



FITNESS CLASS SCHEDULE

MAY 2012

Contact the Gym Desk with Questions at 273-7707 or Call Suzi Teitelman,
Group Fitness Coordinator for Fitness Class Information at 285-1111 ext. 7521

MONDAY





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>8 A.M. AQUACIZE 60 minutes (Cindy)</p> <p>8:30 A.M. STRENGTH TRAINING 45 minutes (Deb) <i>Indoor Cycling Rm</i></p> <p>9 A.M. STEP COMBO CIRCUIT 60 minutes (Heather) <i>Aerobics Room</i></p> <p>9 A.M. WATER JOGGING 45 minutes (Cindy)</p> <p>9:30 A.M. INDOOR CYCLING 45 minutes (Deb) <i>Indoor Cycling Room</i></p> <p>10 A.M. EXPRESS ABS 15 minutes (Heather) <i>Aerobics Room</i></p> <p>10:30 A.M. MID-TEMPO MIX 60 minutes (Angel) <i>Aerobics Room</i></p> <p>10:30 A.M. YOGA FLOW 70 minutes (Sherri) <i>Indoor Cycling Room</i></p> <p>10:30 A.M. AQUACIZE 60 minutes (Linda)</p> <p>11:45 A.M. PEACEFUL YOGA 60 minutes (Sherri) <i>Aerobics Room</i></p> <p>4 P.M. RESTORATIVE YOGA 75 minutes (El) <i>Aerobics Room</i></p> <p>6 P.M. BEGINNER RUNNING (Bruce)</p> <p>6 P.M. MAT PILATES 60 minutes (Pattie) <i>Aerobics Room</i></p> <p>6:15 P.M. DISTANCE CYCLING 80 minutes (Katie) <i>Indoor Cycling Room</i></p>	<p>5:30 A.M. RIP CURL 45 minutes (Angel) <i>Aerobics Room</i></p> <p>6 A.M. INDOOR CYCLING 45 minutes (Kathy) <i>Indoor Cycling Room</i></p> <p>7 A.M. SLOW FLOW YOGA 60 minutes (Mia) <i>Aerobics Room</i></p> <p>8 A.M. AQUACIZE 60 minutes (Cindy)</p> <p>8:15 A.M. CORE TRAINING 45 minutes (Heather) <i>Aerobics Room</i></p> <p>8:30 A.M. BEACH BOOT CAMP 45 minutes (Angel) <i>Beach</i></p> <p>8:30 A.M. INDOOR CYCLING 55 minutes (Cara) <i>Indoor Cycling Room</i></p> <p>9 A.M. CARDIO CIRCUIT 60 minutes (Heather) <i>Aerobics Room</i></p> <p>9:15 A.M. DEEP WATER NOODLE 45 minutes (Kellie)</p> <p>9:30 A.M. INDOOR CYCLING 45 minutes (Cara) <i>Indoor Cycling Room</i></p> <p>10 A.M. EXPRESS ABS 15 minutes (Heather)</p> <p>10:15 A.M. RIP CURL 45 minutes (Cara) <i>Indoor Cycle Room</i></p> <p>10:30 A.M. AQUACIZE (Kellie)</p> <p>10:30 A.M. ZUMBA 60 minutes (Gail) <i>Aerobics Room</i></p> <p>11 A.M. SMART YOGA 60 minutes (Suzi) <i>Indoor Cycling Room</i></p> <p>11:45 A.M. SILVER SCULPT & STRETCH 60 minutes (Gail) <i>Aerobics Room</i></p> <p>5:30 P.M. YOGA FLOW 60 minutes (Suzi) <i>Aerobics Room</i></p> <p>6 p.m. TAI CHI  60 minutes (Tess) <i>Beach</i></p> <p>6:15 P.M. INDOOR CYCLING 45 minutes (Kathy) <i>Indoor Cycling Room</i></p>	<p>5:30 A.M. CYCLE/STRETCH 45 minutes (Angel) <i>Indoor Cycling Room</i></p> <p>8 A.M. AQUACIZE 60 minutes (Linda)</p> <p>8 A.M. MAT PILATES 45 minutes (Pattie) <i>Aerobics Room</i></p> <p>9 A.M. CARDIO CIRCUIT 60 minutes (Cathy) <i>Aerobics Room</i></p> <p>9 A.M. WATER JOGGING 45 minutes (Linda)</p> <p>9:30 A.M. RIP CURL 45 minutes (Angel) <i>Indoor Cycle Room</i></p> <p>10:30 A.M. MID-TEMPO MIX 60 minutes (Gail) <i>Aerobics Room</i></p> <p>10:30 A.M. PEACEFUL YOGA 60 minutes (Didier) <i>Indoor Cycling Room</i></p> <p>10:30 A.M. AQUACIZE 60 minutes (Shannon)</p> <p>11:45 A.M. DISCOVER YOGA  60 