

2008 Schedule of classes

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.					Stretch, Balance & Strengthen
11:30 a.m.	CrossFit 11:30-12:30	Ab Blaster	Core Conditioning	Ab Blaster	Core Conditioning
11:45 a.m.		Sculpt	Cardio/Circuit	Cardio/Sculpt	Cardio/Circuit
3:00 p.m.	Back to Basics		Back to Basics		
4:30 p.m.	Cardio/Sculpt	15/30/15	Pilates	15/30/15	*Yoga (4:00-5:00 on Fridays only)
5:30 p.m.	Yoga	Step & Sculpt	Yoga	Step & Sculpt	

Updated: 9/30/08



Class Descriptions

Ab Blaster– A 15 minute class designed to challenge your core and develop your abdominal strength and endurance.

Cardio/Circuit– Move from one activity to another performing fun cardio activities to upbeat music that will get your heart & muscles pumped.

Core Conditioning– A 15 minute intense total Core workout. Quick and efficient, you'll be in and out in no time with impressive results.

CrossFit–The principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Back to Basics– A no-frills, basic class for those who just want to keep moving for an hour. After warming up the body, transition to a low to medium-low intensity cardiovascular workout, upper and lower body strength training, and abdominal exercises. Finish with a relaxing cool down to reduce post-workout muscle aches.

Pilates– Pilates teaches balance and control of the body through movements designed to improve strength and flexibility, increase lung capacity and circulation and develop both muscular and mental coordination.

Sculpt– A complete head-to-toe workout using dumbbells, elastic tubes, balls, steps and stability balls to improve muscular strength, endurance and balance. Suitable for all levels.

Senior Circuit– A class that focuses on Core strength, flexibility, coordination, muscular strength, endurance, and overall health.

Step & Sculpt– A jam-packed hour of Step aerobics and Body Toning for the intermediate/advanced Step participant. Be prepared for high energy, cardiovascular workout!

Stretch, Balance & Strengthen– Wake up your muscles with 20 minutes of stretch, 20 minutes of balance and 20 minutes of strengthening.

Yoga– Through deep breathing and meditation, basic yoga postures, and gentle movement, you will develop strength and flexibility, release stress, and nurture your body's mind and spirit. Suitable for all fitness levels.

15/30/15– The first fifteen minutes is dedicated to warming up the muscles followed by thirty minutes of moderate to advanced step aerobics that is easy to follow. Moves are not complicated to maximum exercise benefit. The final fifteen minutes target the cool down of the body's muscles; exercises are taken directly from top fitness magazines, such as Men's Health and Shape.