



Spring Group Schedule - Effective April 9th, 2012



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15a								
8:30a						8:30a		
9:30a								
9:40a						1:30p		
10:40								
NOON							<p><b>Attention Group Access Members:</b> Remember to get your class pass at the front desk for ALL classes</p>	
5:15p								
5:45p								
6:00p							<p> <i>These classes are located in the WoodFloor Room</i></p>	
6:45p	 <i>In the Dark!!!</i>							

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30a								
11:30								
5:30p								
7:00-9:00p		<b>Family Swim Must be 3 yrs and up</b>				2:00-4:00p		<b>Family Swim Must be 3 yrs and up</b>

# getting to know your classes

Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform - all to challenge you like never before. Reach Your Peak with Group Core!



Discover new heights with Group Step®! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



## Workout Of the Day -

A fun workout for all ages and fitness levels. Developed by our own Coaching Staff to help you get the most out of your 30 minutes.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and or standing support. (45 min.)



Group Kick® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!



Improve your flexibility, strength, breathing, and core muscle groups by participating in this exciting class recognized by the Diabetic Foundation. It's a great combination of Chair Yoga and Chair Tai Chi. 45 min



Exercise to music in an aquatic environment. Work to your own tolerance with the resistance of water. Fun for all fitness levels. We offer Senior, Intermediate and Advanced (45-60 min)

Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



A Tai Chi is a set of exercises or specific, carefully orchestrated movements that take on the appearance of a dance of sorts. Its practice promotes flexibility, balance and physical control. Tai Chi is now nationally recognized as an effective way to improve health and fitness through gently flowing movements that are relaxed, slow and non-impact. The Arthritis Foundation of America accepts Tai Chi as a comprehensive form of exercise to improve: balance, posture, heart and lung function, relieve pain and stiffness, as well as stress, improve concentration and improve energy flow. (60 min)

If you can move, you can ZUMBA! You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating music. Supportive, funky, easy going instructors help you get a move on with Zumba!



## PLEASE NOTE:

Class Schedules are subject to change based on attendance and instructor availability. We are always looking for new instructors. If you are interested, please see Katie.

**Bring Water to ALL Classes!**