

Schedule Effective January 2, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 Fit Fast Joanne WF	6:00-7:00 Warm Vinyasa Yoga Kerri YS	6:00-6:45 Power Interval Beth MS	6:00-7:00 Core Conditioning Patti MS	6:00-6:45 Weekend Spin Joanne SP	8:15-9:30 Warm Yoga Paula YS
6:00-6:45 Spin Express Penny SP	6:00-7:00 Core Conditioning Patti MS	7:30-8:25 Get Fit For Life Susi MS	6:00-7:00 Warm Vinyasa Yoga Jenn YS	7:45-8:45 Get Fit For Life Susi MS	8:15-9:45 Interval Training Beth MS
7:45-8:40 Get Fit For Life Susi MS	7:45-8:30 Pure Power Sculpt Lisa MS	8:00-8:45 Spinning Caitlin SS	7:45-8:30 Pure Power Sculpt Penny MS	8:00-8:45 Shuffle Spin Dave SP	8:45-9:45 Interval Spin Penny SP
8:30-9:30 Pilates Mat Patti YS	8:30-9:00 Express Spin Paula SS	8:35-9:20 Barre Technique Mary Jane MS	8:30-9:15 Fit Fast Darcy WF	8:30-9:30 Pilates Mat Patti YS	9:00-10:00 Aqua Flex Joanne P
8:45-9:30 Barre Technique Mary Jane MS	8:45-9:30 Rickenback-eoke 🕒 Lisa MS	9:30-10:15 Interval Spin Penny SP	8:45-9:30 Spinning Penny SP	8:45-9:30 Barre Technique 😊 Mary Jane MS	9:45-10:30 Core Revolution Penny MS
9:30-10:15 Spinning Darcy SP	9:15-10:00 Fit Fast Darcy WF	9:30-10:30 Fatburner Robbin MS	9:30-10:45 Vinyasa Yoga Karen YS	9:30-10:15 Spinning Gloria SP	10:00-10:45 Pilates Ring Joanne YS
9:40-10:30 Step Interval Joanne MS	10:00-11:00 Gentle/Yin Yoga Paula YS	10:15-11:00 Core Revolution Penny YS	9:35-10:35 Latin Groove Greg MS	9:35-10:20 Pi-Yo Patti YS	4:00-4:45 Spinning Paula SP
10:20-11:30 Warm Vinyasa Yoga Gwen YS	5:30-6:15 Family Fit Fast Helen WF	5:15-6:00PM Aqua Flex Darah P	6:15-7:00 Spinning Jon SP	9:40-10:40 Step & Sculpt Renee MS	
5:15-6:00 Aqua Flex Darah P	6:30-7:15 Tour de France Virtual Spin Darcy SP	6:00-7:00PM Samba Cardio ★ Maura MS (as of 1/16)	6:30-7:15 Barre Technique ★ Mary Jane YS	5:00-6:00PM Aqua Flex Darah P	
6:00-7:00 Sports Circuit Challenge Troy MP	6:30-7:30 Barre Technique Mary Jane MS	7:15-8:30 Yoga Gwen YS	6:30-8:00PM Sportsplex Extreme Peter MS		
6:15-7:00 Spinning Karen SP					
7:15-8:30 Yoga Gwen YS					
				Sunday	
				8:15-9:15 Spin Challenge Paula/Caitlin SP	10:00-10:30 Mini Sculpt Aileen MS
				9:00-10:00 Interval Training Aileen MS	10:00-10:45 Pilates Reformer on the Mat Joanne YS

KEY:
MS = Main Studio
YS = Yoga Studio
SP = Spinning Room
WF = Woman's Fitness Center
P = Pool
★ = New Class
🕒 = New Time
😊 = New Instructor

Class Reminders		
Spin & Fit Fast	Yoga Studio	Schedule
Sign up at the front desk begins 60 minutes prior to class. You may only sign up for yourself. No one is permitted to join class 5 minutes after it has begun. Please bring water bottle and towel.	Enter Yoga studio gently... respectfully do not enter 10 minutes after class has begun. Yoga studio temperature is kept warm - please dress accordingly.	Classes are subject to change or cancellation at any time. Management reserves the right to substitute or cancel "specialty classes" in cases of instructor unavailability or absence.
Snow Policy	Cancellations and/or delays in class schedule will be based on the severity of the weather and the availability of the instructor. Please call front desk for updated class information.	

Exercise Classes

AQUA FLEX ~ A great workout in the pool intended for swimmers, non-swimmers, those just starting to exercise or anyone wanting to cross train without stress to the body. Cardio movements along with muscular endurance and strength exercises round out the hour of wet sweat.

BARRE TECHNIQUE ~ Barre Technique - a free standing ballet bar will be the only piece of equipment used for this class. Standing exercises incorporate upper body workout, abdominals and lower body strengthening.

CORE CONDITIONING ~ A combination of sculpting, functional training & Pilates Mat.

