

# March 2010

## SPORTS AND FITNESS CENTER

### Group Exercise



#### ABS/CORE

A WORKOUT THAT STRENGTHENS YOUR CORE FOR BETTER POSTURE AND OPTIMAL BODY ALIGNMENT TO REDUCE FATIGUE IN THE LONG RUN.

#### STEP / STEP & TONE

A CLASSIC WORK-OUT THAT BURNS CALORIES AND TAKES IT UP A NOTCH. THIS CLASS USES A STEP WITH OR WITHOUT RISERS SO THE LEVEL OF DIFFCULTY CAN BE ADJUSTED. IT PROVIDES A MORE INTENSE LEG WORK-OUT THAN MOST AEROBIC CLASSES AND USES WEIGHTS TO MAXIMIZE RESULTS! SUITABLE FOR ALL FITNESS LEVELS.

#### BOOT CAMP

A GRUELING WORKOUT RANGING FROM RUNNING AND JUMPING JACKS TO PUSH-UPS, SQUATS AND SIT-UPS. APPEALS TO PEOPLE WITH BUSY SCHEDULES WHO NEED TO PACK A HARD WORKOUT IN 45 MINUTES.

#### YOGA

A BLEND OF STRENGTH TRAINING AND STRETCHING FOR A TOTAL BODY FITNESS EXPERIENCE. THIS CLASS BUILDS MUSCLES IN ALL AREAS OF THE BODY AND HELPS KEEP YOU FLEXIBLE FOR INCREASED MOBILITY. A FINAL RELAXATION AT THE END OF EACH CLASS HELPS UNWIND AND CALM THE MIND.

#### ZUMBA

A FUSION OF LATIN RHYTHMS THAT FEATURED INTERVAL TRAINING SESSIONS COMBINED WITH TRAINING RESISTANCE TO SCULPT AND TONE YOUR BODY WHILE BURNING FAT.

#### CIRCUIT TRAINING

INTERVAL TRAINING IN WHICH STRENGTH EXERCISES ARE COMBINED WITH ENDURANCE/ AEROBIC EXERCISES, COMBINING THE BENEFITS OF BOTH A CARDIOVASCULAR & STRENGTH TRAINING WORKOUT.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1700 YOGA STEPH G.	2 1645 ABS/CORE STEPH G.  *1730* ZUMBA JENNY	3 0730 INSTRUCTOR'S CHOICE STEPH G.	4 *1700* STEP LAURA  *1800* ZUMBA JENNY	5 *0600* CIRCUIT TRAINING CHANELLE  1700 YOGA STEPH G.	6 *1000* Zumba Jenny
7	8 *0600* BOOTCAMP CHANELLE  1700 YOGA STEPH G.	9 1645 ABS/CORE STEPH G.  *1730* ZUMBA JENNY	10 0730 INSTRUCTOR'S CHOICE STEPH G.	11 *1700* STEP LAURA  *1800* ZUMBA JENNY	12 *0600* CIRCUIT TRAINING CHANELLE  1700 YOGA	13 *1000* Zumba Jenny
14	15 1700 YOGA STEPH G.	16 1645 ABS/CORE STEPH G.  *1730* ZUMBA JENNY	17 0730 INSTRUCTOR'S CHOICE STEPH G.	18 *1700* STEP LAURA  *1800* ZUMBA JENNY	19 1700 YOGA STEPH G.	20 *1000* Zumba Jenny
21	22 *0600* BOOTCAMP CHANELLE  1700 YOGA STEPH G.	23 1645 ABS/CORE STEPH G.  *1730* ZUMBA JENNY	24 0730 INSTRUCTOR'S CHOICE STEPH G.	25 *1800* ZUMBA JENNY	26 *0600* CIRCUIT TRAINING CHANELLE  1700 YOGA	27 *1000* Zumba Jenny
28	29 *0600* BOOTCAMP CHANELLE  1700 YOGA STEPH G.	30 *1730* ZUMBA JENNY	31 0730 INSTRUCTOR'S CHOICE STEPH G.			
						*FIP*: FITNESS IMPROVEMENT PROGRAM

\*\*\*CLASSES OR INSTRUCTORS ARE  
SUBJECT TO CHANGE\*\*\*