minutes (Suzi) <i>Aerobics Room</i></p> <p>11:45 A.M. INDOOR CYCLING 45 minutes (Angel) <i>Indoor Cycling Room</i></p> <p>5 P.M. KID'S KARATE 45 minutes \$10 a class (David) <i>Aerobics Room</i></p> <p>6 P.M. BEGINNER RUNNING (Bruce)</p> <p>6:15 P.M. DISTANCE CYCLING 80 minutes (Katie) <i>Indoor Cycling Room</i></p>	<p>5:30 A.M. CORE TRAINING 45 minutes (Angel) <i>Aerobics Room</i></p> <p>6 A.M. INDOOR CYCLING 45 minutes (Kathy) <i>Indoor Cycling Room</i></p> <p>7 A.M. PEACEFUL YOGA 60 minutes (Didier) <i>Aerobics Room</i></p> <p>8 A.M. AQUACIZE 60 minutes (Kellie)</p> <p>8:15 A.M. CORE TRAINING 45 minutes (Amy) <i>Aerobics Room</i></p> <p>8:30 A.M. INDOOR CYCLING 55 minutes (Cara) <i>Indoor Cycling Room</i></p> <p>9:15 A.M. DEEP WATER NOODLE 45 minutes (Kellie)</p> <p>9:15 A.M. CARDIO CIRCUIT 60 minutes (Molly) <i>Aerobics Room</i></p> <p>9:15 A.M. INDOOR CYCLING 45 minutes (Cara) <i>Indoor Cycling Room</i></p> <p>10:30 A.M. RIP CURL 45 minutes (Cara) <i>Indoor Cycle Room</i></p> <p>10:30 A.M. AQUACIZE 60 minutes (Suzi)</p> <p>10:30 A.M. POWER FLOW 90 minutes (Marcy) <i>Aerobics Room</i></p> <p>11:30 A.M. ZUMBA 60 minutes (Gail) <i>Indoor Cycling Room</i></p> <p>12:45 P.M. SILVER SCULPT & STRETCH 60 minutes (Gail) <i>Aerobics Room</i></p> <p>5:30 P.M. YOGA FLOW 60 minutes (Suzi) <i>Aerobics Room</i></p> <p>6:15 P.M. INDOOR CYCLING 45 minutes (Kathy) <i>Indoor Cycling Room</i></p>	<p>8 A.M. SMART YOGA 60 minutes (Suzi) <i>Aerobics Room</i></p> <p>8 A.M. AQUACIZE 60 minutes (Cindy)</p> <p>8:30 A.M. CORE TRAINING 45 minutes (Angel) <i>Indoor Cycling Room</i></p> <p>9 A.M. STEP 60 minutes (Heather) <i>Aerobics Room</i></p> <p>9:30 A.M. YOGA BLUE 40 minutes (Suzi) <i>Adult Pool</i></p> <p>9:30 A.M. INDOOR CYCLE 45 minutes (Angel) <i>Indoor Cycling Room</i></p> <p>10:30 A.M. AQUACIZE 60 minutes (Suzi)</p> <p>10:30 A.M. MID-TEMPO MIX 60 minutes (TBA) <i>Aerobics Room</i></p> <p>10:30 A.M. POWER FLOW 70 minutes (Sherri) <i>Indoor Cycling Room</i></p> <p>11:45 A.M. PEACEFUL YOGA 60 minutes (Sherri) <i>Aerobics Room</i></p> <p>4 P.M. KID'S KARATE 45 minutes \$10 a class (David) <i>Aerobics Room</i></p> <p>5 P.M. HAPPY HOUR YOGA 60 minutes (Abby/Mary Ellen) <i>Aerobics Room</i></p>	<p>8 A.M. DISCOVER YOGA 60 minutes (Mia)  <i>Aerobics Room</i></p> <p>8:15 A.M. INDOOR CYCLING 60 minutes (Crystal) <i>Indoor Cycling Room</i></p> <p>9 A.M. BEACH BOOT CAMP 45 minutes (Colleen/Shannon) <i>Beach</i></p> <p>9:15 A.M. PEACEFUL YOGA 60 minutes (Mia) <i>Aerobics Room</i></p> <p>9:30 A.M. SMART CORE/STRENGTH 45 minutes (Deb) <i>Indoor Cycling Rm</i></p> <p>9:30 A.M. AQUACIZE 60 minutes (Madalin)</p> <p>10:30 A.M. MAT PILATES 60 minutes (Pattie)  <i>Indoor Cycling Room</i></p> <p>10:30 A.M. ZUMBA 60 minutes (Gail) <i>Aerobics Room</i></p>
					<h3>SUNDAY</h3> <p>9 A.M. INDOOR CYCLING 75 minutes (Zena) <i>Indoor Cycling Room</i></p> <p>9:30 A.M. BEACH YOGA 60 minutes (Suzi) <i>On the Beach</i></p> <p>4 p.m. SLOW FLOW YOGA 75 minutes (Mia) <i>Aerobics Room</i></p>

