






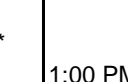




Group Fitness Class Schedule - SUMMER 2010

4655 Sonoma Ranch Blvd
524-2447

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Indoor Cycle	5:30 AM Ultimate Fitness*	5:30 AM Indoor Cycle	5:30 AM Ultimate Fitness*	5:30 AM Indoor Cycle		
7:00 AM Cardio Combo		7:00 AM Cardio Combo		7:00 AM Cardio Combo	7:25 AM Indoor Cycle	
8:15 AM Step*	8:10 AM Cardio* Sculpt	8:15 AM Step*	8:10 AM Cardio* Sculpt	8:15 AM Step*	8:15 AM Simply* Strength	
9:10 AM Yoga	9:10 AM Pilates*	9:10 AM Yoga	9:10 AM Pilates*	9:10 AM Yoga	9:10 AM Cardio Kickboxing	
10:20 AM  MSROM	10:20 AM  Cardio Circuit	10:20 AM  MSROM	10:20 AM  Cardio Circuit	10:20 AM  MSROM	10:15 AM Yoga*	
12:00 PM Beginning Flow Yoga*	1:00 PM  MSROM	12:00 PM Beginning Flow Yoga*	1:00 PM  MSROM	11:20 AM*  YogaStretch	12:25 PM ZUMBA	1:00 PM Indoor Cycle*
4:30 PM Pilates	4:30 PM Ultimate* Fitness	4:30 PM Pilates*	4:30 PM Ultimate* Fitness	4:30 PM ZUMBA		2:00 PM 20/20/20
5:30 PM Cardio* Kickboxing	5:30 PM Cycle & Core	5:30 PM Cardio* Kickboxing	5:30 PM Cycle Xpress	5:30 PM Boot Camp		3:10 PM ZUMBA
6:20 PM Yoga		6:20 PM Yoga	6:00 PM Body Sculpt Xpress			
	6:40 PM ZUMBA		6:40 PM ZUMBA			

Summer Schedule Starts TUESDAY, JUNE 1ST!

* Indicates 45-minute 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 and resistance bands, 10-15 minutes of core exercises, and 5-10 minutes of stretching exercises. (Beginner to Advance)

Belly Fit: This is a 60-Min Egyptian Belly Dancing Class that works the entire the body, especially the core. This class will help you sculpt long, lean muscles, isolate your abdominal muscles, increase your flexibility, and improve your coordination all while learning proper techniques of Belly Dancing.

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)

Body Sculpt Xpress: The 30-minute version of the above class. (Beginner to Advance) Combine with Cycle Xpress for a cardiovascular workout.

Cardio Combo: This is a 45-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. (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)

Cardio Sculpt: This is a 60-minute class that increases cardiovascular endurance and muscular strength and endurance by alternating between cardio exercises and resistance training exercises using any combination of dumbbells, resistance bands, steps, exercise balls, and mats. (Beginner to Advance)


Core-N-More: This is a 45-minute class that utilizes core balls to engage the muscles of the core while sculpting, defining, and toning the muscles of the body. A combination of resistance bands, dumbbells, and body bars will used to increase muscular strength & endurance. This class works the entire body. (Beginner to Advance)


Cycle & Core: This is a 60-minute class consisting of 40-minutes of indoor cycling to increase your cardiovascular endurance and 20-minutes of core exercises. This class is perfect for individuals who want an introduction to indoor cycling. (Beginner to Intermediate)


Cycle Xpress: This class consists of a 30- minute ride designed to increase your cardiovascular endurance. (Beginner to Intermediate)

Indoor Cycling: This is a 60-minute class 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)

Pilates: This is a class that uses exercise balls, resistance bands, and 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 45-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.

Simply Strength: A multi-level class for everyone interested in increasing their muscular strength and endurance. This easy-to-follow workout will challenge all of your muscles using a variety of equipment, with simple principles for a complete muscle changing workout! (Beginner to Advance)

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)

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)