

Group Fitness Schedule

Classes and Instructors are subject to change without notice.

**July
2010**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	POLICIES: 1. Be on time to ensure your space in class & to discourteous & distracting to the class 2. If you have a special medical consideration, consult with your doctor prior to participation 3. Wear good aerobic shoes (no black soles) 4. For the safety of your children and the enjoyment of others, children not participating in the class may not enter. 5. No cell phone use during classes.
Morning Classes							
5:45AM	Cycle Alicea	Cycle Alicea	Cycle Alicea	Cycle Janelle/Julie			
8:00AM		Water Fitness Alicea		Water Fitness Alicea		Cycle 8am Alex	
8:30AM	Cardio Training Alex	Core Fusion Diana	Kickboxing Laura	Core Fusion Diana	Cardio Kick/Bootcamp Laura*	Core Fusion 9am Alex	
9:30AM	Bodyworks Diana	Cycle Alex	Bodyworks Diana	Cycle Alex	Bodyworks Diana	Yoga 10:00 * Jill	
10:30AM	Yoga Sharon	Strength&Stretch Diana	Yoga Chris	Strength&Stretch Diana	Yoga Chris		
Afternoon Classes							
12:00PM	Water Fitness Alicea		Water Fitness Alicea		Water Fitness Janelle		
3:30PM-		Youth Martial Arts Ages 6-13 yrs (45min.) Michael	2:30 Hip/Hop age 5-8 3:30 Hip/Hop age 9-12 Brienne *	Youth Martial Arts Ages 6-13 yrs (45min.) Michael			
4:30PM	Coreworks Debbie	Cardio Kick/Bootcamp Debbie	Coreworks Debbie	Cardio Kick/Bootcamp Debbie		Children's Cove: Morning M - F: 8am-12pm Evening M-W: 4pm-7:30pm T-TH:3:30-7:30pm Fri. 4pm-6pm Sat. 8:00am-12pm Sun. Closed	
5:30PM	Zumba Ileana	Yoga Chris	Zumba Dale	Bodyworks Alex			
6:30PM	Cycle Julie		Cycle Julie		Facility Hours: M-F: 5:30am-9pm Sat. 7am-5:30pm Sun. 12pm-5:30pm		
7:30PM	Yoga Jenny		Water Fitness Janelle (7:00PM)				

** Adult classes are 55 minutes

* New Class

Group Fitness Class Descriptions

Bodyworks: A total body muscle conditioning workout using weights and stability balls. It's like having a personal trainer.

Cardio Kick/Bootcamp: This class is a blend of kickboxing and bootcamp exercises for a fat burning workout.

Coreworks: A total body muscle conditioning workout using a stability ball and weights.

Cardio Training: This class is a blend of cardio and muscle conditioning exercises for a fat burning workout.

Cycle: A cycling class set to music and performed on a bike for a total aerobic workout. We recommend you bring a small towel.

Core Fusion: A blend of Pilates, stability ball training and functional core training for a complete body workout.

We recommend you bring a large towel, Yoga mats provided.

Kickboxing: A high energy fun class combining martial arts and kickboxing techniques for a high intensity cardio workout!

Strength/Stretch: A basic muscle conditioning class focusing on the core and ending with therapeutic stretching . Great for seniors.

Water Fitness: An adult, multi-level exercise in the pool featuring cardiovascular training set to upbeat music that includes muscular conditioning and flexibility.

Yoga: A blend of Yoga postures to promote strength, flexibility and balance. We recommend you bring a large towel, Yoga mats provided.

Youth Martial Arts: Free for full-members, no registration necessary. This group class is for ages 6-13 years old. Improve your self-confidence, self-respect and respect for others, discipline, coordination while practicing skills that would help you overcome a variety of difficult situations.

Instructor Michael Szydlowski is a 2nd degree place belt with 26 years experience and has been teaching since 1992.

Zumba: Come join the fun! Infectious music, easy to follow dance moves and body-beautifying benefits!

Group Fitness Coordinator-Diana Klein

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