

Group Fitness Schedule • Fall Session One

Tuesday, September 7–Sunday, October 31, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning* (S) 6:10–7:00 • Jim	Strengthen & Stretch (S) 6:10–7:00 • Jim	Spinning* (S) 6:10–7:00 • Jim	Strengthen & Stretch (S) 6:10–7:00 • Jim	Spinning* (S) 6:10–7:00 • Don	Spinning* (S) 8:15–9:15 • Various (See instructor schedule below)
Spin Core & More* (S) 8:35–9:35 Maureen	Spinning* (S) 7:10–8:00 • Nancy	Spin Core & More* (S) 8:35–9:35 • Amy	Spinning* (S) 7:10–8:00 • Nancy	Spin Core & More* (S) • 8:35–9:35 Maureen/Joann	Variety (S) 9:30–10:30 Brittany/Joann (See class schedule below)
Aquacize (P) 8:30–9:30 • Carol	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Strong Heart & Body (S) 9:45–10:45 • Karen	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Strong Heart & Body (S) 9:45–10:45 Karen	Power Yoga* (C) 9:30–10:45 • Jack
Dance STEP (S) 9:45–10:55 Katherine	Fitness Yoga (S) 9:45–10:45 Katherine	Prime Time* (S) 11:15–12:15 • Carole	Fitness Yoga (C) 8:35–9:35 Katherine/Karen (Sept. 9 class held in the Bowling Alley)	Prime Time* (S) 11:15–12:15 • Carina	
Prime Time* (S) 11:15–12:15 Katherine	(October 19 and October 26 classes start at 10:00am)	Cardio Kick & Sculpt* (S) 5:15–6:15 • Laurie	Power & Grace (S) 9:45–10:45 Katherine	Zumba (S) 5:15–6:15 • Katherine	
Fit For Life (S) 1:00–2:00 Katherine	Express Workout (S) • 4:30–5:00 Laurie	Yoga For Beginners & Beyond* (C) 5:15–6:15 Katherine	Aquacize (P) 11:00–12:00 Carole		
Cardio Sculpt (S) 5:15–6:15 • Laurie	Spin Core & More* (S) • 5:15–6:15 • Amy	Aquacize (P) 5:30–6:30 • Carol New Class!	Express Workout (S) • 4:30–5:00 Joann		
Aquacize (P) 5:30–6:30 • Carole New Class!	Step & Sculpt (S) 6:30–7:30 • Laurie		Spin Core & More* (S) 5:15–6:15 • Laurie		
Karate* (C) 6:00–7:30 • Dave			Karate* (S) 6:30–8:00 • Dave		
Cardio Kick & Sculpt (S) • 6:30–7:30 Laurie					

Class Information & Notes

* = Pre-registration is suggested
(S) = Studio (P) = Pool (C) = Conf. Room
Bold = New and featured classes

Group Fitness classes require an additional fee. Visit the Fitness Center Desk for payment options.

Most classes require some set-up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.

Classes are subject to change and may be cancelled at any time.

Instructor substitution may occur without notice.

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Saturday Spinning Instructors

September 11	Don
September 18	Maureen
September 25	Dan
October 2	Joann
October 9	Don
October 16	Don
October 23	Maureen
October 30	Dan

Group Fitness Saturday Variety Class Schedule All Variety classes are held 9:30–10:30am

September 11	Zumba • Holly
September 18	Cardio Kick & Sculpt • Brittany
September 25	Saturday Sweat & Sculpt • Brittany
October 2	Step & Sculpt • Joann
October 9	All Circuits Go • Joann
October 16	Cardio Kick & Sculpt • Brittany
October 23	Saturday Sweat & Sculpt • Brittany
October 30	Zumba • Joann

Class Descriptions

All Circuits Go • Designed to improve strength, stamina and mobility, this class combines cardiovascular exercise and resistance training in a circuit format using various pieces of fitness equipment.

Aquacize • Energizing, low impact aerobic exercise in the shallow pool designed to allow you to work at your own intensity level. This class utilizes water resistance, density and drag techniques to keep the student active and challenged. Water props may be used to enhance exercises for aerobic endurance, toning, and stretching.

