Target 30 Min (Elisha)		Target 30 Min (Elisha)		
5:30 AM		Target 30 Min (Elisha)		Target 30 Min (Elisha)		
7:30 AM	Classics (Debbie)		Classics (Debbie)		Classics (Debbie)	
8:30 AM		Kickboxing (Tenneill)	Circuit/Muscle Mix (Tenneill)			
9:00 AM	Burn & Firm 30 Min (Laura)					
9:00 AM	Zumba® (Reagan)					
9:30 AM	Power Yoga (Debbie)	Pilates (Stephanie)	Power Yoga (Debbie)	Pilates (Stephanie)	Yoga (Debbie)	
10:00 AM	SilverSneakers® MSROM (Sheila F.)		SilverSneakers® MSROM (Stephanie)			
11:00 AM	Stroke & Arthritis (Sheila F/Stephanie)		Stroke & Arthritis (Sheila F/Stephanie)		Stroke & Arthritis (Sheila F/Stephanie)	
12:15 PM	Group Training 30 Min (Sheila F)		Group Training 30 Min (Sheila F)		Group Training 30 Min (Sheila F)	
3:00 PM						Zumba® (Reagan)
4:30 PM	Muscle, Core & More (Tammy)	Muscle Mix 30 Min (Justina)	Muscle, Core & More (Stacey)	Circuit Training (Stacey)		
5:00 PM						
5:30 PM	Burn & Firm 30 Min (Stacey)	Pilates (Justina)				
6:00 PM			Target 30 Min (Stacey)			
6:15 PM		Zumba® (Angela)				

ALL CLASSES WILL BE 45 MINUTES UNLESS OTHERWISE NOTED  
 CLASSES/INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE  
 Updated on 01/03/2012

# Cycle Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Cycle (Lori)		Cycle (Ellen)		Cycle (Lori)	
8:00 AM						Cycle ( Alternating)
8:30 AM	Cycle 30 Min (Laura)	Cycle (Sandy)		Cycle (Laura)	Cycle (Sandy)	
2:00 PM						Fundamental Cycle (Sandy) *last Sunday of each month*
5:00 PM	Cycle 30 Min (Stacey)	Cycle 30 Min (Justina)				
5:30 PM			Cycle 30 Min (Stacey)	Cycle (Tammy)		
6:00 PM	Cycle (Tammy)	Cycle (Ellen)				

### Attn Cycle Participants:

**Inform instructor if you are a first time participant.**

**To prevent injury: go at your own pace, and continually drink water. Warm-up and cool down is very important**

Burn & Firm	Total Body Workout including intervals of cardio.
Circuit Training	Short and high intensity aerobic intervals targeting upper and lower body muscles.
Classics	Total body muscle toning designed to improve strength, balance and flexibility.
Cycle	A challenging and fun workout featuring varied aerobic and anaerobic intervals.
Fundamental Cycle	Introductory class that teaches the fundamentals of cycling
Group Training	30 minutes of group personal training session.
Muscle, Core & More	Incorporates muscle training using tubing, resist-a-balls, hand weights and medicine balls.
Muscle Mix	A mix of high Intensity strength and core training
Pilates	Classic core conditioning exercises specifically selected to tone abs, arms and legs.
Power Yoga	30 minutes vigorous power class that builds strength, stamina, and flexibility.
SilverSneakers® MSROM	Designed to increase <b>Muscular Strength</b> , <b>Range of Motion</b> , and activity for daily living skills.
Stability Ball	Builds strength & core stability with a variety of upper & lower body and abdominal exercises using a stability ball.
Stroke & Arthritis	Group support and exercises for members suffering from stroke and/or arthritis.
Target	Total body workout with high intensity intervals using weights.
Yoga	Class to improve your strength, flexibility and concentration.
Zumba®	Interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.