

2010 SEASONAL SCHEDULE EFFECTIVE NOVEMBER 1, 2009 - MAY 15, 2010

30/20/10- 30 minutes of step, 20 of cardio moves and 10 of core work all mixed into one hour for a total body workout!

3-2-1- 3 minutes of cardio, 2 minutes of strength, 1 minute of core.

Arms & Abs- An awesome 30 minute workout designed to tone and strengthen your upper body.

Below the Belt- This class is designed to focus in on the legs, butt and core groups for a total workout of all muscles located underneath and below the belt.

Body Design- A method of training muscles using small, precise, minute movements that tone and shape the body with emphasis on the core and pelvic floor. Advanced is for the highly skilled.

Boot Camp- Achieve your fitness goals with this fast paced, high intensity, challenging workout circuit that is pre-choreographed each month and offered several times a week for maximum results!

Cardio Mix- An easy to follow, cardiovascular exercise for all levels. Incorporates the use of equipment.

Cardio Moves- A fun-filled cardiovascular class to work you out.

Chair Pilates- Core workout involving controlled movements.

Dance & Sculpt- Easy to follow cardiovascular dance exercise for all levels incorporating the use of equipment.

Learn to ... - Every month a new class will be featured! Each month learn to...

November- **Learn to Line Dance** - Becky

December- **Learn to Tap Dance** - Alice

January- **Learn to Dance** - Becky

February- **Learn to Lift** - Amy

March- **Learn to Pilates** - Luckie

April- **Learn to Spin** - Abby

Let's Dance- A low impact high intensity dance workout to get in a groove!
The Express class is performed in under an hour.





Line Dance- Country line dancing is a social dance style where you will learn a sequence of steps in unison to get a great workout while having fun!

Move & Groove- A lively class perfect for all levels with continuous movement set to your favorite music. The Express class is performed in under an hour.

Muscle Makeover- Create deep definition in all the right places. If you have ever tried a “Pump” class you will love this.

Pilates- A unique system of body conditioning which strengthens and tones muscles, improves posture, flexibility, and balance.

Pilates H2O- Bring a whole new twist to your pilates workout and try it in the water! This class is offered to all levels and is a great way to strengthen your core while lengthening your muscles in the buoyancy of the water!

Pilates Sculpt- A standing and mat format that uses pilates props such as the magic circle, weights and bands to strengthen the powerhouse area of the lower back, abs and glutes.

PIYO- The ultimate pilates and yoga combination class! A workout sure to target all your problem areas! This class can be modified to meet the needs of the beginner or advanced student.

RDS- This class covers all the bases Ride-Drill-Sculpt – it is a high powered aerobic class that starts on the spin bikes and adds on drills and sculpting intervals. In addition to your spin shoes, bring your running sneakers. If you like boot camp, you will love this! The Express class is done in under an hour.

Sculpt Express- If you are a fan of “Muscle Makeover” you will enjoy this easy to follow sculpting routine sure to tone your body in all the right places in only 30 minutes!

Simply Cardio- A unique, yet challenging class that is simple to follow and power packed!

SPIN- Varying intensity indoor cycling class. The Express class is performed in under an hour.

Sports Pilates- Pilates which accommodates all levels and interests while catering to the needs of tennis and golf enthusiasts.

Strength Tone & Balance- Develop your body and effectively gain strength, balance and control.





Stretch- This class involves a combination of isotonic, isometrics and prolonged stretch to achieve increased range of motion in the joints and improve flexibility. The Express class is performed in under an hour.

Tai Chi- The ancient discipline of Tai Chi combines agile steps, joint safe exercise and mental strength to improve mobility, breathing, and relaxation.

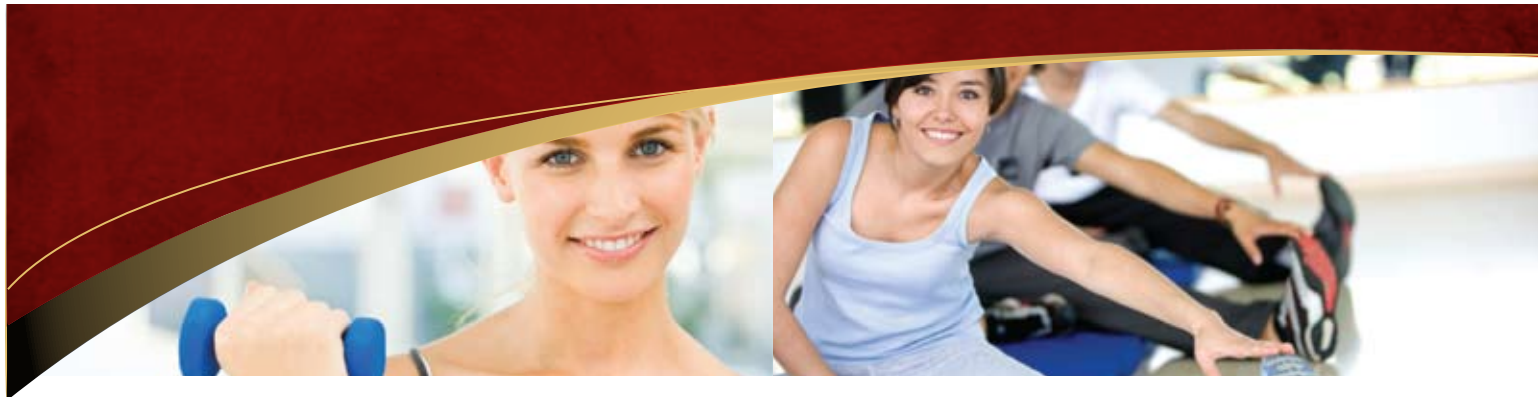
Tap Dance- Bring your tap shoes and join us as we develop rhythmic skills, precision and musicality.

