

AEROBIC SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--------------------------------|
| | BOOT CAMP 5:05-5:50am | | BOOT CAMP 5:05-5:50am | |
| Ride and Run 5:15-6:00 am | Morning Zumm 5:10-5:50 am | Ride and Run 5:15-6:00 am | Morning Zumm 5:10-5:50 am | Spin Cycle 5:15-6:00 am |
| Low Impact 7:00-7:45am | The Early Crunch Brunch 6:00-6:15 am | Low Impact 7:00-7:45am | The Early Crunch Brunch 6:00-6:15 am | Low Impact 7:00-7:45am |
| Seniorcize 8:10-9:00 am | Move and Tone 7:00-7:45 am | Seniorcize 8:10-9:00 am | Move and Tone 7:00-7:45 am | Seniorcize 8:10-9:00 am |
| Boot Camp (MPR) 9:00-10:00 am | YOGA 8:00-8:30am | Boot Camp (MPR) 9:00am-10:00 am | YOGA 8:00-8:30am | |
| Step Sculpt 9:05-10:00 am | Power Pump 9:00-10:00 am | Step Sculpt 9:05-10:00 am | Power Pump 9:00-10:00 am | Interval Step 9:05-10:00 am |
| A.F.E.P. 10:10-11:00 am | Beyond Spinning 10:10-11:00 am | A.F.E.P. 10:10-11:00 am | Beyond Spinning 10:10-11:00 am | A.F.E.P. 10:10-11:00 am |
| Walk Tall 11:10-12:00 noon | Aerobic Dance 11:00-12:00 noon | Walk Tall 11:10-12:00 noon | Aerobic Dance 11:00-11:30 am | Walk Tall 11:10-12:00 noon |
| Aerobics on the Go 12:10-12:50 pm | B.U.I.L.T. 12:10-12:45 pm | Aerobics on the Go 12:10-12:50 pm | B.U.I.L.T. 12:10-12:45 pm | |
| | Zumba Ripped 4:00-4:35 pm | Interval Step 4:00-5:00 pm | Zumba Ripped 4:00-4:35 pm | |
| Body Blast 4:00-4:45pm | YOGA 4:35-5:05 pm | | YOGA 4:35-5:05 pm | |
| ABS Class 5:15-5:30 pm | **TAI CHI 5:15-6:30 pm | ABS Class 5:15-5:30 pm | Super Spin 5:30-6:30 pm | |
| Rock Body 5:30-6:30 pm | FLEX 5:30-6:30 pm | Rock Body 5:30 – 6:30 pm | | |

CLASS DESCRIPTIONS

Aerobic Dance: Basic styles of general dance. Simple side steps with lots of repetitive add ins, just to keep the flow going. Nothing too complicated. Just a fun, *shake your groove thang(fast).. kind of class.*

Aerobics on the Go: Learn how to give your low impact status a high energy look without having to incorporate all high impact moves. This class is open – come one come all!!!

A.F.E.P.: (Arthritis Foundation Exercise program) – A group recreational activity program design specifically for people with arthritis. It includes exercise to improve range of motion, strengthen muscles, and build endurance. A.F.E.P. also works on body mechanics and relaxation techniques.

Beyond spinning: Have you been waiting for something new? Well your wait is over. Here is the new spin class that never gets tired, so make sure that you have lots of energy. Because the instructor does!!

Body Blast: Kick start your Monday with a full body blast ...Step ..Cardio and Strength training!

Body Rock: Come and enjoy the challenge... lots of cardio...resistance and strength training!!

Boot Camp: A class designed with the creativity of the instructor. Power and challenge!!!

B.U.I.L.T: Intensity at its bestcome get your full body work-out!!!

Flex: A full hour of nothing but body weight power and flexibility!!

Interval Step: Three (3) min intervals of step aerobics followed by two (2) min routines of muscle sculpting exercises. An efficient program that intermixes step cardio with muscle toning and strengthening exercises.

Low Impact: Low intensity level class designed for those just beginning or who wants a good workout with simple moves and easy (but effective) exercises. A good low impact cardio class for any level participant.

Morning Zumm: Basic zumba designed for anyone.

Move and Tone: What a way to start your day! Designed to focus on firming and building strength in all major muscle groups.

Power Pump: Intervals of energy burst for cardio, combined with muscle sculpting exercises, provide another time efficient program that intermixes intense cardiovascular exercise with solid muscle toning and strengthening. Designed to maximize overall intensity. You won't have time to get bored.

Ride and Run: A fat burning spin class that allows you to cross train. Join us for the first time ever of combining stationary cycling with indoor/outdoor running.

Seniorcise: This class helps to loosen stiff joints, strengthen weak muscles, and increase cardiovascular health. Free weights, dyna-bands, and a lot of repetition are utilized to fight the aging process.

Spin Cycle or Spinning: Burn more calories in less time!! This indoor cycling class will "spin" you into a heart pounding, calorie burning, NO IMPACT, workout!! Take a ride to a healthy heart and trim thighs. You could be on your way to a new weight loss adventure.

Step Sculpt: An intense super step work out with added body sculpting moves on Monday and Wednesday plus core!

Super Spin: 50 minutes of cardio followed by a 10 minute killer full body workout!

Walk Tall: This class specializes in osteoporosis therapy and preventive exercises. Designed to improve balance, strength, range of motion, and flexibility. Approved by the physical therapy department and based on recommendations of the physicians and author of Walk Tall. Exercises are performed using mats, therapy bands, and light dumbbells. Balance and stretches are also emphasized.

YOGA: 30 minute head to toe yoga work-out vinyasa style designed to give you more energy and overall well-being.

Zumba (Ripped): A Latin form of dance with a zest of international flavor with some combinations of hip hop. Designed to give you that aerobic and strength training your body needs.

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**Tai Chi and Tae Kwon Do are an extra fee. See receptionist for detailed descriptions and current prices.