



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CLASSES SPRING 2 APRIL 16 - JUNE 2

Fitness Class Schedule Spring 2 Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50am	5:50am Boot Camp Stuart /Gym /MP		5:50am Boot Camp Stuart/Gym/MP		5:50am Boot Camp Stuart/Gym/MP	
9:00am	9:00am Step'n Sculpt Sara / MP RM	9:00am Cardio Blast Jen / MP RM	9:00am Step'n Sculpt Wendy/MP RM	9:00am Simple Steps Valerie/MP RM	9:00am Step'n Sculpt Wendy/Valerie	
10:15am		10:15am SS MSROM Cathi / MP RM		10:15am SS MSROM Kent /MP RM	10:15am SS CardioCircuit Kathryn / MP RM	
12:00pm	12:15pm SS YogaStretch Katrina / MP RM	12:00pm Yoga Katrina /MP RM	12:15pm SS YogaStretch Katrina /MP RM	12:00pm Yoga Katrina /MP RM		
5:00pm	4:55pm Steps Jen / MP RM	5:15pm Steps Gil / MP RM	5:00pm Total Toning Kent / MP RM			
5:45pm	5:45pm Express Toning Katie / MP Room			5:30pm Steps Jen / MP Room		
6:10pm	6:15pm Pilates Style Katie / MP Room	6:10pm Zumba Michele /MP RM	6:10pm Zumba Michele /MP RM	6:10pm Cardio Blast Jen / MP Room	6:00pm Tai Chi Tom / Rqt Crt	
7:15pm		7:15pm Yoga Alaina / MP RM		7:15pm Yoga Gil / MP Room		

COST: Members / \$20 Non-Members / \$56

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.

FITNESS CLASSES:

Boot Camp: An intense, total-body, callisthenic & interval style workout. The workout may take place outdoors if weather permits.

Zumba@: A fusion of Latin & international music that mixes body sculpting movements with fun, easy to follow dance steps in a low-light, party-like atmosphere. Join the craze that's taking the nation by storm!

Steps, Step'n Sculpt: A cardio steps class with intermediate to advanced tempo and choreography. The Step 'n Sculpt classes offer strengthening exercises to give you a total body workout.

Cardio Blast: A energetic floor cardio class where you'll enjoy workouts that vary between dance inspired to kickboxing.

Simple Steps: A cardio steps class that has easier choreography and a slower tempo than the other steps classes. Perfect if you're just starting to work out or if you prefer a simpler steps class.

Total Toning: This is a total-body strengthening workout that will target & tone ALL major muscle groups through the use of body weight and a variety of resistance training equipment.

Yoga: Most classes include components of both Hatha & Vinyasa yoga. Hatha is generally slower-paces, gentle, and a good intro to the basic yoga poses. Vinyasa (means breath-synchronized movements) typically start with a number of Sun Salutations to warm up the body for more intense stretching later in the class. Wear comfortable clothing and bring a sticky mat if you have one. Evening classes tend to have a more relaxed atmosphere & can include casual conversation

Tai Chi: Tai Chi Chuan is a low-impact, non-aerobic exercise routine developed from the internal Chinese martial arts. Fundamental martial arts movements are done slowly & deliberately with emphasis on balance and control. It promotes strength & resilience in the legs as well as flexibility, balance & general health.

Pilates-Style: This class uses mat techniques to strengthen the body's core & improve flexibility. By improving the core's stability & mobility you improve movements in all activities, whether they're daily activities or sporting/athletic activities.

SilverSneakers® Classes: See the SilverSneakers class schedule for more information on class formats. All classes use a chair for support.