

# Group Exercise Class Schedule

## August 2010

Classes	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aerobics--Step n Tone		6PM	5:30AM				
Aerobics-- Toning & Abs					5:30AM		
Ball/Weights/Rebounding				6PM			
Core Buster			6PM				
Kickboxing							8:15AM
Yoga					7:15PM		
Spinning	Class has been suspended until September.						
Shake It Up Cardio				9:30AM			
Tai Chi			9:30AM	7:15PM	9:30AM		
Belly Dancing							9:30AM
Classes are subject to change per management discretion. See other side for class descriptions.							

### Group Exercise Descriptions

*Each class will consist of warm-up, cardio and/or resistance training, cool down, and stretching.*

#### Aerobics

##### Step n Tone

This is a combination class using step training for the first half and toning with weights and exercise bands in the second half.

##### Toning and Abs

This class uses bands, weights and your own resistance in toning all the muscle groups (15-20 minutes of solid abdominal moves).

#### Ball/Weights/Rebounding

Mixing Stability ball and rebounding is an excellent way to achieve cardio conditioning with core strengthening.

#### Core Buster

Strengthen, tone, define and add flexibility to your entire core – fun and challenging!

#### Kickboxing

This class offers a complete muscle-sculpting and cardio workout while gaining better balance, agility, and self-confidence.

#### Yoga

Excellent for developing relaxation techniques while improving flexibility and strength.

#### Spinning

Awesome cardio and total body workout with virtually no impact. Bikes are limited—first come, first serve.

#### Shake It Up Cardio

Low impact cardio to 50s music! Includes dancing, rebounding, stepping, and ball-Pilates ring work. FUN!

#### Tai-Chi – Arthritis Foundation Exercise Program

Arthritis and lack of range of motion keeping you down? Tai-Chi has been proven to decrease arthritis irritation while increasing flexibility. Tai-Chi has also been proven as a great stress reduction/relaxation technique.

#### Dancing

Come learn the ancient art of Belly Dance for all over toning and cardio, while having lots of fun!