



All Class Schedule February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am	5:00 PiYo Strength 5:15-Cycling	*5:00-Trekking	*5:15-Turbo Kick	*5:15 Zumba	5:15-Power Pump	
6 am	*6:00-PACE *6:00-Deep Water Sweat 6:30-Level I Pilates	6:00-Cycling 6:00 RIPPED	6:00-Cycling *6:00-PACE *6:00-Deep Water Sweat 6:30-Level I Pilates	6:00-Cycling 6:30-Progressive Yoga Clinic	6:00 Cycling *6:00-Deep Water Sweat *6:00 PACE (<i>1st & 3rd</i>) PE 301 (<i>2nd & 4th</i>) Volleyball (<i>5th</i>) 6:30-Level I Pilates	
7 am	*7:00-PACE		*7:00-PACE		*7:00-PACE	7:30- Cycling Ride Card
8 am	*8:00-PACE *8:00-Walking Strong *8:30-Cardio Interval Step	*8:00-Arthritis workout *8:30-Power Pump 8:45-Cycling	*8:00-PACE *8:00-Walking Strong *8:30-Cardio Interval Step	*8:00-Arthritis workout *8:30 Zumba 8:45-Cycling	*8:00-PACE *8:00-Walking Strong 8:30-Power Pump	8:45-Cycling
9 am	9:00-PACE (<i>full</i>) *9:00-Arthritis workout *9:15- SilverSneakers® MSROM	9:00-Senior Circuit 9:00-Squash *9:30-Basic Level I Yoga	*9:00-PACE (<i>full</i>) 9:00-Cycling *9:00-Arthritis workout 9:00-Cycling Sprit Ride *9:15- SilverSneakers® MSROM	9:00-Senior Circuit 9:00-Squash *9:30-Basic Level I Yoga	*9:00-PACE (<i>full</i>) *9:00-Arthritis workout 9:00-Cycling Sprit Ride 9:00-Level I Pilates *9:15- SilverSneakers® MSROM	9:00— Class and Instructor varies
10 am	*10:00- Arthritis workout *10:00-Bone Dense, Heart Smart 10:00-Racquetball *10:10-Aquamotion *10:15-Seniors in Motion 10:45 Noon ball	10:15-Prime Time Plus	*10:00- Arthritis workout *10:00-Bone Dense, Heart Smart 10:00-Racquetball *10:10-Aquamotion *10:15-Seniors in Motion 10:45 Noon ball	10:15-Prime Time Plus	*10:00- Arthritis workout *10:00-Bone Dense, Heart Smart 10:00-Racquetball *10:10-Aquamotion *10:15-Seniors in Motion 10:45 Noon ball	10-kids cycle 10:30 Zum- batonic
11 am	11:00-Yogalates *11:10-Arthritis workout *11:15- SilverSneakers® CardioCircuit	11:30-Level I Pi- lates	11:00-Yogalates *11:10-Arthritis workout *11:15- SilverSneakers® CardioCircuit	11:30-Level I Pi- lates	11:00-Yogalates *11:10-Arthritis workout *11:15- SilverSneak- ers® CardioCircuit	
12 pm	12:10-Power Pump *12:15-Cycling Ride Card 12:15-Intro Springboard *12:15- SilverSneakers® YogaStretch 12:15 Noon Ball	*12:15-Cycling Ride Card 12:15-PE 301 *12:20-Intro to Pilates *12:30-Arthritis workout	12:10 RIPPED 12:15 Springboard *12:15-Cycling Ride Card *12:15- SilverSneakers® YogaStretch 12:15 Noon Ball	12:15-PE 301 *12:15-Cycling Ride Card *12:20-Intro to Pilates *12:30-Arthritis workout	12:10-Express Pump Interval *12:15-Cycling Ride Card 12:15 Springboard *12:15- SilverSneak- ers® YogaStretch 12:15 Noon Ball	
1 pm	1:15-Gumbies Level II Yoga 1:10 PACE	*1:30 Arthritis Workout 1:10 PACE	1:15-Gumbies Level II Yoga 1:10 PACE	1:30-Dance for Fun *1:30 Arthritis Workout 1:10 PACE	1:15-Gumbies Level II Yoga 1:10 PACE	1:30- Racquetball
2 pm						
4 pm	4:15 PACE 4:30-Intervelocity 4:30-Kids Circuit *4:45-Cycling Video Ride 4:45-Kids Yoga	4:30-15 Min. Ab Blast 4:30-Yoga Therapy 4:30-Kids Circuit 4:45-Turbo Kick Cardio Party	4:15 PACE 4:30-Power Pump	4:30-15 Min. Ab Blast 4:45-Turbo Kick Cardio Party	4:15 PACE	
5 pm	5:00-Squash *5:15-PACE 5:30-Zumba 5:30 - Basic Level I Yoga 5:30-Intro to Pilates *5:40-AquaFit (wam pool) 5:45 H ₂ O Challenge	5:00-Racquetball 5:15 PACE 5:30Level I Pilates *5:30-Cycling 5:30-Level I Yoga 5:45-PiYo STRENGTH	5:00-Squash *5:15 PACE 5:15 Beginning Tai Chi 5:15-Kids Circuit 5:30-Cycling 5:30-Turbo Kick 5:30-Intro to Pilates 5:40 Aqua Fit(warm pool) 5:45 H ₂ O Challenge	*5:15 PACE 5:15-Kids Circuit *5:30-Cycling 5:30Level I Pilates 5:30-Racquetball 5:45- Power Pump	*5:15-PACE 5:30-Zumba Party	
6 pm	6:30 Hustle		6:30-RIPPED 6:30-Cycling	6:45-Zumba		

