



Fitness Classes Beginning March 1st, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am						Cycle Circuit w/Jim	
8:00am		Pilates w/Jean			Pilates w/Jean	Pilates w/Katy	Pilates w/Katy
9:00am		Aqua w/Jean	Yoga w/Jim	Yoga w/Jim	Aqua w/Jean	Aqua w/Katy	Aqua w/Katy
10:00am	Aqua w/Jim		Aqua w/Jim	Aqua w/Jim		Zumba w/Katy	Zumba w/Katy
5:00pm			Cycle Circuit w/Jim	Cycle Circuit w/Jim			
5:00pm			Aqua w/Katie	Aqua w/Katie	Pilates w/Jean		
6:00pm		Aqua w/Kelly	Zumba w/Katie	Zumba w/Katie	Aqua w/Jean		
6:00pm							



45 Minute Cycle- Our 45 minute Cycle is perfect for the intermediate cyclist, but will challenge the expert.

Aqua-Our water aerobics classes are designed for swimmers and non-swimmers. During this class you will be performing a combination of water aerobics, and water toning exercises. Use of water dumbbells, fun noodles, water gloves and kick boards will help you to receive a complete workout. (45 minutes)

Cycle Circuit- Our Cycle Circuit class combines strength, flexibility and cardiovascular training into one complete work out. Your instructor will lead you through a circuit of cardiovascular training on one of our spin bikes, and exercises to build strength using dumbbells, resistance bands, and stability balls. Participants will also enjoy range of motion exercises using traditional stretch methods and Tai-Chi (45 minutes).

Pilates-This is a beginner Pilates class, and is appropriate for most individuals. You will be learning Joseph H. Pilates techniques of physical conditioning. Doing Pilates on a regular basis will improve posture, muscle tone, strength and flexibility. (45 minutes)

Yoga- This is a beginning Hatha Yoga class that combines all physical styles of Yoga. It will consist of flexibility poses, breathing techniques, concentration of movement into poses, and relaxation to benefit people of all ages (45 minutes).

Zumba- Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance their worries away. Zumba is a "feel happy" workout that is great for the mind and body. (Gym Shoes Required)