CORE REVOLUTION ~Awaken Your Deep Core Muscles and roll away your aches and limiting bodily tightness with this unique class utilizing the foam roller. Feel the change instantly as you add length to tight muscle lines. Space is limited. Foam Rollers provided.

EXPRESS SPIN ~ A 30 minute abbreviated spin class Perfect for beginners and anyone looking for a quick efficient workout.

FAT BURNER ~By definition, you can burn more "fat" calories by keeping your workout at a medium intensity over 30-40 minutes and that's exactly what happens in our unique Fat Burner Class, followed up with some conditioning moves at the end, it'll be the exact recipe for meeting your weight-loss goals!

FIT FAST ~ No Time to Workout? Get a total body workout in just 45 minutes. This class incorporates intervals of strength machines and cardio. Class size limited to 16. Sign up at front desk 60 minutes prior to class.

FAMILY FIT FAST ~ Sportsplex makes it easier and FUN for families to stay fit together! This class welcomes both solo adult members and families with children at least 5 feet tall due to machine height requirements.

FIT FOR LIFE ~ Mild aerobics (for cardiovascular conditioning) along with muscle toning, and stretch work make this an excellent class for a total body workout. Geared toward those interested in a gentler, but, effective routine...As well as those returning to exercise after inactivity, just starting to exercise, recovering from injury or surgery, or resuming activity after childbirth.

INTERVAL TRAINING~ Alternating between stepping, light weight work and hi-lo aerobics this challenging class will keep you sweating and will help you rev up your metabolism for the entire day!

INTERVAL SPIN ~ Our regular spin class with the addition of intervals of hand weight sets. Strength work to compliment the cardio benefits of spinning.

LATIN GROOVE ~ Incorporating traditional dance moves like meringue, salsa and rumba, this dance-based class will leave your exhilarated and ready to hit the dance floor.

RICKENBACK-KEOKE ~ join Lisa for a fun-filled hour of singing (her) & laughing (you). This high energy cardio workout will use low-impact dance moves to leave you & your muscles humming.

PILATES MAT ~ (Regular or on-ball) Based on the teachings of Joseph Pilates, this is a great workout designed to strengthen all the core muscles of the trunk-the entire abdominal system, lower back, upper back, glutes and shoulders. All levels can participate, as modifications are given for beginners, intermediate and advanced. Work deep into the "belly" of these all important stabilizing muscles. Great for problem backs! Come with bare feet.

PILATES with RINGS ~ Bump up your Pilates Mat training to the next level! Rings increase resistance for Faster and More Targeted Zoning of Core Muscles.

PILATES with PROPS ~ Raise the bar on your Pilates Mat class with the introduction of props such as Rings and Therabands. These props increase resistance, isolate contrasting muscles and raise the coordination challenge.

PiYo ~ PiYo is a hybrid workout blending elements of Yoga and Pilates in a challenging, constantly moving format. This "fusion" workout incorporates dynamic balance and functional training. PiYo will challenge strength, balance and emphasizes the athleticism of Pilates and Yoga.

PURE POWER ~ Using barbells, this intense sculpting class will define muscles you never knew were there!

REFORMER ON THE MAT ~ Discover a new way to workout on the mat. Reformer-based exercises, incorporating props and aerobic flowing movement, access the weak areas of your body to uniformly build alignment, muscular balance and strength. This workout will really challenge your core.

SHUFFLE SPIN ~ Allowing the music to set the pace this spontaneous class will keep you guessing what hill is next!

SPINNING ~ Multiply the cardio benefits of stationary cycling by trying this group exercise class set to motivating music and instructor guided terrain. Sign up at the front desk 60 minutes prior to class.

SPORTS CIRCUIT CHALLENGE ~ This cardio class moves you quickly through a variety of stations that the teacher sets up.It combines aerobic segments and strength segments to give you a challenging heart-pumping workout that will tone your muscles as you train your heart. Prepare to sweat!

SPORTSPLEX EXTREME ~ If you consider yourself a hard core athlete who enjoys being pushed to your absolute physical limit, try this advanced class. Military type drills, stair climbing,and road runs are just a small part of this indoor/outdoor program.

YOGA Class Descriptions

GENTLE YOGA ~ An all-level, restorative yoga class designed to sooth and calm the physical and mental body. Poses are done seated and reclining with relaxation in between. Eye pillows are provided.

VIGOROUS YOGA ~ A more challenging Kripalu work out. Combines rhythmic breathing with a progressive series of flowing postures designed to promote strength, flexibility and tone. Bring a yoga mat, water and a towel.

Warm YOGA ~ Taught in the classic yoga style of 26 postures, each performed twice in a super heated room. Class runs one hour. Bring plenty of water and a towel.

YOGA FLOW ~ You have to be strong to be relaxed and relaxed to be strong... This class will begin with sun salutations followed by standing and seated asanas. Emphasis will be on grounding and sustaining of postures, producing internal heat and supple strength. Time will also be spent releasing tightness in the shoulders/neck and hips/low back.