



Group Exercise Class Schedule

FEBRUARY & MARCH 2014

Fitness Club Hours of Operation: Monday through Sunday 5:00am-9:00pm
916-358-7033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:45AM Mike		SPIN 5:45AM Mike		SPIN 5:45AM Kristen	
		CARDIO BLAST 7:30AM Michelle / Keri	*SMALL GROUP ZUMBA* 7:00AM Chandra *FEE BASED CLASS*		
PILATES FUSION 8:15AM Dawn / Kelly	ZUMBA 8:15AM Chandra		POWER VINYASA YOGA 8:00AM Dawn	YOGA FOR HEALTHY LIVING 8:00-9:15AM Jeanette	
		BODY PUMP 9:00AM Jen	CIRCUIT TRAINING 9:00AM Miles *Located in Weight Room		*BALLESTONE* 9:00-10:15AM Brandy *FEE BASED CLASS
BODY PUMP 9:30AM Jen	POWER VINYASA YOGA 9:30AM Dawn		ZUMBA 9:30AM Brandy	TIGHT & TONE 9:30AM Jen	
		PILATES FUSION 10:15AM Kelly			
ZUMBA GOLD 11:00AM Chandra	TIGHT & TONE 10:45AM Jen		SPIN & SCULPT 10:45AM Michelle		
YOGA WITH WEIGHTS 4:15PM Dawn *Class Begins Feb 17th					
ZUMBA 5:30PM Kim					

Fee Based Classes

Small Group Zumba \$7 Per Class

Balletone \$10 Per Class

Group Exercise Class Descriptions

BODY PUMP

A one hour weight lifting workout set to music! This class will challenge all your major muscle groups and get you stronger. Average calorie burn is 500-600 per class. All fitness levels welcome.

CARDIO BLAST

Get ready to sweat! This class will keep you moving by using different equipment, free weights, body weight exercises and various cardio drills. All fitness levels are welcome – modifications will be given.

GROUP CIRCUIT TRAINING

This whiteboard work out designed by personal trainer, Miles Bartlett, is a great opportunity to get time with a personal trainer in a non-intimidating group setting. Miles will safely assist and motivate you through the circuit, as you follow the workout at your own pace. All fitness levels welcome.

PILATES FUSION

A mat workout that uses Pilates based techniques to strengthen the entire body with an emphasis on the core. This blend of strength and flexibility mixed with light weights, resistance excises and other props helps to improve posture, balance and creates long lean muscles. Pilates focuses on body alignment so that no muscle group is overworked and the body moves easily and efficiently in daily actives and sports. Get a total body work out and strengthen your core. All fitness levels welcome.

SPIN

This class is for the intermediate to advanced cyclist. The class will simulate outdoor riding techniques with rolling hills, mountain peaks, time trials, intervals, recoveries, and sprints. Experience the best cycling class workout you've ever had while burning 400-600 calories. Arrive early for a personalized bike fit and instruction. Heart rate monitor and water bottle highly recommended.

SPIN & SCULPT

Push yourself to a great workout in Spin & Sculpt. The class will concentrate twenty minutes on cycling, twenty minutes on free weights and ten minutes on abs. All levels of fitness welcome.

TIGHT & TONE

A great workout using free weights, bands and body weight exercises. This class will hit every muscle in your body. All fitness levels welcome.

YOGA FOR HEALTHY LIVING

Reacquaint the body and the mind through breath awareness, asana (postures) and relaxation. During each posture we allow the tension held within the muscles & organs to be our guide for the practice. Through this mindful yoga, your body realigns with its natural state of wholeness and well being. No yoga experience necessary.

POWER VINYASA YOGA

This is a dynamic, both physically & spiritually, energizing form of yoga that sculpts every muscle in the body. The vigorous combination of poses helps to build stamina, strength, balance & flexibility. The flow includes synchronizes breath with movement and includes holding poses. This higher intensity class will combine dynamic flows with longer holds and core conditioning. Modifications provided for all levels.

YOGA WITH WEIGHTS

Using power yoga as a foundation, yoga with weights creates a synergy between the two styles of conditioning the body. Weight training is a discipline that requires connection between mind and muscle, while yoga connects the mind, body and spirit. When the two are combined, the body benefits physically and mentally. This class is designed to lengthen and strengthen muscles, build core stability, improve balance and increase flexibility. Harmonize the mindfulness of yoga with the muscle sculpting of weights to create a strong, centered mind.

ZUMBA

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party.

ZUMBA GOLD

This class is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh and most of all exhilarating! Zumba Gold provides modified, low-impact moves for active older adults.

BALLETONE *

Balletone is centered on the bar method - only without the bar. This ballet inspired toning class offers a fun and invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility without the use of equipment or props.

* Fee Based Class - \$10 Per Class

SMALL GROUP ZUMBA *

Kick up your standard Zumba class up a notch and join in on Advanced Zumba! This class is a fast paced dance party. You're in for a great cardio workout in Advanced Zumba.

* Fee Based Class - \$7 Per Class

Ask the Fitness Staff about
Private & Semi-Private Pilates Reformer Sessions!

Last Revised: February 2014