

August Group Exercise Schedule

Updated
7/15/10

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00AM							
6:00AM	Yolanda <i>Zumba</i>	Yolanda <i>Body Sculpting</i>	Yolanda <i>Zumba</i>	Yolanda <i>Body Sculpting</i>			
7:00AM	Caleb <i>Kickboxing</i>	Mira Bai <i>Begin Yoga</i>	Caleb <i>Kickboxing</i>	Mira Bai <i>Begin Yoga</i>			
8:00AM	Kari <i>Spin</i>	Lori <i>Pilates</i>		Lori <i>Pilates</i>		Rose <i>Zumba (8:15)</i>	
9:00AM		Nancy Jo Ricca <i>Osteo Fit</i>	Roxanne <i>Zumba Gold</i>	Nancy Jo Ricca <i>Osteo Fit</i>		Jeanie <i>EnerJeanie (9:15)</i>	
10:00AM	Goof & Giggle 6-12m					Elissa <i>Yoga (10:15)</i>	
11:00AM	Goof & Giggle 1-3y						
12:00PM							
1:00PM							
2:00PM							
3:00PM			Roxanne <i>Kids Zumba</i>	Belly Dance <i>Shaska</i>			
4:00PM							
5:00PM	Jeanie <i>EnerJeanie</i>	Mira Bai <i>Yoga</i>	Jeanie <i>EnerJeanie</i>	Elissa <i>Yoga</i>	Roxanne/Yolanda <i>Zumba</i>		
6:00PM	Elissa <i>Yoga</i>	Rose <i>Zumba</i>	Mira Bai <i>Yoga</i>	Rose <i>Zumba</i>	Anita <i>Spin(6:45)</i>		
7:00PM	Rose <i>Zumba</i>	Jeanie <i>Boot Camp</i>	Rose <i>Zumba</i>	Jeanie <i>Boot Camp</i>			
8:00PM		Anita <i>Spin</i>	Roxanne <i>Zumba</i>	Anita <i>Spin</i>			

- Instructor Pricing
- Discounted for members- \$4 for members, \$8 for non-members
- Free to Members
- Youth Classes - at Instructor Pricing

Special Interest Class Description

Free to Members

Aerobics “EnerJeanie”- *Jeanie*- Fun aerobics class for teens, adults, men and women. Get fit in a high energy class that anyone can step into.

Boot Camp- *Jeanie*- Burn lots of calories while working the whole body in a fun and efficient class.

Yoga- *Elissa Ballew*- Vinyasa Flow style yoga focusing on breath-synchronized movement.

Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on & off the mat.

Yoga- *Carol Oveross*- This yoga class is for men and woman of beginner and intermediate levels incorporating deep breathing, gentle stretches and asanas (posture), where all the systems of the body are revitalized with this gentle Hatha Yoga.

Water Aerobics- *Judy Kiriazis* - Lunchtime Liberation is an hour of mid-day fun in the pool with high-energy water aerobics, resistance exercises, and relaxing stretches.

Water Aerobics- *Linda Weisberg* - “Aquarobics for Seniors” offers a safe and effective low-impact aqua aerobic workout.

Zumba®- *Rose Ortiz*- The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

Zumba®- *Yolanda Mier* - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

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Spin- *Anita Walden* - Try this cardio-intensive work out on a stationary bike. Work on sprinting, power resistance, spinning techniques and stamina.

Spin- *Kari Heckt* - A high energy cardio class with interval training (alternating between high and low heart rate), awesome heart pumping music, a bit of humor, and tons of fun to give you a great workout.

Yoga- *Mira Bai Fairlight* - Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and students with health challenges.

Zumba® Gold- *Roxanne Wessel* - A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

Belly Dancing- *Shaska*- Learn the Art of Middle Eastern dance to bring out inner feminine beauty and accentuate the body through Moroccan, Egyptian and Turkish styles.

Osteo-Fitness- *Nancy Jo Ricca*- A specialized fitness class for older adults consisting of low impact, weight-bearing chair and standing exercises using resistance bands and light weights.

Pilates- *Lori Maine*- A total body workout to reshape and tone to look longer and leaner by using simple-yet effective techniques. Great for any age or fitness level to increase flexibility, flatten abs and improve your posture.

Body-Sculpting- *Yolanda Mier*- A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body.

Advanced Yoga- *Sara Woosley*- Increase your yoga practice by pushing your strength and flexibility as you develop your form and learn new poses