



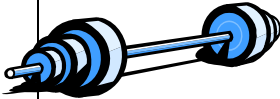


# Group Fitness Schedule - JULY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
6:00am-Ball Pilates-Lisa 8:00am-Rise and Tone-Lisa 8:30am-Super Sizzle-Annie 9:00am-Ball Pilates-Lisa 12:00pm-Power Lunch-Annie 5:00pm-KB-Adrienne 5:00pm-Cycling-Lisa 6:00pm-Pilates-Lisa	12:00pm-Tai Chi-Sue 4:15pm-CHOP! the Fat!!!-Garrett 5:30pm-Basic Step-Charlene 6:30pm - ZUMBA - Melanie	6:00am-Pilates-Lisa 8:00am-Rise and Tone-Lisa 8:30am-Super Sizzle-Annie 9:00am-Pilates-Lisa 12:00pm-Power Lunch-Annie 5:15pm-Cycling-Barbara 6:00pm-Serious Curves-Barbara 7:15pm-Line Dancing-Adrienne	8:15am-Treading-Barbara 9:00am-Body Blast-Barbara 4:15pm-Zumba-Barbara 5:00pm-Total Body 6:00pm-Step Interval-Charlene	6:00am-Pilates-Lisa 8:00am-Rise and Tone-Lisa 8:30am-Super Sizzle-Annie 9:00am-Pilates-Lisa 12:00pm-Power Lunch-Annie	9:00am-ZUMBA-Melanie
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## HealthQuest - Group Fitness Class Descriptions

**I-Beginner** - Classes are designed for the participant who has never experienced a class setting or for those who are returning from an injury, pregnant, returning from maternity leave, or are in their senior years. Choreography is modified, allowing participants to work at their own pace.

**II-Intermediate** - Classes are designed for the participant who has experienced several beginner classes and is ready to make a transition to the next level.

This class may offer higher intensity and involve more choreography. The participant must be aware to monitor his/her fitness level.

**III-Advanced** - Classes are designed for the participant who has experience and confidence in themselves and their instructor. These classes incorporate intricate choreography, quick cueing and high level of intensity.

**Masala Bhangra-(30-45 min)** Dance your way to fitness!! Unique Indian dance and fun cardiovascular moves mix for a great workout. **Level I,II,III**

**KB - (Aero-Box) -(45-60 min)** Cardio Kickboxing - A non-contact kickboxing class using fun kick and punch combinations. A great class for fat burning as well as muscle conditioning. Come prepared to work and have fun. Leave feeling powerful!!! **See specific times for class difficulty levels**

**PILATES - (30-45 min)** Increase strength and stability in core abdominal and postural muscles. Develop long, lean muscles, enhance flexibility and improve strength and body alignment using controlled flowing movements. If you're running a little late for am Pilates, come on in and join anyway. **Levels I, II, III**

**Line Dancing - (30-60 min.)-** Join us for a great cardiovascular workout as you learn some fun line dances. **Levels I, II, III**

**Total Body Conditioning-**A complete workout that combines athletic cardio drills and strength training that works on muscle endurance, strength, and core control.**Levels II,III**

Be prepared to sweat and have fun with these challenging, easy to follow intervals of cardio, lower and upper body exercises followed by functional core work and a relaxing stretch

**Power Lunch** - Come join us for an exciting workout that you can squeeze in on your lunch break. This is a **30 minute instructor's** choice total body workout including body sculpting or Pilates. This class will utilize various equipment such as the ball, body bars, weights and more..... **Levels I, II, III**

**20/20/20- (60 minutes)-** A combination class of 20 miutes KB, 20 minutes Step and 20 minutes of weight lifting. Great variety class!! Levels I, II, III

**"Super" Sizzle** - This fitness class is designed to be a 10-15 minute organized low impact aerobic warm-up with **"Super"**vised cardiovascular work, an introduction to the equipment in the gym, followed by a cool-down incorporating the use of therabands and hand weights. **Levels I, II, III**

**Serious Curves -(30-60 min)** Do you want curves and definition? Bands, weights, body bars, and steps are used to strengthen and shape the body. **Levels I, II, III**

**Step -(45-60 min)** This is a step aerobics class incorporating more advanced choreography for the more experienced stepper. **Levels II, III**  
**See specific times for class difficulty levels**

**Treading** - A group fitness class on treadmills. This class utilizes a variety of different combinations of inclines & speeds that help produce an invigorating, effective, and entertaining workout. **(30-60 minutes) Levels I, II, III**

**Tai Chi (30-45 min)-** Meditative, slow-moving motions that exercise all muscles, joints and tendons; it promotes balance, flexibility and circulation.**Level I**

**Chop the Fat- (45-60 minutes)-** Total body high intensity aerobic and strength training based on the principals and techniques oftraditional Japanese karate. **Levels II, III**

**Ball Pilates-(30 min)** A class to strengthen your core (abs, low back, etc) and improve balance using low impact exercises with the stability ball. **Levels I,II,III**

**Cycle (30-45 min)-**After you have learned the basics of cycling, come put your cardiovascular endurance to the test of a true cycling class!!!

**Kick Box/Boot Camp-KB/BC (30-45 min)** - East meets west when basic training drills are combined with cardio kickboxing **Levels 1,II,III**

**Body Blast-** A workout to target the entire body. Lower includes squats, lunges, plyometrics and balance exercises.

Upper includes exercises to target back, chest, biceps, triceps and shoulders using a variety of equipment and body weight. **Levels 1,II,III**