



We build strong kids, strong families, and strong communities.

September 2008

*Effective 9/1/08

| TIMES | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|--|------------------------------------|--|--------------------------------|-------------------------------|
| 6:00 AM | Cycle | Cycle | Yoga ----- *Running Club | Cycle | Cycle | |
| 8:00 AM | | | | | | Yoga |
| 8:15 AM | Water Fitness | | Water Fitness | | Water Fitness | |
| 9:00 AM | Step & Sculpt | *Ashtanga Yoga - Level 2 | Step & Sculpt | *Ashtanga Yoga - Level 2 | Step & Sculpt | Cycle ----- Power Train |
| 10:00 AM | *Fitness Walk ----- Pilates | Step & Kick | Pilates | Step & Kick | *Fitness Walk | AB Lab |
| 10:15 AM | Cycle | | Cycle | | Cycle | |
| 11:00 AM | Rock Bottom | Total Body Sculpt | Rock Bottom | Total Body Sculpt | SilverSneakers Yoga Stretch | |
| 12:00 PM | Power Train | Cycle | Power Train | Cycle ----- Yoga | Cycle ----- Power Train | |
| 1:00PM | SilverSneakers Yoga Stretch | | | | | |
| 1:30 PM | | SilverSneakers I Muscular Strength | | SilverSneakers I Muscular Strength | | |
| 2:30PM | | SilverSneakers Splash | | SilverSneakers Splash | | |
| 4:30 PM | Step & Sculpt | | Yoga | Ab Lab (Starting 9/11) | | |
| 5:15 PM | Water Fitness | | Water Fitness | | Water Fitness | |
| 5:30 PM | Yoga ----- *Mat Pilates | Cycle ----- Power Train | Primal Scream (Returning Class) | Cycle ----- Power Train | | |
| 6:00 PM | Cycle ----- Flexibility Training | | Cycle | | | |
| 6:30 PM | | Ab Lab | | Ab Lab | | |
| 7:00 PM | Ab Lab | | Ab Lab | | | |
| 7:30 PM | | Water Fitness - Deep Water ----- Aquatic Exercise | | Water Fitness - Deep Water ----- Aquatic Exercise | | |

Aquatic Classes are held in the pool

Ashtanga Yoga - Level 2 is held in the youth fit room

Cycle classes are held in the 5th Floor Spinning Room

*Mat Pilates on Mondays is held in the Board Room

All other Classes are held in the 2nd Floor Aerobics Room

Classes that are continually having less than 6 individuals will be taken off the schedule if participation does not pick-up.

Aerobic classes are complimentary to members and \$10 for program members unless noted otherwise

Call 823-2191 x-222 with questions/concerns

* Ashtanga Yoga Level 2 is an advanced Yoga class. This class is 90 minutes.

*Fitness Walk - Meets at the Kirby Park Parking Lot. Call 823-2191 in case of inclement weather

*Running Club - Wednesdays at 6AM. Meet in Lobby. Call Tom at 823-2191 ext. 229 for more information.

Caring, Honesty, Respect, Responsibility

Ab Lab (M & W 7PM) (Th 4:30PM)(T & TH 6:30PM) (Sat 10AM)

This 30 minute class provides an intense, rock solid Ab and Back workout and will compliment your current exercise regimen.

Ashtanga Yoga - Level 2 (T & Th 9 - 10:30AM)

Ashtanga Yoga is an athletic form of yoga that coordinates movement with breathing , building strength & increasing flexibility.

Aquatic Exercise (T,Th 7:30 PM)

A National Multiple Sclerosis Society program, this exercise class is often recommended because it provides optimal exercise conditions for a person with MS. Chest high water provides support so people with MS can maintain balance.

Cycle (M, T,TH,F 6:00AM)(M,W,F 10:15AM)(T,Th,F 12:00PM)(M,W 6:00PM)(T,TH 5:30PM)(SAT 9:00AM)

Bring our outdoor cycling training indoors with our group cycle class. It provides athletic training to all ages and fitness levels. Please bring a towel and water bottle to class.

Fitness Walk - (F 10am) - Kirby Park

Come join us for this 45 minute group walk through Kirby Park. The walk is ideal for all ages and fitness levels. The group will meet in the Kirby Park parking lot by 10am on Fridays. Call 823-2191 in case of inclement weather.

Flexibility Training (M 6PM)

This stretching program is designed to decrease muscle tension and stiffness while simultaneously maintaining or improving overall flexibility.

Pilates - (M, W 10am), Mat Pilates - M 5:30 Held in Youth Fit Room

Core strength is a vital component of a healthy fitness program. Pilates mat exercises and other core based moves will create a strong foundation by increasing abdominal, back, and hip strength and flexibility. This unique conditioning class will improve posture & balance for a total mind & body connection.

Primal Scream (W 5:30PM)

Ignite your metabolism with this "back to the basics" approach to looking and feeling your best. The key to achieving your best body ever is to stop thinking about the calories you burn during your workout and start focusing on the calories you will be burning the other 23 hours of the day. Keep your body's fat-burning furnace running, all day long with this intense weight training class.

Power Train (M, W & F 12:00 PM) (T, Th 5:30 PM) (Sat 9:00 AM)

Pump up your body. Designed to increase strength & muscle endurance with the use of free weights and plate loaded barbells.

Rock Bottom (M & W 11:00AM)

This quick lower body strengthening class is just what you need for the season! It will help you to slim down your mid section, butt, and thighs just in time for summer!

Running Club (W 6AM)

A Non-Competitive 4-6 mile run. Contact Tom at 823-2191 ext. 229 for more information.

SilverSneakers® (T,Th 1:30 PM)

Multi-level equipment based strength and conditioning exercises designed for active older adults.

The exercises are designed to improve strength, flexibility and functional activities.

SilverSneakers® Splash (T, TH 2:30PM)

Activate your aqua exercise urge for variety! SilverSneakers offers LOTS of Fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

SilverSneakers® YogaStretch (F 11AM)

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Step & Kick (T, TH 10AM)

A Combination of traditional Step, Cardio Kickboxing and Core Conditioning. A challenging class full of Variety!

Step & Sculpt (M,W,F 9AM) (M 4:30PM)

Movements are performed on and off a step platform with or without risers. This class consists of basic step patterns for the new stepper as well as options for the more advanced participant. Intensity level is determined by speed, travel, and execution of movement. Increase your cardiovascular strength and endurance.

Total Body Sculpt (T & TH 11:00 AM)

This is a total body strengthening class targeting arms, shoulders, back, legs and abs using a variety of resistance equipment.

Water Fitness (M,W,F 8:15 AM) (M,W,F 5:15 PM)(T,Th 7:30PM)

These classes are a fun and invigorating way to exercise. Most of the classes are conducted in the shallow end of the pool. Classes are enhanced by music, and are designed to stretch and tone the main muscle groups as well as promoting cardiovascular fitness, reduce stress, improve physical appearance and develop a sense of well-being.

Yoga (M 5:30 PM) (W 6AM & 4:30PM) (TH 12PM) (Sat 8:00 AM)

Promoting flexibility and strength through body, mind, and spirit. Various breathing techniques and poses will be combined to reduce stress, increase flexibility, and enhance general well-being.

