

Aerobic Schedule  
Effective: January 2010

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>5:45am</b>		5:45 am Step Circuit (60 minutes)	5:45 am Muscle Sculpt (60 minutes)	5:45 am Step & Core (60 minutes)	5:45 am Cycling (60 minutes)	5:45 am Step Circuit (60 minutes)	
<b>7:15am</b>							7:15 am Group Cycling (60 minutes)
<b>8:30am</b>		8:30 am (60 min) Yoga Basics	8:30 am(60 min) Instructor Choice	8:30 am(60 min) Intermediate Yoga	8:30 am(60 min) Instructor Choice	8:30am(60 min) Ashtanga Yoga	8:30am Instructor Choice (90min)
<b>9:40am</b>			9:45 am Sunrise Pilates (45 minutes)	9:40 am 20/20/20 (60 minutes)	9:45 am Sunrise Pilates (45 minutes)		
<b>10:30am</b>			10:30 am Miles & Muscles (60 minutes)		10:30 am Miles & Muscles (60 minutes)		
<b>12:15pm</b>		12:15 pm Butts N Gutts (30 minutes)	12:15 pm Power Yoga (30 minutes)	12:15 pm Butts N Gutts (30 minutes)	12:15 pm Drums Alive (30 minutes)	12:15 pm Butts N Gutts (30 minutes)	
<b>2:00pm</b>	2:00 pm Cycling						
<b>5:00pm</b>	5:15 pm Cycling (60 minutes)		5:00 pm N.O.W. (30 min. Beginner)	5:15 pm Aerobic Mixer (60 minutes)	5:00 pm N.O.W. (30 min. Beginner)		
<b>5:30pm</b>		5:30 pm (60 min) Happy Hour Basics	5:35 pm Kickbox Circuit (60 minutes)		5:35 pm Kickbox Circuit (60 minutes)		
<b>6:30pm</b>		6:45pm Boot Camp (60 minutes)	6:45 pm Group Cycling (60 minutes)	6:30 pm Drums Alive (40 minutes)	6:45 pm Group Cycling (60 minutes)		

**Classes offered in the Multi-Purpose or Meeting Room**

<b>6:00 AM</b>		6:00 am Schwans Private Class	6:00 am Boot Camp (45 minutes)	6:00 am Schwans Private Class		5:45 am Power Pump (45 minutes)	
<b>9:35 AM</b>		9:40 am *Chair Yoga* (45 minutes)		9:40 am *Chair Yoga* (45 minutes)		9:40 am *Chair Yoga* (45 minutes)	
<b>11:45 AM</b>			11:45 pm Mommy-To-Be (30 minutes)		11:45 pm Mommy-To-Be (30 minutes)		
<b>12:15PM</b>					12:15 pm Power Yoga (30 min)		
<b>1:30pm</b>		1:30 pm (45 min.) *SilverSneakers®   Muscular Strength & Range of Motion*		1:30 pm (45 min.) *SilverSneakers®   Muscular Strength & Range of Motion*			
<b>4/5:00PM</b>	4:00 pm Interm. Yoga (60 minutes)	5:05 pm Pilates (50 minutes)		5:05 pm Pilates (50 minutes)			
<b>6:05 PM</b>		6:05 pm So Hard Core (60 minutes)	5:30 pm *Yoga Basics* (60 minutes)	6:05 pm So Hard Core (60 minutes)	5:30 pm *Interm. Yoga* (60 minutes)		
<b>6:30 PM</b>			6:30 pm Interm. Pilates (60 minutes)		6:30 pm Interm. Pilates (60 minutes)		

NOTE: Classes with the \* \_\_\_\_ \* symbol next to the name represents the class is held in the Meeting Room

**Step Circuit:** A step workout mixed with muscle conditioning. We will alternate step with different muscle groups for 40 minutes and end with abdominal work.

