












Group Fitness Class Schedule - FALL 2011

4655 Sonoma Ranch Blvd

524-2447

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Indoor Cycle	5:30 AM Butts & Guts	5:30 AM Indoor Cycle	5:30 AM Muscle Fusion	5:30 AM Indoor Cycle		
6:40 AM Muscle Fusion		6:40 AM Step-A-lates*		6:40 AM Cardio* Combo	7:10 AM Indoor Cycle	
8:15 AM Step*	8:00 AM Muscle Fusion	8:15 AM Hip Hop*	8:00 AM Cardio* Kick	8:15 AM Step*	8:10 AM Awesome Abs	
	9:00 AM Cut to* the Core		8:50 AM Pilates*		8:35 AM Muscle Fusion	
9:10 AM Power Flow Yoga	9:40 AM Indoor* Cycle	9:10 AM Yoga	9:40 AM Indoor* Cycle	9:10 AM Yoga		
10:20 AM  MSROM	10:35 AM  Cardio Circuit	10:20 AM  MSROM	10:35 AM  Cardio Circuit	10:20 AM  Cardio Circuit	9:45 AM Yoga	
11:20 AM*  YogaStretch	11:40 AM  MSROM	11:20 AM*  YogaStretch	11:40 AM  MSROM	11:20 AM*  YogaStretch	11:00 AM ZUMBA	
12:00 PM Beginning Flow Yoga*		12:00 PM Beginning Flow Yoga		12:00 PM Beginning Flow Yoga*		1:00 PM Indoor Cycle*
		3:30 PM ZUMBA Toning				2:00 PM 20/20/20
4:30 PM Cut to* the Core	4:30 PM Ultimate Fitness	4:30 PM Pilates*	4:30 PM Muscle Fusion	4:30 PM ZUMBA		3:10 PM ZUMBA
5:25 PM Cardio Kickboxing	5:30 PM Cycle Xpress	5:25 PM Muscle Fusion	5:30 PM Cycle Xpress	5:30 PM Boot Camp		
6:25 PM Gentle Yoga	6:10 PM Cut to the Core	6:25 PM Yoga	6:10 PM Cut to the Core	6:30 PM Yoga		
7:25 PM ZUMBA	6:40 PM ZUMBA	7:25 PM ZUMBA	6:40 PM ZUMBA Toning			

Changes to Saturday class times effective 10/16/11

*Indicates 35, 40, or 45-min Class



Group Fitness Class Descriptions

20/20/20: This is a 60-minute class consisting of 20 minutes of aerobic exercise, 20 minutes of body toning exercises using dumbbells, weighted bars, and/or resistance bands, 10-15 minutes of core exercises, and 5-10 minutes of stretching exercises. (Beginner to Advance)

Beginning Flow Yoga: This is a 45-min class that will introduce you to Flow Yoga and will give you the foundation to feel comfortable participating in ANY yoga class. (Beginner)

Boot Camp: This is a 60-minute class that combines basic calisthenics, sports conditioning, & strength training with the latest cutting edge exercise techniques. Strength drills infused with brief bursts of cardio provide an energy intensive, fat blasting workout. (Beginner to Advance)

Cardio Combo: This is a 60-minute class that adds variety to your workout by allowing the instructor to change the structure of the class. This class will give you a cardio workout and tone your muscles. Muscular strength and endurance will be increased using dumbbells, weighted bars, resistance bands, and exercise balls. (Beginner to Advance)

Cardio Kickboxing: This is a high-impact cardiovascular workout that blends elements of boxing, martial arts, and traditional aerobics into a 60-minute class. A combination of punches, kicks, & knee strikes interspersed with a bouncing “base” move will be utilized to increase cardiovascular fitness, increase strength & flexibility, improve coordination & balance, & sharpen reflexes. (Beginner to Advance)

Cut to the Core: This is a 20-45 minute class that will properly train & strengthen the core muscles. You will learn how to engage your core to maximize results. (Beginner to Intermediate)


Cycle Xpress: This 40- minute class combines well-choreographed dance moves in a fun way to help you improve & maintain the shape of your body. (Beginner to Intermediate)


Hip Hop: This class consists of a 45- minute ride designed to increase your cardiovascular endurance. (Beginner to Intermediate)


Indoor Cycle: This class is guaranteed to give you a great cardiovascular workout. You will be taught how to adjust the bike properly and proper cycling form, all while simulating a ride that takes you across flat terrain, up hills, through valleys, etc. (Beginner to Advance)

Muscle Fusion: This 60-minute barbell class was designed to shred your fat and define your muscles. Transform your body through higher reps and lower weights, combined with cardio sport intervals with a bonus surprise to maximize your results! (Beginner to Advance)

Pilates: This is a class that uses exercise balls, resistance bands, and/or light weight dumbbells to increase the strength of the entire core. This class will increase your flexibility and tone your muscles to give your body that longer, leaner look you’ve been wanting. (Beginner to Advance)

 **Cardio Circuit:** This is a 60-minute class designed specifically for seniors 65 years of age and older. Cardiovascular & muscular endurance is increased by alternating strength exercises using dumbbells, bands, & a ball with non-impact aerobics. A chair (if needed) is offered for support.

 **MSROM:** This is a 60-minute class designed specifically for seniors 65 years of age and older. A variety of support positions utilizing combinations of a chair (if needed), dumbbells, bands, & a ball are introduced to increase strength, balance, & range of motion.

 **YogaStretch:** This is a 35-minute class designed specifically for seniors 65 years of age and older. This class consists of a series of seated and standing Yoga poses designed to increase flexibility, balance, and range of movement. Chair support is offered as needed.

Step: This class will give you an incredible cardiovascular workout as you move over, around, and behind the step. It’s like dance aerobics, but incorporates the step to give you a more intense workout. (Beginner to Advance)

Step-A-Lates: This 45-min class combines the intense cardiovascular workout of step aerobics with the core strengthening elements of Pilates. (Beginner to Advance)

Ultimate Fitness: Get the most out of your workout with this 45-minute class that alternates between intervals of cardio and strength exercises. (Beginner to Advance)

Yoga: This class consists of a series of postures timed with the breath to increase strength, balance, and flexibility. Yoga strives to bring the mind and body in harmony with one another. Yoga not only helps you increase your core strength, flexibility, and balance, but also helps relieve and reduce stress. This class also sculpts long, lean muscles. (Beginner to Advance)

ZUMBA: This is a 60-min class that features Latin dancing with an International zest to increase your cardiovascular endurance and tone and sculpt your body. If you love to dance, try out this class! (Beginner to Advance)