Please Note: Class Instructors are subject to change without prior notice.

*Denotes a Pre-Natal appropriate class inform instructor. Consult with your class instructor before beginning.

Note: classes on hold for the summer do not appear on this schedule

Aquatic Classes

Deep Water Sweat - (Rec Pool)A moderate to high intensity workout in the deep end using floatation belts and resistive equipment. Participants should be comfortable in the deep water.

Aquamotion - (Rec Pool)-Beginning to advanced exercisers will stay challenged in this workout focusing on cardio and strength training. Swimmers and Non-Swimmers welcome.

H2O Challenge-- (Rec Pool)-Come join us for an hour of wet fun in the Rec Pool on Wednesday evenings at 5:45 in the Rec Pool. This new format is a balance of high energy aerobics and strengthening exercise. We use the full length of the pool, with various aqua tools and interval training to add a mid-week challenge to your present fitness routine.

AquaFit - (Warm Pool)-You'll like this moderate aqua workout. The class includes solid aerobic conditioning and toning work using resistive equipment. Modifications are demonstrated to accommodate minor joint limitations. Swimmers and Non-Swimmers welcome.

Arthritis Workout - (Warm Pool)-A session for people with arthritis, fibromyalgia, and other joint limitations. Exercises are designed to preserve and enhance joint mobility and muscle strength. Participants are encouraged to move at their own level in the comfort of warm water. Swimmers and non-swimmers welcome.

Seniors Classes

Senior Circuit-A light level P.A.C.E. (progressive aerobic circuit exercise) class modified to fit your individual needs. Build a little more strength and stamina at your own PACE.

Seniors in Motion-This fun & exciting class is designed around simple movements that are done in or around a chair. Upbeat music, social interaction & laughter all combine for a great fitness opportunity. You'd be amazed what a great work out you'll get.

Bone Dense, Heart Smart-Enhance bone density, improve balance and strength along with a great aerobic workout for your heart.

Prime Time Plus-This class offers a well rounded hour of exercise beginning in the yoga room with 5-10 min of warm up. Next comes 25 min of cardio and weight machines. Our instructor is present to demonstrate, instruct and answer questions about proper usage of machines. You'll especially enjoy 25 min of concluding stretching to leave you flexible and refreshed.

SilverSneakers®:

"Muscular Strength and Range of Movement"

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

"CardioCircuit" Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

YogaStretch" -YogaStretch will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Group Fitness Classes

PE 301-It's physical education for grown-ups! The class varies between circuits, games and enjoying the great outdoors when the weather permits! Enjoy the camaraderie and a great intense workout!

15 Min Ab Blast -Come in warmed up and ready to go! It's 15 minutes straight of hard core strengthening.

Power Pump-Load your barbell and pump your body to build strength and endurance in each muscle group. You'll leave feeling trim and toned.

Trekking-Climb hills, walk through a valley, jog along a mountain trail all without leaving the Peak! Trek your way on a treadmill while your instructor takes you on an adventure. (limited space)

Cardio Interval Step-All cardio, all step. Great choreographed workout! Abs-n-stretch to finish up.

Turbo Kick-The evolution of kickboxing! This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere where losing weight is the side effect of having FUN! This class allows participants of any fitness level to participate and custom tailor their workout

Walking strong-This is an active class for anyone wanting to develop better stamina on their feet. The format includes continual walking plus daily exercises for balance and strength. Each person will walk and exercise at their own pace.

Zumba-The Latin dance sensation that has swept the nation. Try it, you'll love it!