Water Aerobics- Designed to increase the heart rate, improve endurance, strength and balance by utilizing water resistance.

Yoga- A set of physical and mental exercises, intended to give control over the body and mind.

Zumba Gold- A fun filled, low impact class consisting of dance themes that combine fast and slow rhythms to tone and sculpt the body.





Time	Location	Class	Instructor
Monday			
8:15 - 9:15	A	Muscle Makeover	Amy
8:15 - 9:15	B	Yoga	Pauline
9:15 - 10:15	HRC Pool	Water Aerobics	Marianne
9:30 - 10:30	Spin Studio	Spin	Amy
9:30 - 10:30	A	Cardio Moves	Becky
9:30 - 10:30	B	Boot Camp	Abby
10:30 - 11:15	A	Dance & Sculpt	Becky
10:45 - 11:45	B	PIYO	Anna
5:30 - 6:00	B	Move & Groove Express	Lynn
6:00 - 6:30	A	Cardio Mix	Leah
6:00 - 7:00	B	Sports Pilates	Lynn
6:30 - 7:00	A	Sculpt Express	Leah
Tuesday			
8:15 - 9:15	B	Pilates	Lynn
9:00 - 9:30	A	3-2-1	Amy
9:30 - 10:30	A	Simply Cardio	Amy
9:15 - 10:15	HRC Pool	Water Aerobics	Stephanie
9:15 - 10:15	A	Zumba Gold	Simone
10:30 - 11:30	A	Stretch	Lisa
10:30 - 11:30	B	Muscle Makeover	Abby
5:30 - 6:00	B	Arms & Abs	Molly
5:30 - 6:00	A	Let's Dance Express	Becky
6:00 - 7:00	A	Line Dance	Becky
6:00 - 7:00	Spin Studio	Spin	Molly
Wednesday			
8:15 - 9:15	A	Muscle Makeover	Julie
8:45 - 9:15	B	Stretch Express	Lynn
9:15 - 10:15	HRC Pool	Pilates H2O	Della
9:30 - 10:30	Spin Studio	Spin	Julie
9:30 - 10:30	B	Boot Camp	Jen
9:30 - 10:30	A	Move & Groove	Lynn
10:30 - 11:30	A	Body Design	Lynn
10:45 - 11:45	B	PIYO	Anna
5:30 - 6:30	B	RDS	Abby
6:00 - 7:00	A	Muscle Makeover	Leah





Time	Location	Class	Instructor
Thursday			
8:15 - 9:15	B	Pilates	Luckie
9:00 - 9:45	Spin Studio	Spin Express	Abby
9:15 - 10:15	A	30/20/10	Amy
9:15 -10:15	HRC Pool	Water Aerobics	Becky
9:15 - 10:15	A	Zumba Gold	Lisa
9:45 - 10:30	Spin Studio	RDS	Abby
10:30 - 11:30	A	Stretch	Lisa
10:30 - 11:30	B	Learn To...	TBA
5:00 - 6:00	A	Tap	Alice
6:00 - 7:00	B	Sports Pilates	Lynn
6:00-7:00	Spin Studio	Spin	Maureen
Friday			
8:15 -9:15	A	Strength Tone & Balance	Lynn
9:15 - 10:15	HRC Pool	Water Aerobics	Janell
9:15 - 10:15	A	Let's Dance	Becky
9:30 - 10:30	Spin Studio	Spin	Amy
9:30 - 10:30	B	Boot Camp	Abby
10:30 - 11:30	A	Line Dance	Becky
10:30 - 11:30	B	Muscle Makeover	Abby
11:30 - 12:30	A	Yoga	Nicole
Saturday			
8:15-9:15	A	Muscle Makeover	Leah
9:15 -10:15	A	30/20/10	Leah
9:30 - 10:30	B	Chair Pilates	Bev
9:30 - 10:30	Spin Studio	Spin	Abby
10:30 - 11:30	A	Tai Chi	Adele
10:45 - 11:45	B	Pilates Sculpt	Bev
Sunday			
9:00 - 9:30	A	Cardio Mix	Leah
9:30 - 10:00	A	Below the Belt	Leah
9:30 - 10:30	Spin Studio	Spin	Maureen
10:00 - 10:30	A	Arms & Abs	Leah
10:30 - 11:00	B	Stretch Express	Ed
11:00 - 12:00	A	Yoga	Ed

