



# GROUP EXERCISE

## January 2012 Morning

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  <b>HAPPY NEW YEAR!</b>	<b>2</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>3</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 No Class	<b>4</b> 6:00 Hard Core 8:15 20 min. Cycle 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>5</b> 5:15 NO CLASS 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 No Class	<b>6</b> 6:00 Indoor Cycle 8:15 20 min Cycle 9:00 G.I. JABB 10:00 Water Aerobics 10:00 Yoga	<b>7</b> 8:30 Power Pump 9:30 ZUMBA 9:30 Indoor Cycle 10:30 Yoga TBA*** Noon Karate 1:15 p.m. Adv. Karate
<b>8</b>	<b>9</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>10</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 ZUMBA Basics	<b>11</b> 6:00 Hard Core 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>12</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 Line Dancing	<b>13</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 STEP AEROBICS 10:00 Water Aerobics 10:00 Yoga	<b>14</b> 8:30 Power Pump 9:30 ZUMBA 9:30 Indoor Cycle 10:30 Yoga TBA*** Noon Karate 1:15 p.m. Adv. Karate
<b>15</b>	<b>16</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>17</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle No 11 a.m. Class	<b>18</b> 6:00 Hard Core 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>19</b> 5:30 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle No 11 a.m. Class	<b>20</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 G.I. JABB 10:00 Water Aerobics 10:00 Yoga	<b>21</b> 8:30 Power Pump 9:30 ZUMBA 9:30 Indoor Cycle 10:30 Yoga Noon Karate 1:15 p.m. Adv. Karate
<b>22</b>	<b>23</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 No Yoga	<b>24</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 ZUMBA Basics	<b>25</b> 6:00 Hard Core 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 Yoga	<b>26</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 Line Dancing	<b>27</b> 6:00 Indoor Cycle 8:15 SPINNING-Rob 9:00 STEP AEROBICS 10:00 Water Aerobics 10:00 No Yoga	<b>28</b> 8:30 Power Pump 9:30 ZUMBA 9:30 Indoor Cycle 10:30 Yoga Noon Karate 1:15 p.m. Adv. Karate
<b>29</b>	<b>30</b> 8:15 SPINNING-Rob 9:00 ZUMBA 10:00 Water Aerobics 10:00 No Yoga	<b>31</b> 5:15 SPINNING-Rob 5:45 Cardio Combo 9:00 Power Pump 10:00 Chair Aerobics 10:00 Indoor Cycle 11:00 ZUMBA Basics				



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Mon	Tue	Wed	Thu	Class Description
<b>2</b> 4:30 ZUMBA 5:15 Indoor Cycle 5:30 ZUMBA 6:30 20/20/20 7:35 Karate	<b>3</b> 4:30 Power Pump 5:30 Hi/lo Combo 6:30 Yoga	<b>4</b> 4:30 ZUMBA 5:15 Indoor Cycle 5:30 ZUMBA 6:30 G.I. Jabb	<b>5</b> 4:30 Power Pump 5:30 Step Combo 6:30 Cardio Hip Hop 7:00 Yoga	<p><b>Indoor Cycling &amp; SPINNING®</b> will take place on the 2<sup>nd</sup> floor, beside the Wt Machine Room. An instructor will lead you the class in different variations and drills on the bikes. The class is limited to 11 participants.</p> <p><b>Water Aerobics-</b> will meet in the shallow end of the large pool. The class will consist of cardio workout and toning.</p> <p><b>Power Pump-</b> is a group weight workout. The class is limited to the first 19 participants. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. The participant will use a step as their bench. Leg (squat), Chest, Triceps, Legs (lunges), Back, Bicep , Shoulders, Abs and stretching make up the class format.</p> <p><b>Chair Aerobics –</b>The majority of the class will be done seated in the chair. A great beginner class, participants will do a cardio workout, toning and stretching.</p> <p><b>Yoga –</b>These classes will meet in the group exercise room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred “shoe”. Regular mats will be available to use during class.</p> <p><b>20/20/20–</b>Combination class that will meet in the group exercise room. 20 minutes of cardio/toning/abs and stretch.</p> <p><b>Cardio/Combo Class-</b>Will meet in the group exercise room. The class could consist of regular dance aerobic moves, kickboxing and muscle toning.</p> <p><b>Step Aerobics-</b> Cardio workout using the Step. A variety of combinations will be utilized in the class.</p> <p><b>ZUMBA®-</b>This class is the hottest class today. This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p> <p><b>G.I. Jabb</b> A circuit workout using punches and kicks.</p> <p>***We welcome you to join any class at any time! All classes will be multilevel classes. Geared to all fitness levels.</p>
<b>9</b> 4:30 ZUMBA 5:15 Indoor Cycle 5:30 ZUMBA 6:30 20/20/20 6:45 Indoor Cycle 7:35 Karate	<b>10</b> 4:30 Power Pump 5:30 Hi/lo Combo 6:30 Yoga	<b>11</b> 4:30 ZUMBA 5:15 Indoor Cycle 5:30 ZUMBA 6:30 G.I. Jabb	<b>12</b> 4:30 Power Pump 5:30 Step Combo 6:30 Cardio Hip Hop 7:00 Yoga	
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