

FEBRUARY 2012

Studio 1 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Buns & Guns (Renee)	5:30 - 6:00 AM (Renee)	Buns & Guns (Renee)	5:30 - 6:00 AM (Renee)	Buns & Guns (Renee)	
6:00 AM	Yoga Tone (Jessica S)		Yoga Tone (Jessica S)			
7:00 AM	Super Sculpt (Karen)		Super Sculpt (Karen)		Super Sculpt (Karen)	
8:00 AM	Power Hour (Karen)		Power Hour (Karen)		Power Hour (Karen)	
9:00 AM	Zumba (Karyn)	9:15 - 10:00 AM Super Pump (Tori)	Zumba (Karyn)	9:15 - 10:00 AM Super Pump (Tori)	Zumba (Karyn)	Zumba (Ariana)
10:00 AM	Lean Body (Karen)	Cardio Blend (Karen)	Lean Body (Karen)	Cardio Blend (Karen)	Lean Body (Karen)	R.I.P.E.D. (Karen)
11:00 AM					Stretch (Karen)	
12:00 PM						
4:00 PM	Zumba (Jessica H)		Zumba (Jessica H)			
5:00 PM	5:00 - 5:30 PM Core (Ryan) 5:30 - 6:00 PM Zumba Xpress (Jessica H)	5:30 - 6:30 PM Zumba (Ariana)	5:00 - 5:30 PM Core (Ryan) 5:30 - 6:00 PM Zumba Xpress (Jessica H)	5:30 - 6:30 PM Zumba (Ariana)		
6:00 PM	Zumba (Jessica H)	6:30 - 7:00 PM Party Xpress (Ariana & Karyn)	Zumba (Jessica H)	6:30 - 7:00 PM Party Xpress (Ariana & Karyn)		
7:00 PM		Zumba (Karyn)		Zumba (Karyn)		
8:00 PM						

Studio 2 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						
6:00 AM	Spin (Dana)		Spin (Dana)		Spin (Dana)	
7:00 AM						
8:00 AM	8:15 - 9:00 AM Spin (Melanie)	Yogalates (Karen)	8:15 - 9:00 AM Spin (Melanie)	Yogalates (Karen)		8:30 - 10:00 AM Yogalates (Karen)
9:00 AM	Cardio Blend (Karen)	Exhale (Karen)	Cardio Blend (Karen)	Exhale (Karen)	Cardio Blend (Karen)	
10:00 AM	10:00 - 11:30 AM Tai Chi (BJ)		10:00 - 11:30 AM Tai Chi (BJ)			
11:00 AM		Yoga (Karen)		Yoga (Karen)		
12:00 PM						
4:00 PM	Pilates (Ariana)	Yoga (Ariana)	Yoga (Ariana)	Yoga (Ariana)		
5:00 PM	Lean Body (Ariana)	5:00 - 5:30 PM Stretch (Ariana) 5:30 - 6:00 PM Core (Ryan)	Lean Body (Karen)	5:00 - 5:30 PM Stretch (Ariana) 5:30 - 6:00 PM Core (Ryan)	5:30 - 6:30 PM Fitness Yoga (Jessica S)	
6:00 PM	Kickboxing (Lindsey)	Spin (Lindsey)		Spin (Lindsey)		
7:00 PM	7:00 - 8:30 PM Tai Chi (BJ)		7:00 - 8:30 PM Tai Chi (BJ)			
8:00 PM						

PowerWalk to Wellness (Dee) - Meets in the lobby on Wednesdays at 6:00 PM.

Mission Madness (Ryan L & Ryan W) - Meets near the locker rooms Tuesdays/Thursdays at 7:00 PM, Fridays at 5:00 PM, and Sundays at 2:00 PM.