Cardio Kick and Sculpt • Add a little punch to your fitness plan with a fun and energizing Cardio Kickboxing workout. This intense, non-equipment based total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance. Learn kickboxing skills consisting of jabs, hooks, uppercuts and lower body kicks choreographed to heart pumping music. During a one-hour kickboxing workout, you can burn from 500–800 calories.

Cardio Sculpt • This class includes upper and lower body weight training and aerobic intervals to keep the body in its fat burning zone. A total body workout.

Dance Step • Extremely fun dance patterns on the step. Results: a cardiovascular fit, lean, and graceful you! The movements in this class are more dance based and less athletic. Basic Step or dance may be helpful but is not required for this class.

Express Workout • Experience a 30 minute time efficient workout fitness class. If you have limited workout time, this is your class.

Fit For Life • Aerobic, strengthening, and stretching exercises. This complete workout is designed for older active adults who strive to ward off obesity, osteoporosis, inflexibility, and muscle weakness while gaining strength and stamina.

Fitness Yoga • Fitness Yoga follows the YogaFit Style of teaching by embracing the Vinyasa style of Yoga. Creating strength, flexibility, endurance and balance while adhering to group exercise standards and guidelines (warm up, work phase, cool down). This class creates an experience of breathing, feeling, and listening to your body in a non-judgemental and noncompetitive environment.

Functional Strength and Balance • An integrated strength training class using various equipment that also focuses on balance and stability to promote optimal performance in real life.

Karate • Washin Ryu is a traditional style of karate that includes training in the performance of katas (forms), self defense techniques, kumites (sport sparring) and exercise associated with Karate. This highly structured class encourages individual pace and achieving your personal best. It is taught by students of the world famous Hidy Ochiai and emphasizes nonviolence, self respect, concentration, and self discipline.

Power and Grace • This class offers the best of both worlds. Thirty minutes of movement to music followed by thirty minutes of balance exercises, stretching, centering, and relaxation. The perfect way to end your Monday night. Appropriate for all fitness levels. No experience necessary.

Power Yoga • Experience vinyasa, a coordinated series of movements that flow from one yoga posture (standing and mat) to another. Power Yoga is designed to prepare you with traditional asanas (postures) to produce toned, lean muscles and increased strength, balance, and flexibility. This class will leave you feeling centered, calm and peaceful.

Prime Time • A mild exercise class for seniors who would like to improve their strength and flexibility and have fun while doing it in a relaxed social setting. It is designed to give the participant a variety of exercises while standing, seated, and occasional floor work to help maintain and enhance their well being.

Saturday Sweat and Sculpt • Sweat and sculpt your way to a fitter you with this high-energy class! You will burn calories and increase muscular endurance and strength with varying intervals of cardio activities and resistance training.

Spin Core and More • A 30–40 minute Spinning ride followed by core training exercises that may incorporate lower and/or upper body conditioning utilizing various fitness equipment.

Spinning • Spinning is a stationary cycling group exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing “ride”. Spinning rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness, and heart rate training. Please arrive early to properly adjust your bike. All participants must bring a water bottle.

Step and Sculpt • A multi-level step aerobics class that includes core exercises and/or strength training exercises followed by a relaxing stretch. This class is for anyone who enjoys moving in fun patterns to motivating music in a cheerful & friendly class setting. Modifications of exercises are always shown, and participants are encouraged to work at their own intensity level.

Strengthen and Stretch • A non choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment such as weights, body bars, tubing, stability balls, medicine balls, step bench, balance discs, Bosu, and stretch straps. This class also includes balance, core, & flexibility training.

Strong Heart & Body • There are five components that measure fitness; muscular strength, muscular endurance, cardiovascular endurance, flexibility & body mass. This class trains them ALL! With an emphasis on balance, core strength & fat burning.

Yoga For Beginners and Beyond • This class seamlessly blends the methodologies of Kripalu Yoga and YogaFit, providing you with a safe and enjoyable way to explore your yoga journey. Students will gain strength, focus, flexibility, and find stress release.

Zumba • Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participant to dance away their worries. It is based on the principle that a workout should be “Fun and easy to do”, Zumba is a “feel-happy” workout that is great for both the body and mind.

ClarkSportsCenter