GYM HOURS

Monday - Friday
Saturday
Sunday

5 a.m. - 9 p.m.
5 a.m. - 8 p.m.
7 a.m. - 8 p.m.

CLASS DESCRIPTIONS

CARDIO

CARDIO CIRCUIT / STEP CIRCUIT Using a variety of training devices, steps, weights, etc, you will get an intense cardio workout and a full body exercise experience. This is a high energy, and high level of intensity class.

INDOOR AND DISTANCE CYCLING An intense cardiovascular workout designed to recreate the outdoor experience of cycling. This 45 to 75 minute class incorporates an interval style of aerobic training, climbing hills, riding flat terrains and quick breakaways. Distance is 80 minutes. Time includes all set up, breakdown, and cleaning of the floors and bikes.

MID-TEMPO MIX A 60-minute class with 30 to 45 minutes of high and low impact choreography designed for a beginning to intermediate aerobic workout. Strength training may be included during the allotted time.

AQUACIZE An aerobic, strength and flexibility 60-minute water class designed for a total body workout, using the water's resistance..

DEEP WATER NOODLE is a deep water exercise class that limits stress on the joints, helps to improve strength and provides a cardiovascular workout! Take off at the end that we have belts, only noodles and aqua floats are provided.

CYCLE/STRENGTH circuit training on and off the bike. Alternating light weights and strength training moves while on (and off) the bike, climbing hills, and riding fast flats! Strengthen your upper body while toning your legs and strengthening your heart. A total body workout!

CYCLE/STRETCH This class combines 30 minutes of cycling with 15 minutes of cool down stretching. Perfect for any fitness level.

ZUMBA Zumba is a Columbian word which means to MOVE FAST and HAVE FUN. This new fitness program inspired by Latin rhythms, combines high energy easy-to-follow dance moves with resistance training techniques to burn calories and fat while toning and sculpting the body.

STRENGTH

RIP CURL Experience a total body workout for all levels, with plenty of squats, presses and curls. straight up strength training for everyBODY. Whether you are a seasoned weight lifter or weight training for the first time, you are welcome to experience the success of increasing bone density, muscle tone and getting ripped.

SILVER SCULPT & STRETCH will incorporate cardio movements, sculpting, balance flexibility, and toning designed for those in their silver years.

MAT PILATES Using mats and special props, participants will be guided through a regimen of exercises designed to strengthen the core. Expect a leaner torso, stronger abs and back, and improved posture and flexibility. There is no charge for these classes.