Studio Class Descriptions

- Body Burn** High intensity, total body aerobic and strength training in an efficient 1/2 hour to get in and get it done. An ideal class for the early birds on the go. Feel the burn!
- Buns & Guns** Total body workout that will kick your butt and tone your arms. Get buns to be jealous of, arm yourself with some nice guns, and tone lean muscles everywhere in between .
- Cardio Blend** We take slices of different cardio classes and throw them in a blender. Then they are mixed to perfection and poured into a pitcher so you can enjoy an hour of sweat and fun!
- Core** An intensive and thorough class focused on the aspects of building the abdominal region. No detail is left out in stimulating growth and building core endurance via fun and challenging new exercises!
- Exhale** Relax the mind, revitalize the body, recharge your energy. Take some time out for yourself, to exhale.
- Fitness Yoga** Build strength and endurance and increase flexibility while challenging your body, mind, and use of breath. Fitness Yoga incorporates fluid movements, pace, and some advanced poses to deepen your personal yoga practice. Find the depths and capabilities of your body and spirit through this exciting yoga class.
- Kickboxing** Punch, kick, and fight your way into fitness with this total body aerobic workout!
- Lean Body** Body toning at its best! Nonstop intervals of strength, power, resistance, and ab and core training moves. This class will tone your muscle and burn the fat!
- Party** Move, groove, and shake into fitness. It's a dance party in the studio to your favorite radio hits!
- Pilates** Want toned abs but are bored with plain old crunches? Try Pilates. Not only will you feel a tighter core but you may be surprised to find increased balance and better posture. This 45 minute class can be modified to most fitness
- Power Hour** A fun and dynamic hour of cardio, weights, abs, and stretching. This class was designed for the people of all ages.
- Spin** A great cycling workout for all levels of fitness. Crank it out, climb hills, and race your way into peak endurance. A high-intensity, low-impact way to burn those calories!
- Super Pump** This high intensity class targets every major muscle group using weight training exercises performed to music. If you are looking for an efficient way to burn fat, improve muscular endurance, and tone your body, then this is the
- Super** A fun body toning class with cardio and weight training elements to get your day started off right.
- Tai Chi** An ancient Chinese exercise for maintaining health, spiritual growth, and disease prevention. It has been proven effective in healing the body and mind for many centuries. The slow movements and controlled breathing harmonize energy flow in the body.
- Yoga** S-T-R-E-T-C-H and say "ahh!" Connect the mind with the body through breathing, stretching and strengthening poses. Spend 45 minutes of bliss doing yoga poses then finish with deep relaxation. This class can be modified to most fitness levels.
- Yogalates** This 45 minute class is a blend of both Pilates and Yoga. These moves improve over all core strength in the abdominal and lower back areas and enhance flexibility as well as cultivating a sense of well being. This class can
- Yoga Tone** This class incorporates yoga, strength training, and pilates all in one - building flexibility, muscle strength, and core strength to create a lean, healthy body. A great full body workout!
- Zumba** A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

FEBRUARY 2012

Aquatics Schedule Warm Water Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						
6:00 AM						
7:00 AM						
8:00 AM		Aqua Arthritis (Lawanna)	8:30 - 9:30 AM Aquaerobics (Connie)		Aqua Arthritis (Lawanna)	
9:00 AM	Aquaerobics (Connie)				Aquaerobics (Connie)	Aqua Zumba (Karyn)
10:00 AM	Aqua Zumba (Karyn)		Aqua Zumba (Karyn)		Aqua Zumba (Karyn)	Aquaerobics (Connie)
11:00 AM						
12:00 PM						
4:00 PM	4:30 - 5:30 PM Aquaerobics (Connie)					
5:00 PM	5:30 - 6:30 PM Aquaerobics (Sheila)	Aquaerobics (Connie)		Aquaerobics (Connie)		
6:00 PM	6:30 - 7:30 PM Aqua Zumba (Karyn)	Aquaerobics (Sheila)	6:30 - 7:30 PM Aqua Zumba (Karyn)	Aquaerobics (Sheila)	6:30 - 7:30 PM Aqua Zumba (Karyn)	
7:00 PM						
8:00 PM						

Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM						10:15-11:00 AM Aqua Moms (Karyn)

Aquatic Class Descriptions

Aqua Arthritis An aquatics class designed for individuals with arthritic conditions. Warm water exercise is an excellent way for those with arthritis to build up strength, ease stiff joints and relax sore muscles. Start moving today!

Aqua Moms A fun way to exercise during your pregnancy. The nice 80-82° water offers a supportive environment that (Part of "Moms in Motion") is easier on the back and joints. The compression of the water decreases swelling and creates a soothing workout.

Aquaerobics This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great so come on in for a good time!

Aqua Zumba This 45-60 minute class is the "pool party" workout for all ages and fitness levels! Aqua Zumba is a safe, effective, and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.