

FITNESS CLASSES

FALL 2 (October 27 - December 20)

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MON.	5:50-6:50 am 9:00-10:00 am 12:00-12:45pm 5:15-5:45 pm 5:45-6:30pm 6:35-7:20pm 7:30-8:15pm	Boot Camp Step 'n Sculpt SilverSneakers® YogaStretch Cardio Surprise Have A Ball Pilates-Style Tai Chi	Miguel Wendy/Val Cathi Cathi Katie Katie Tom	Gym/MP Rm MP Room MP Room MP Room MP Room MP Room Jensen Rm
TUES.	6:00-6:45am 10:15-11:00am 12:00-12:45 pm 5:15-6:15 pm 6:20-6:55 pm 7:00-8:00 pm	Pilates-Style SilverSneakers® MSROM Yoga Total Toning Steps Yoga	Alaina Cathi Kathryn Diane Cathi Alaina	MP Room MP Room MP Room MP Room MP Room MP Room
WED.	5:50-6:50 am 9:00-10:00 am 12:00-12:45pm 5:00-5:30 pm 5:30-6:00pm 6:05-6:50 pm	Boot Camp Step 'n Sculpt SilverSneakers® YogaStretch Steps Total Toning Pilates-Style	Miguel/Stuart Wendy Alaina Cathi Kathryn Geri	Gym/MP Rm MP Room MP Room MP Room MP Room MP Room
THUR.	6:00-6:45am 10:15-11:00am 12:00-12:45 pm 5:10-6:05 pm 6:10-6:55pm 7:00-8:00 pm	Pilates-Style SilverSneakers® MSROM Yoga Steps Total Toning Yoga	Alaina Jennifer Kathryn Gil Diane Gil	MP Room MP Room MP Room MP Room MP Room MP Room
FRI.	5:50-6:50 am 9:00-10:00 am 10:15-11:00am 5:15-6:15 pm	Boot Camp Steps SilverSneakers® CardioCircuit Tai Chi	Stuart Valerie Cathi Tom	Gym/ MP Rm MP Room MP Room MP Room
SAT.	Mornings... See posted schedule	Toning and/or Cardio	Varied	MP Room

COST: MEMBERS \$18.00 NON-MEMBERS \$56.00 *Attend any/all classes on the schedule for the whole session

Class descriptions can be found on the other side of this schedule

*****WE RESERVE THE RIGHT TO CANCEL OR CHANGE CLASSES DUE TO INSTRUCTOR AVAILABILITY OR LOW ATTENDANCE*****

CLASS DESCRIPTIONS

FITNESS CLASSES:

SilverSneakers® Muscular Strength: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. The goal is fun, fitness and friends.

SilverSneakers® Yoga Stretch: Moves your body through a complete series of seated/standing yoga poses. Restorative breathing & final relaxation promotes stress reduction and mental clarity.

SilverSneakers® Cardio Circuit: Is an advanced class for participants who can stand for 30 minutes while performing non-impact choreography alternated with standing upper body strength exercises.

Boot Camp: A very challenging total-body callisthenic workout...perfect for those who like to be pushed.

Steps/ Step'n Sculpt: The class will keep you aerobic by using some basic and sometimes challenging choreography. Each Step'n Sculpt class will incorporate strengthening exercises into the workout, giving your entire body a challenge.

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

Cardio Surprise: Just cardio...could be Steps, Double Steps, Floor, Kickboxing, Rhythm Cardio, etc.

Saturday Toning/Cardio: A different workout each week...could be just cardio, just toning, or a mix. Check the posted Saturday schedule for the lineup of classes.

MIND & BODY CLASSES:

Yoga: Yoga is the joining together of mind, body & spirit as one. The physical benefits of yoga include muscle strength & balance, skeletal alignment, increased range of motion, improved coordination and inner awareness. The class is geared towards beginner-intermediate, teaching the fundamental asanas (postures) of yoga. Wear comfortable clothing and bring a sticky mat if you have one.

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

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

Revised: 11/12/2008