

Club Fitness Group Fitness

Summer 2010

Effective Summer-September 6th updated 6-9-10

Blue color indicates Classes Offered FREE with Your Membership

Green color indicates classes that require a separate fee and advanced registration

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.			Cycle Expresso 5:45-6:30 a.m.		Cycle Expresso 5:45-6:30 a.m.		
6 a.m.				Cycling-KM Aerobic studio 6-6:45 a.m.			
8 a.m.	CycleAM Alt/week Circuit- AB 8:30-9:15 a.m.		Morning Fit-DS 8-8:45		Morning Fit-DS 8-8:45	Turbo-Kick AB/DS 8:20-9:05- Starting June 11 th .	Zumba/Sculpt DS & AB 8:30-9:30 Zumba/ Turbo-Kick Alt/ week.
9 a.m.		Hydro-fit-ST 9-10 a.m. pool Zumba-LD 9:15-10:15 am	Cardio/Sculpt-DS 9-10 a.m. Hydro-fit- D.S. 9-10 a.m. pool		Zumba!-DS 9-10 a.m. Hydro-Fit-D.S. 9-10a.m. pool	Water Walking- ST 9-10 pool Pilates-CW 9:15-10:15 a.m.	Hatha Yoga-SF 9:45-10:45 a.m
10 a.m.		Senior aqua fit - S.T. (in the pool) 10:15-11:15 a.m. Yoga-SF 10:15-11:15 a.m. Sliver Sneakers 11:30-12:30 p.m.	Seniors in Motion-D.S. 10-11 a.m. pool	Sliver Sneakers R.O.M. (range of motion). 11-12 p.m. with Genice (for the 65+ crowd)	Calisthenics D.S. 10:15-11:15a.m. Seniors in Motion-D.S. 10-11 a.m. pool	Aqua for Arthritis-ST 10-11 a.m. pool Hatha Yoga-SF 10:15-11:15 a.m.	
4 p.m.		Boot camp for kids 6/14-7/19 4-7 yr 8-14 yr 12:30-1 PM. \$36M/\$48 bethanie			Stroller fitness 6/3-7/8 4-5 p.m \$35/\$43 Abs & Legs-GW 5:15-6 P.M (on the track).		
5 p.m.		Circuit –KM 5:15-6 p.m.	Turbo-Kick-A.B 5:15-6:15 p.m.	On the ball! 5:15-6 p.m.	Circuit –KM 5:15-6:00 Pilates 6:15-7:10-cw		
6 p.m.		Hydro-Fit-DS 6-7 P.M. pool	Zumba-DS 6:15-7:15 p.m.	Hydro-fit-K.M. 6:15-7p.m.	Gliding Thurs 6/3-6/17 \$26/\$33NM 6:15-7p.m.		
7 p.m.		WOW 6/7-6/21 Mon 7-8 p.m M&W 6/7-6/23 1day \$28/\$34NM 2days \$41/\$50NM Belly Dancing 6/7-7/12 7-8 p.m. Adv. Boot camp M/W 6/7-7/14 6:30-7:30 p.m. \$88 M/\$109NM Bethanie	5K TRAINING Tues/Thurs. 6/8-7/15 7:15-8:15 \$47/\$62 Bethanie	Hatha Yoga-S.F. 7:15-8:15 p.m.	Beg Bootcamp 7:15-8:15 6/8- 7/13 \$47/\$62NM OR 2 nights @ \$88/\$109NM Frank 5K TRAINING 6/8-7/15 7:15- 8:15 Tues/Thurs \$47/\$62 Bethanie		
8 p.m.		Belly Dancing int/adv 8-9 p.m 6/7-7-12	Kettlebell 6:15-7 p.m. with Frank 6/1-6/15 \$25/\$32		ROPES GONE CRAZY 6- 6:45p.m. 6/11- 6/25. \$25/\$32		

Group Fitness Class Descriptions Summer 2010

Classes may vary during sessions

Indoor Cycling: No impact, cardio stationary bike workout. Instructor leads class with music over varying visual terrain. For all fitness levels. PLEASE TRY TO ARRIVE EARLY SO THE INSTRUCTOR CAN ASSIST IN THE PROPER SETUP OF YOUR BIKE.

Seniors in motion: INSTRUCTOR CAN ADAPT FOR YOUR COMFORT. Set in our recreational pool, water classes ranging from low to moderate. This class will incorporate both shallow and deep water muscular and cardiovascular conditioning utilizing the latest aquatic gear.

Hatha Yoga: A traditional yoga practice offering poses that increase flexibility, decrease joint stress and allow you to become familiar with muscular action and reaction. Body and mind focus together for optimal stress relief as well as full-body muscular awareness.

Hydro-fit - This class is great for all levels. It will give you a great workout by working within your limitations. The instructor will teach you how to use all the latest aqua toys, while helping you build strength and get your heart rate up.

Cardio/Sculpt: Time flies when you're having fun! You will never be bored in this class as you move from a cardio station to a strength station. This is a great way to get your heart pumping while sculpting your muscles.

Turbo Kick- A funky, fun way to use all your total body. This class is a high energy, kick box class. Get ready to kick some butt!

Senior fit-(ages 50+). A great way to lose the noodles and the water for the day, this class is safe for your joints, yet very effective for your waist line. This class will get you lean, and help you build muscle strength.

ZUMBA- A Latin dance class that will make you salsa through Addison. A great cardio class that will keep you coming back for more! Learn different Latin dances while burning calories.

B.A.L.L.- Tone from head to toe! Sculpt your arms, legs and core, all with the ball. Dumbbells and body bars will also be used!

Circuit- This class will jump start your evening! Enjoy non-stop body sculpting accompanied by heart pumping cardio. Full range of motion exercises combined with stretching, core stability, balance, and lots of sweat!

Sculpt & Chisel- Anything goes in this challenging cardio class: step, hi/low, cardio kickboxing, and athletic drills. The instructor will mix it up to keep you moving and give you a complete cardio workout.

Water Walking: This class is great for all fitness levels! It's great for people that want a low impact workout, also great for post knee or hip rehab patients.

Aqua for Arthritis: Do you have arthritis? Do you have a hard time working out on the fitness equipment? Well if you do, this class is for you! This class is easy on your joints but still gives you a great workout!

Calisthenics: This is a form of organized exercises consisting of a variety of simple movements. This class is done with little or no equipment! It's designed for you to use your own body weight, to increase strength and flexibility. If you want a military style workout, this one's for you!!!

Silver Sneakers: This class is a great class for 65+ crowd. This is a chair based cardio/strength training class that will give you a great workout! You will be getting up and down from a chair, building strength, and flexibility. Silver sneakers, great for your mind, body & soul

Classes and times may vary. Club Fitness reserves the right to change or cancel classes due to lack of participation. As with any exercise regimen, please consult your physician prior to beginning exercise. A Health Release Questionnaire MAY BE REQUIRED prior to attending any group fitness activity. A physician's release form may be requested based upon information obtained.

***Please check our summer fun guide for registered class descriptions.**