

Group Fitness Schedule • Spring Session One

March 1–May 2, 2010 (Limited Classes April 19–25)

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 (No class May 1)
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 • Joann/Maureen	Variety (S) 9:30–10:30 (See the full schedule of Variety classes below)
Aquacize (P) 8:30–9:30 • Carol	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Total Body Conditioning (S) 9:45–10:45 • Karen	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Cardio Fit & Firm (S) • 9:45–10:45 • Karen Returning Class!	Power Yoga* (C) 9:30–10:45 • Jack (In Bowling Alley on May 1)
Dance STEP (S) 9:45–10:55 • Katherine	Fitness Yoga (S) 9:45–10:45 • Katherine	Prime Time* (S) 11:15–12:15 • Katherine	Fitness Yoga (C) 8:35–9:35 • Karen	Prime Time* (S) 11:15–12:15 • Carina	
Prime Time* (S) 11:15–12:15 • Katherine	Gentle Stretch (S) 1:00–2:00 • Bonnie	Fit For Life (S) 1:00–2:00 • Katherine	Zumba (S) 9:45–10:45 • Katherine	Yoga For Beginners & Beyond (C) 1:00–2:00 • Katherine	
Fit For Life (S) 1:00–2:00 • Katherine	Express Workout (S) 4:30–5:00 • Laurie	Express Cardio & Core (S) • 4:30–5:00 • Laurie New Class!	Aquacize (P) 11:00–12:00 • Carol New Day & Time!	Zumba (S) 5:15–6:15 • Katherine	Sunday
Power & Grace (S) 5:15–6:15 • Katherine	Spin Core & More* (S) • 5:15–6:15 • Amy New Format!	Cardio Kick & Sculpt (S) • 5:15–6:15 • Laurie New Day & Time!	Gentle Stretch (C) 1:00–2:00 • Bonnie		Spin Yoga (S) 10:00–11:15 • Nancy (No class May 2)
Karate* (C) 6:00–7:30 • Dave	Step & Sculpt (S) 6:30–7:30 • Laurie New Day & Time!	Pilates* (C) 5:15–6:15 • Sabrina	Express Workout (S) 4:30–5:00 • Joann		Power Yoga* (C) 11:30–12:45 • Bonnie
Cardio Kick & Sculpt (S) • 6:30–7:30 • Laurie New Day & Time!		Spinning (S) 6:30–7:20 • Laurie New Day & Time!	Spin Core & More* (S) 5:15–6:15 • Laurie		Zumba (S) 3:30–4:30 • Deanie (No class May 2)
			Karate* (S) 6:30–8:00 • Dave		

Class Information & Notes

No Spinning or Saturday Variety on Saturday, May 1.

Power Yoga will be in the Bowling Alley on Saturday, May 1.

No Spin Yoga or Zumba on Sunday, May 2

Classes will be limited April 19–25. Classes during this week will require an additional fee.

* = Pre-registration is suggested
(S) = Studio
(C) = Conference Room
(P) = Pool

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

March 6	All Circuits Go • Joann
March 13	Cardio Kick & Sculpt • Brittany
March 20	All About Abs • Joann
March 27	Saturday Sweat & Sculpt • Brittany
April 3	Step & Sculpt • Joann
April 10	Interval Workout • Joann
April 17	Cardio Kick & Sculpt • Brittany
April 24	Saturday Sweat & Sculpt • Brittany
May 1	No Class

Class Descriptions

All About Abs • This class utilizes core focused aerobic movements followed by exercises that help you strengthen your abdominal and back muscles.

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.

Aquajog • A deep water, impact free form of exercise developed originally for rehabilitation of persons recovering from injury or surgery and an excellent form of non-impact exercise. A flotation belt is used to suspend the body in the water for the exercises during the workout. Each person works at their own intensity level.

Cardio Fit and Firm • In this class you will burn calories and tone your body by integrating elements of balance, core conditioning, and flexibility through 30 minutes of energizing aerobics followed by 30 minutes of yoga body sculpting.

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.

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 Cardio and Core • This energizing easy to follow aerobic workout incorporates core stabilization exercises in a 30 minute format.

Express Workout • Experience a 30 minute time efficient full 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.

Gentle Stretch • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active and restorative. Various props will be used.

Interval Workout • This total body workout includes upper and lower body weight training and aerobic intervals to keep the body in it's fat burning zone.

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.

Pilates • With an emphasis on breathing, core conditioning, and body awareness, Pilates is a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. Performed on a mat, Pilates is a fitness regime for a lifetime. The perfect complement to cardiovascular exercise, sport, rehab, and life. Pilates exercises will leave you looking toned, feeling revitalized, and moving with ease.

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 & 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.

Spin Yoga • Combines a Spinning ride followed by yoga stretches to help elongate muscles, relax tension, and improve posture.

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.

Yoga For Beginners And Beyond • YogaFit is a safe and gentle approach to yoga that is taught in both studios and fitness centers worldwide. This introductory class is designed specifically for people who are new to hatha yoga, and would like to try an entry level class as their first yoga experience. Please bring extra layers of clothing, yoga mat provided.

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