

# **Group Exercise Schedule-** Lied Activity Center

**Start Date:** May 5, 2008 **End Date:** June 21, 2008

No classes May 24 or May 26 /Make ups-June 23 & June 28

**Week of** \_\_\_\_\_

## **MONDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
8:30 to 9:15am	Active Adult Fitness	Batting Cage	Renee
9:15 to 10:00am	Circuit Training	Batting Cage	Renee
9:30 to 10:25am	Sea Circuits	Pool	Sandra
5:30 to 6:25pm	Pilates	Batting Cage	Sarah
6:30 to 7:25pm	Water Works	Pool	Annette

## **TUESDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
8:30 to 9:15am	Tai Chi	Batting Cage	Sandra
9:15 to 10:00am	Cardio Mix	Batting Cage	Sonja
9:30 to 10:25am	Water Works	Pool	Barb
5:30 to 6:25pm	Rep Reebok	Batting Cage	Sarah
6:00 to 6:55pm	Aqua Power	Pool	Amanda

## **WEDNESDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
8:30 to 9:15am	Active Adult Fitness	Batting Cage	Colleen
9:15 to 10:10am	Fusion Fitness	Batting Cage	Colleen
9:30 to 10:25am	Hydro Interval	Pool	Barb
5:30 to 6:25pm	Flow Yoga	Batting Cage	Vicki
6:30 to 7:25pm	Water Works	Pool	Vicki

## **THURSDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
8:30 to 9:15am	Tai Chi	Batting Cage	Sandra
9:15 to 10:00am	Zumba	Batting Cage	Colleen
9:30 to 10:25am	Sea Circuits	Pool	Barb
5:30 to 6:25pm	Rep Strength	Batting Cage	Precy
6:00 to 6:55pm	Aqua Power	Pool	Robin

## **FRIDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
8:30 to 9:15am	Active Adult Fitness	Batting Cage	Annette
9:15 to 10:00am	TBC	Batting Cage	Sonja
9:30 to 10:25am	Water Works	Pool	Annette

## **SATURDAY**

<b>Time</b>	<b>Class Format</b>	<b>Location</b>	<b>Instructor</b>
9:15 to 10:00am	Circuit Training	Batting Cage	Rotates
10:30 to 11:25am	Hydro Interval	Pool	Rotates

**Active Adult Fitness**-(Adults 50 & up) Complete a series of strength building exercises, cardio movements and stretching exercises for all major muscle groups. Chair and standing modifications will be offered.

**Aqua Power**-Enjoy moves in the water that will keep you moving for 30 minutes and then alternating patterns of lower and upper body resistance training

**New- Cardio Mix**- Non-stop moving in this cardio class will increase your endurance. Workouts can include aerobics, sport drills, kickboxing and step aerobics.

**New-Circuit Training**-Maximize your AM workout time by getting a rotation of strength/endurance training and cardio all in one class. Use the step, tubes, weights, medicine balls and an exercise mat for a variety of exercises.

**Flow Yoga**-Increase your flexibility, endurance, and balance with standing and seated yoga flowing poses. Complete your practice with relaxation!

**Fusion Mind/Body**-Two disciplines in one great class. Pilates will focus on strengthening the core: abdominal muscles, hips, thighs and back. Yoga will focus on muscle flexibility, strength, balance, and relaxation.

**Hydro Interval**-The focus is on decreasing your recovery time while working at higher intensity levels. Cardio patterns are offered as recovery patterns followed by timed higher intensity working positions.

**Sea Circuits**-Increase your resistance and speed/power in the water with lots of equipment and exercise options.

**Pilates**-Focuses on the core section of the body: abdominals, low back, and hips with a progressive workout on a mat. Exercises are performed seating and standing. Sculpt firm flat abdominals and create strength and flexibility in your body's core.

**Rep Strength/Power**-Tone up, burn fat and increase your metabolism in this strength workout that incorporates the use of dumbbells and barbells for a total body strength workout. In this format, we will perform exercises with a higher resistance for a short period while utilizing increased weight load.

**Rep Endurance**-Burn major calories in this interval format Rep Reebok class. This format involves lifting weights at a low-to-moderate intensity for several repetitions. We will combine resistance work with cardio segments for a fun and energizing workout.

**Tai Chi** (short-Form) (Adults all ages)-As a form of the Martial Arts Tai Chi is beneficial to those wanting stamina, stress reduction and better flexibility. Join us for this refreshing mind/body workout.

**TBC--Total Body Conditioning**- You will experience total body conditioning and cardio endurance exercises for all major muscle groups by using a variety of equipment. Experience a stronger body and overall increased muscle tone.

**Water Works**-Participate in 35-40 minutes of cardio exercises followed by resistance exercises for select muscle groups.

**New-Zumba** is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective workout! The routines feature aerobic/fitness interval training with a combo of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **Today's Hottest Fitness Phenomenon**