CORE TRAINING Learn techniques with a variety of weights (dumb bells and smartbells) and equipment to improve core strength, cardio fitness, improve balance, strengthen core muscles and emphasis body alignment. This approach is geared for overall body strength.

SMART CORE/STRENGTH Using a 3 lb., 6 lb., or 12 lb. Smartbell, you will work every major body part, promoting flexibility, coordination, aerobic and anaerobic conditioning, while strengthening and toning. Open to all levels.

KID'S KARATE Learn the basics of Karate and Tae Kwan Do while increasing confidence, self esteem, assertiveness, and power. \$10 per class.

EXPRESS ABS 15 minutes of focused core exercises to make your abs strong and lean.

STRETCH AND ROLL a traditional stretching class using various equipment and also incorporating the foam rollers to increase flexibility and deep tissue massage. All levels and ages welcome.

MIND/BODY

DISCOVER YOGA PVIC's most basic yoga class, this is a great place for those new to yoga. Discover and explore Hatha Yoga postures integrateing correct alignment in yoga postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. While you coordinate movement with breath, you will increase your flexibility as well as deepen your awareness of self.

HAPPY HOUR YOGA Start the weekend being happy and relaxed with this upbeat yoga flow class designed to rejuvenate you after a work week filled with stress.

PEACEFUL YOGA A progressive yoga class of stretching and strengthening postures, combined with breath work and mental focus to improve your total well-being. Beginner to Intermediate level.

POWER FLOW Traditional Yoga postures that give a full body workout with emphasis on increasing flexibility and balance through repetition that is designed to strengthen all major muscle groups. Yoga breathing techniques and mental focus are incorporated into this modality. This is an advanced class, prior yoga experience is recommended

RESTORATIVE YOGA A therapeutic style of Yoga that uses props to support the body to deepen the benefits of the poses. It is a soothing and nurturing practice that promotes the effects of conscious relaxation. Great for beginners, seniors, and those recovering from injuries.

SMART YOGA A traditional vinyasa yoga class, that flows from one pose to the next, but incorporates a 3 lb., 6 lb., or 12 lb. Smartbell in all the postures. Adding the Smartbell to yoga will help alignment of postures, increase flexibility and power. Good for people who feel they have low flexibility, men, golfers and seniors. Open to all levels.

YOGA FLOW An all level, challenging body/mind adventure incorporating asanas, breathing and mindfulness for a complete yoga experience. Sculpt a leaner, stronger body while releasing stress and fatigue.

SLOW FLOW YOGA A slower and more gentle version of Yoga Flow. This body, mind and spirit yoga class builds stamina and strength as well as developing grace and flexibility.

BEACH YOGA Suzi Teitelman will bring her "Yoga Flow" style class to the beach. Get harmonized and energized by incorporating yoga postures with the sand and sun. Be prepared to get sandy while you calm the mind and bring vitality to the body. No mats needed, towels provided. All levels. (weather permitting - please call the gym desk 30 min prior)

YOGA BLUE is 40-minute class of traditional yoga postures, breath work and meditation, all conducted in the swimming pool. Participants will not be going under water. Ages 15 and up.

FITNESS CLASS GUIDELINES

- Please register at the Gym Front Desk before entering class.
- If you are new to aerobics, please let the instructor know so that he or she can acquaint you with the class format.
- A warm-up is an integral part of each class. To prevent injuries to yourself and as a courtesy to others, please be on time for the start of the class. Doors will be closed 10 minutes after the start time.
- Please wear proper attire. Black-soled shoes that leave marks on the floor will not be permitted.
- Please, no cell phones or pagers while the class is in session.
- You must be sixteen years of age in order to participate in all fitness classes. Children between the ages of thirteen to fifteen years of age may participate in fitness classes if accompanied by their parent or guardian.
- Class instructors are subject to revision.
- Classes are taught to a wide range of fitness levels. Please workout at your own pace and comfort level. All participants should consult a physician prior to exercise.
- Water exercise classes are cancelled if the air temperature is 45 degrees or below.

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