

# EFFECTIVE APRIL 4, 2011

GROUP FITNESS CLASS SCHEDULE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p><b><u>CLASS DESCRIPTIONS:</u></b></p> <p><b>Step:</b> Cardiovascular aerobic workout of moderate to high intensity using the Step (45-60 minutes).</p> <p><b>Tone &amp; Stretch:</b> Classic floorwork, muscle &amp; core conditioning, toning, &amp; stretch (45-60 minutes).</p> <p><b>ZUMBA:</b> (60 Minutes) Dance your way to a fitter you with unique dance moves and rythms!</p> <p><b>ZUMBA BELLY DANCE:</b> (60 minutes) Fitness belly dance moves using high energy Zumba music. <b>WOMEN ONLY</b></p> <p><b>Y-PLYO: HIGH</b> Intensity class consisting of Plyometrics - calisthenics &amp; repeated/timed movements such as jump training (30 minutes)</p> <p><b>Power Pump:</b> Resistance training for your whole body includes the best weight-room exercises and the use of barbells and free weights! (45 minutes)</p> <p><b>Ab Lab:</b> 30 minutes of core work, focusing on the abs, obliques, and back</p> <p><b>Y-Biking:</b> (45-50 minutes) Non-impact, high intensity workout on a stationary bike in a group class setting!</p> <p><b>Y-Biking Express:</b> (35 minutes) Non-impact, high intensity workout on a stationary bike in a group class setting!</p> <p><b>SilverSneakers:</b> (60 minutes) For the active older adult, improves overall strength, flexibility, &amp; balance.</p> <p><b>Rhyth-Mix:</b> (60 minutes) Continuous movement for the Active Older Adult. Bend, Stretch &amp; Step with more Vitality!</p>	
	5:15 a.m.	<b>Step</b> Laura	<b>Y-Biking</b> Chris	<b>Step</b> Laura	<b>Y-Biking</b> Gene	<b>Power Pump/ Bootcamp</b> Chris/Laura			
	8:30 a.m.	<b>ZUMBA</b> Angelica	<b>Tone &amp; Stretch</b> Mischelle	<b>ZUMBA</b> Angelica					
	9:30 a.m.	<b>SilverSneakers MSROM</b> Mischelle	<b>Rhyth-Mix</b> Mischelle	<b>SilverSneakers MSROM</b> Mischelle	<b>Rhyth-Mix</b> Mischelle	<b>SilverSneakers YogaStretch</b> Mischelle	<b>Y-Biking</b> Chris/Bud		
	12:00 p.m.	<b>Y-Biking Express!</b> Bud	<b>Y-Biking Express!</b> Bud	<b>Y-Biking Express!</b> Bud	<b>Y-Biking Express!</b> Bud				
	4:45 p.m.		<b>Y-PLYO</b> Laura		<b>Y-PLYO</b> Laura				
	5:00 p.m.	<b>Y-Biking</b> Bud		<b>Y-Biking</b> Chris					
	5:15 p.m.		<b>Ab Lab</b> Chris		<b>Ab Lab</b> Laura				
	5:30 p.m.	<b>Step</b> Mischelle		<b>Step</b> Stacey		<b>ZUMBA</b> Lyn/Jean/Angelica			
	5:45 p.m.		<b>Power Pump</b> Carrie		<b>Power Pump</b> Carrie				
		<b>Y-Biking</b> Gene		<b>Y-Biking</b> Bud					
6:30 p.m.	<b>ZUMBA</b> Lyn	<b>ZUMBA</b> Lyn	<b>ZUMBA</b> Jean	<b>ZUMBA</b> Lyn/Jean/Angelica					
7:30 p.m.			<b>ZUMBA Bellydance</b> Jean						