



**GROUP EXERCISE SCHEDULE**  
**July - August 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45 am <b>Spinning</b> Spin Room John	6:00-6:45 am <b>HIIT</b> Studio Catherine	6:00-6:45 am <b>Spinning</b> Spin Room John	6:00-6:45 am <b>HIIT (starts 7/14)</b> Studio Catherine	6:00-6:45 am <b>Spinning</b> Spin Room John	
	8:15-9:15am <b>Pilates</b> Area 2 Julie	8:15-9:15am <b>TNT</b> Studio Christian		8:15-9:15am <b>TNT</b> Studio Christian		8:00-9:15am <b>Power Yoga</b> Studio Rosie
			8:30-9:30am Yoga Area 2	8:15-9:15am Pilates Area 2 Julie		
9:00-9:45am <b>Aqua Bootcamp</b> Pool Laura	9:00-9:45am <b>Mild Water Movement</b> Pool Elaine		9:00-9:45am <b>Mild Water Movement</b> Pool Elaine	9:00-9:45am <b>Mild Water Movement</b> Pool Elaine		
	9:15-10:15am <b>Jazzercise*</b> STudio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	
9:30-10:30am <b>TNT</b> Studio Kris/Tricia*	9:30-10:30am <b>Power Yoga</b> Area 2	9:30-10:30am <b>Bootcamp</b> Gym Andre	9:30-10:30am <b>Spinning</b> Spin Room Catherine	9:30-10:30am <b>Bootcamp</b> Gym Andre	9:30-10:30am <b>Spinning</b> Spin Room Chermanda	
	9:30-10:30am <b>R.I.P.P.E.D.!</b> Gym Jen <b>NEW!</b>				9:30-10:30am <b>Kettlebell AMPD</b> Gym Kris <b>NEW!</b>	
	10:00-11:00am <b>60 &amp; Better Aerobics</b> Auditorium Elaine	9:45-10:30am <b>60 &amp; Better Strength</b> Auditorium Kris	10:00-11:00am <b>60 &amp; Better Aerobics</b> Auditorium Mariah	9:45-10:30am <b>60 &amp; Better Strength</b> Auditorium Kris	10:00-11:00am <b>60 &amp; Better Aerobics</b> Auditorium Elaine	
10:30-11:15am <b>TurboKick/Werq*</b> Studio Kris/Tricia <b>NEW!</b>	10:30-11:45am <b>Core &amp; More</b> Studio Jen <b>NEW!</b>	10:30-11:15am <b>TurboKick</b> Studio Kris	10:30-11:15am <b>TNT</b> Studio Catherine	10:30-11:15am <b>TurboKick</b> Studio Kris	10:30-11:45am <b>Core &amp; More</b> Studio Kris <b>NEW!</b>	
	5:30-6:30pm <b>Bootcamp</b> Studio Andre		5:30-6:30pm <b>Bootcamp</b> Studio Andre	5:30-6:30pm <b>TNT</b> Studio Catherine		
		5:45-6:45pm <b>Aqua Fit</b> Pool Laura	5:30-6:30pm <b>Power Yoga</b> Area 2 Rosie			
	6:15-7:15pm <b>Spinning</b> Spin Room Nate	6:00-7:00pm <b>Pilates</b> Area 2 Julie	6:15-7:15pm <b>Spinning</b> Spin Room Chermanda	6:00-7:00pm <b>Aqua Bootcamp</b> Pool Laura		
		6:30-7:30pm <b>Zumba</b> Studio Sue	6:30-7:30pm <b>Zumba</b> Studio Christy	6:30-7:30pm <b>Zumba</b> Studio Christy		

\*TurboKick and Werq will alternate Sundays starting 7/3/16 (7/3 is TurboKick)

Schedule subject to change without notice

# Class Descriptions

## Water Classes

**Aqua Bootcamp:** If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts. Non-swimmers are welcome. (Intermediate-Advanced)

**Aqua Fit:** Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance. (All levels)

**Mild Water Movement:** Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

## Mind Body

**Power Yoga:** Vigorous, fitness-based approach to vinyasa-style yoga. Students will move fluidly from one pose to the next while connecting their breathing to their movements. (All Levels)

**Yoga:** This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

**Yoga Motion:** Places emphasis on improvement of your mental well-being as well as your physical condition. This class focuses on combining asanas (poses) in a flowing sequence along with breathing techniques to challenge your body. (All Levels)

**Pilates & Yoga Fusion:** This class is the perfect blend of core strengthening Pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back, and glutes, combined with stress-relieving yoga exercises that focus on body, breath and mind, make this class an invigorating workout. (All Levels)

**Beginning Pilates:** This class focuses on the basic instruction of the pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (Beginner/All Levels)

**Barre Basics:** This class combines pilates, yoga and ballet moves to sculpt and tone all muscle groups - targeting the arms, legs and core. We will use light weights, balls, a barre (or chair), and a mat. This workout will help you reshape your body giving you long, lean legs, firm glutes, sculpted arms and tight abs. (Beginner-Intermediate)

**Pilates:** Intermediate/Advanced - The Advanced Pilates class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

**R.I.P.P.E.D.:** This program is comprised of Resistance, Intervals, Power, Plyometrics, Endurance and Diet. "Weights, Cardio, Fun and Done!" (All Levels)

## Land Classes

**Boot Camp:** Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength-training drills and tools to challenge the body. (Intermediate-Advanced)

**Spinning:** An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. (All Levels)

**Step & Sculpt:** This class utilizes a mixture of basic cardio step patterns and drills along with strength training to get the cardiovascular system pumping. This class utilizes interval training to intensify your workout. (All Levels)

**Tone and Tighten (TNT):** This class is a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (All Levels)

**Turbo Kick™:** Do you want to sweat? During this class, you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. (All Levels)

**Zumba:** You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels)

**Jazzercise:** A 60-minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels) Please contact Pam Coy at 330-606-0764 for price information.

**60 and Better Strength Training:** This 45-minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and, best of all, gives you ENERGY! Recommended for 60 and older but all ages are welcome. (All Levels) Nonmembers: \$30 for 10 classes

**60 and Better Aerobics:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels) Nonmember is \$30 for 10 classes.

**Core & More:** This low impact class will tone and strengthen the powerhouse of your body! Your core includes your abdominal muscles, back muscles and the muscles around the pelvis. You will also work on your glutes, hamstrings and buttocks. Training will incorporate standing, sitting, and floor exercises, as well as use a variety of equipment (All Levels)

**Kettlebell AMPD:** Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. (All levels)

**WERQ:** WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. (All levels)

## Group Exercise Level Guide

**Beginner:** For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

**Intermediate:** For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

**Advanced:** For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

**All Levels:** These classes allow participants to work at their own pace and comfort level.

**\*for the safety of our members participants must be 16 years of age or older\***