Zumba party is bigger and has more excitement than your average Zumba class. Expect more and party more with all your favorite Zumba tunes

Intervelocity-You're sure to get an amazing workout with Intervelocity! One minute cardio drills followed by one and a half minute strength drills. An excellent and efficient calorie burning class! Great for all levels. Excellent results!

Express Pump Interval: Our express class is 50 minutes and you'll definitely be sweating by the end! A combination of strength training with weights and cardio intervals, this class has a little something for everyone. Perfect to fit in during your lunch hour break!

Hustle-If you love to move, you won't want to miss Hip Hop Hustle! We take simple dance moves that anyone can do and put it to the hottest music around! No dance experience required! Come and dance away those calories!

PiYo STRENGTH-a strength workout all about working it to get the most for your money. It's the perfect blend of sports training, core conditioning, dance, stretch, and athletic drills that will help kick up the calorie burn and build muscle. The dynamic blend of movement increases strength, core stability, and agility. This workout provides an incredible experience and helps you lose weight! Bring your yoga or pilates mat.

R.I.P.P.E.D.-Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines **R**esistance, **I**ntervals, **P**ower, **P**lyometrics, **E**ndurance, and **D**iet components of **R.I.P.P.E.D.** to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Mind and Body Classes

Intro to Pilates: This class teaches the basics of Pilates that are needed to execute the movements with control.

Level I Pilates: This class is more advanced. Begin to incorporate a variety of exercises with control, breath, concentration and centering. Learn how to initiate energy from the "powerhouse" or abdomen, low back, hips and buttocks. Intro to Pilates required before Level 1.

Basic Yoga: If you've never done Yoga, this class will work for you! Basic level moves that you can expand on if you like, so come even if you have Yoga experience and you, too, will be challenged.

Level 1 Yoga : We begin exploring the energy inherent in each pose. The class includes standing poses, balancing poses as well as inversions. We work toward developing a regular yoga practice. It is recommended that you bring some yoga experience to the class.

Gumbies Level II Yoga: An eclectic blend of Yoga styles are presented. Standing, balancing, forward bends, inversions, and back bends are practiced.—Basic Level I required first

Progressive Yoga Clinic: These sets of classes will progress you 3 types of Yoga. Please plan to attend at the beginning of each the session to get full benefits.

October 13-November 17	Intro to Yoga
December 1 – 29	Restorative Yoga
January 5 - February 8	Keep Moving Yoga

Yoga Therapy: Come learn ways to manage and cope. Yoga can be a perfect tool for managing pain, injury, and imbalance, of physical, mental or emotional natures. The key is to practice the appropriate poses correctly. This class is designed for all from the novice to experienced practitioner, who is interested in managing pain and stress. Special attention will be paid to alignment, technique, and understanding how to work with imbalances. We will use breathwork to facilitate relaxing into movements and postures, along with props to bring postures to us. Also, special attention will be paid to sequencing.

Yogalates: Maybe you want a fresh challenge— get the best of both worlds in one class! Yogalates is a combo of Pilates & Yoga. -Not for beginners.

Springboard: Pilates Springboard is a wall unit used for training in the Pilates Method. It is very versatile unit. You can use it standing, sitting, lying down, ect.... The unit works well for functional training, sports specific. The Springboard can be used to train the whole body every muscle group.

Must take Intro to Springboard or Private equipment lessons and have approval of instructor to attend.

Intro Springboard: Intro to Springboard class. Come and learn the fundamentals to get you started on your springboard training. Also see above description.

Beginning T'ai Chi: This is a beginner level Yang style short form T'ai Chi Class.

T'ai Chi :proven to have many health benefits including asthma, poor digestion, sleeplessness, high blood pressure, stress, fatigue, poor balance, and a multitude of other ailments resulting from our modern, multi-tasking lifestyle. Minimal modifications can be made to the movements so they work for everyone.

Progressive Aerobic Circuit Exercise (P.A.C.E.)-A series of resistance exercises designed to effectively tone and strengthen each major muscle group while providing cardiovascular conditioning. Your instructor varies the workout by duration of time at each station, additional exercises, and cardiovascular exercises.

Cycling-

Cycling-focusing on endurance, strength, intervals, higher intensity (race days) and recovery, that involves using a special stationary bicycle with a weighted flywheel in a classroom setting.

Ride Card Only-You must sign up at the service desk for a "Reserved Bike Card" to participate. One card per person, please sign up in person prior to the class.

Video Ride-will be shown on the 1st, 3rd, 5th weeks. It will consist of either a training ride such as "spinervals" or a visual ride like "Riding in Hawaii". All even weeks will be regular instructor led rides.