**20/20/20:** This class consists of 20 minutes cycling, 20 minutes kickbox, and 20 minutes of pilates. If you want three classes in one - this is the class for you!

**Muscle Sculpt:** A class that emphasizes muscle development to shape and mold muscle groups giving a full body workout.

**Power Pump:** This class is set up for all levels & ages, work each muscle group at your own pace - with your own weight. Class will tone each muscle group for about 3-4 minutes then switch to the next muscle group.

**Power Hour:** Focus on muscle toning for the entire body. Classes will utilize the fitness center as well. (45 minute class)

**Yoga:** Yoga is a psycho-physical discipline that focuses on posture, breathing, and meditation. The class will improve physical fitness, mental clarity, greater self-understanding, stress control, & general well-being. This class is for all skill levels.

\*Please notice we offer both Basic, Intermediate, and Ashtanga (or advanced) classes.

**Power Yoga:** A more intense yoga class that keeps your heart rate moving through various yoga poses. (30 minute class)

**Pilates:** An abdominal, low back, and glutes exercise class that focuses on breathing, flexibility, posture, muscular strength and muscular balance.

**Instructors choice:** A complete aerobic workout which may be kickbox, land or step for the cardio section. Muscle toning or stretching may or may not be involved.

**Butts N' Gutts:** Great 30 min. class over the lunch hour that works your entire body with muscle toning and core exercises.

**Drums Alive:** Feel the beat with this fun, energetic class. Use the stability balls as your drums and hammer away to the beat of the music for a fun cardiovascular workout. (30 minute class over lunch hour - evening class is 40 minutes)

**Happy Hour Basics:** A 60 minute workout structured for the beginner level participant. This is cardio plus toning.

**Kickbox Circuit:** An hour workout structured for the person looking for a different type of class utilizing punching and kicking combinations along with toning exercises. The kickbox circuit class will intermix cardio kickboxing moves and toning.

**Aerobic Mixer:** This class will give you a great aerobic workout. If you get bored easily, this is the class for you - it will incorporate many different styles of aerobic exercises. Build up a sweat with his hour cardio workout!

**Boot Camp:** One hour of intense cardio exercises from kickboxing to bosu step; while also focusing on muscle toning through hand weight & band exercise, and utilizing gliders for leg strength.

**N.O.W. "No Opportunity Wasted":** This 30 minute class is perfect for anyone who is cut short for time and looking for a fast workout. No excuses means 'No Opportunity Wasted', especially with this class of intermixed cardio, core, and strength conditioning.

**Cycling:** This class uses Lemond group cycling bikes and is designed to take you through several different training regiments to increase your cardio endurance. Limit of 10 participants per class.

**Friday Nite Dance Party:** Looking for some fun this Friday night? This dance class will take you through various dance moves including salsa, zumba, belly dancing, and hip hop. You haven't had this much fun exercising before!

**Chair Yoga:** This class is designed for people who want a good stretch but don't want to get down on the floor. Gentle upper and lower body stretches - ideal for people with arthritis or other joint problems.

**M&M (Miles & Muscle):** This class is designed for our wonderful Older Adult crowd! Come enjoy some fun walking, balance work, and light muscle toning. Invite a friend to join in!

**So Hard Core:** This class is designed for men and women and will include muscle work for the core and flexibility moves.

**SilverSneakers<sup>(R)</sup> Muscular Strength & Range of Motion:** Move to the music with 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 ball are offered for resistance, and a chair is used for seated and/or standing support

**Mommy to Be:** Light but fun workouts for the expectant mother. Light cardio and weight lifting combined with stretching and yoga type moves is perfect for those soon to be Mommies.

• All classes are between 30 & 90 minutes in length & are located in the Aerobic Studio, unless otherwise specified (8:30 Saturday class is 1 1/2 hour long class).

Aerobic Schedule  
Effective: January 2010

NOTE: Classes with the \* \_\_\_\_ \* symbol next to the name represents the class is held in the Meeting Room

