

FITNESS CLASS SCHEDULE - JUNE 2014

Class	Time	Location	Instructor	Class	Time	Location	Instructor
<b>Monday</b>				<b>Thursday</b>			
CrossTrain	6:15-7:15a	G3	Luke	Spin & Tone	6:15-7:15a	J	Tisha
Strength Training	8:30-9:30a	WR/R	Dominic	TRX Body Blast	6:30-7:30a	G3	Kevin
Lose to Win	9:30-10:30a	R	Dominick	Strength Training	9:15-10:10a	WR/R	Dominic
Silver Sneakers Classic	11:00-11:45a	J	Walter	TRX Body Blast	12:00-1:00p	R	Kevin
Zumba	9:00-10:00	TICO*	Maria	Sr. Strength & Tone	12:10-12:55p	J	Walter
CrossTrain	12:00-1:00p	G3	Terence	Mat Pilates	1:00-2:00p	J	Becca
Slow Flow Hatha Yoga	4:00-5:00pm	J	Amber	Total Body Boot Camp	5:00-6:00p	R	Tess
Spin & Tone	5:30-6:30p	R	Colleen	Slow Flow Hatha Yoga	5:00-6:00p	J	Nina
Aikido	6:30-8:30p	J	Victor	Zumba	6:15-7:15p	E1-3	Terra
				RIPPED	5:15-6:15p	E1-3	Erin
				Aikido	6:30-8:30p	J	Victor

<b>Tuesday</b>			
Spin & Tone	6:15-7:15 a	R	Tisha
TRX Body Blast	6:30-7:30a	G3	Kevin
Strength Training	9:15-10:10a	WR/R	Dominic
TRX Body Blast	12:00-1:00p	R	Kevin
Strength & Tone	12:10-12:55p	J	Walter
Mat Pilates	1:00-2:00p	J	Becca
Total Body Boot Camp	5:00-6:00p	R	Tess
Slow Flow Hatha Yoga	5:00-6:00p	J	Jessy
RIPPED	5:15-6:15p	E1	Maureen

<b>Friday</b>			
CrossTrain	6:15-7:15a	G3	Luke
Zumba	9:00-10:00	TICO*	Kelly
Lose to Win	9:30-10:30a	R	Dominick
CrossTrain	12:00-1:00p	G3	Terence
Adaptive Martial Arts	4:30-5:30a	J	Katie

<b>Wednesday</b>			
CrossTrain	6:15-7:15a	G3	Luke
Strength Training	8:30-9:30a	WR/R	Dominic
Zumba	9:00-10:00	TICO*	Maria
Lose to Win	9:30-10:30a	R	Dominick
Silver Sneakers Classic	11:00-11:45a	J	Walter
CrossTrain	12:00-1:00p	G3	Terence
Slow Flow Hatha Yoga	4:00-5:00p	E1 & 2	Jennie
Mat Pilates	5:15-6:00p	J	Noelle
Spin & Tone	5:30-6:30p	R	Colleen
Zumba	6:15-7:15p	E1-3	Alexandra
Family Yoga	6:30-7:30p	M23	Ashley
CrossTrain	7:30-8:30p	G3	Terence

<b>Saturday</b>			
TRX Body Blast	8:00-8:50a	R	Kevin
Power Vinyasa	8:00-9:0a	R	Jessy
Yoga & Meditation	10:15-11:15am	E3	Casandra

<b>Sunday</b>			
Zumba	3:30-4:30p	J	Debbie
Yoga in the Park	10:00-11:00am	CP9 - S7*	Casandra

<b>Room Key</b>	
G 1/2/3	Gym 1-3
WR	Weight Room
E 1/2/3	Eagle Room 1-3
R	Rabbit Room
Jaguar	Jaguar Room
M 1/2/3/4	Monkey Room
* = DIFFERENT LOCATION	
CP9 - S7*	City Park 9 - Shelter # 7
TICO*	CLUB TICO



# FITNESS CLASS DESCRIPTIONS

## JUNE 2014

Enroll with NACC Pass: \$1.05/class  
Enroll without NACC pass:\$3.50/class  
Drop-ins with 10 Admission pass: \$5.00/class

Drop-ins: \$5.50/class

Additional discounts may be available – Contact our Front Desk

### Aikido 18yr+

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attacker and defender. Practice improves physical conditioning- strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for others.

### Cross Train 18yr+

CrossTrain is an intense workout that will maximize your strength and agility all at the same time. You'll use kettlebells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

### Family Yoga 3yr+

Parents and children (3+) take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness.

### Mat Pilates 18yr+

Mat pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted... More movement to build core strength. Gain flexibility, tone and build new muscle. Want a leaner healthier you? Try this addicting craze!

### Power Vinyasa 18yr+

A fun and smooth paced yoga flow linking breath with movement. Learn the fundamental postures that create a strong practice and build core strength to support more advanced poses.

### R.I.P.P.E.D. 18yr+

Experience this total body "plateau proof fitness formula" workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

### Silver Sneakers Classic 18yr+

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

### Slow Flow Hatha Yoga 18yr+

Nurturing, fun, non-competitive session to improve balance, strength & flexibility. Poses will be linked together slowly, with attention to breath. Philosophy & stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning & intermediate students.

### Spin & Tone 18yr+

Class includes the same challenging workout as the Spinning classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning session.

### Strength & Tone 18yr+

Develop upper and lower body strength, improve flexibility, and tone up with rhythmic weight lifting set to your favorite music. Varied routines focus on major muscle groups, along with challenging abdominal workouts, to define that swimsuit-ready figure without ever becoming boring!

### Strength Training 18yr+

Increase muscle strength, bone mass and stamina. The first class of each session includes orientation to training principles and equipment. You'll learn proper lifting techniques and understand set & repetitions that work best for your personal goal.

### Total Body Boot Camp 18yr+

Total Body Boot Camp is a mix of cardio, weight circuits, stretching and more. Every class will keep your body guessing and improving. You will see improvements in your strength, flexibility and stamina.

### TRX Body Blast 18yr+

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your vector to increase or decrease the difficulty of every exercise.

### Yoga in the Park 18yr+

Enjoy Yoga outdoors in beautiful City Park: A relaxed & creative class where you can explore yoga at your own pace...creating a different dimension to your practice. Being outdoors in nature helps to reduce stress & increases self awareness! Please bring a mat, water, sunscreen & a towel.

### Yoga & Meditation 18yr+

Enhance your health with Hatha Yoga through incorporating mindful meditation into your Yoga practice. Learn more about yourself, quieting the mind and finding inner balance. Begin class with meditation moving into asanas. This class is a calm approach to being present, rejuvenated and healthier you.

### Zumba 18yr+

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!