































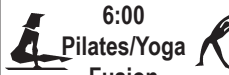



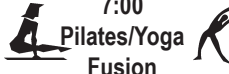





September 7, 2010 - December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
 5:45 Spinning	 5:45 Power Ball Light	 5:45 Cyclo-Cross	 5:45 20/20/20	 5:45 Spinning	 9:00 Spinning
 9:00 Ab/Jab	 9:00 20/20/20	 9:00 Zumba	 9:00 Strength Interval	 9:00 Zumba	
 10:00 Silver Sneakers Cardio Circuit	 10:00 Silver Sneakers MSROM 1	 10:00 Yoga	 10:00-10:45 Silver Sneakers MSROM 1	 10:00 Yoga	 9:30 - 12:30 Boxing / Kickboxing Theory*
		 10:00 - 1:00 Boxing / Kickboxing*		 12:00 Tai Chi	
		 11:00 Silver Zumba			
Evening Classes					
 5:10 Uni Flex	 5:10 Cyclo-Cross	 5:10 Spinning	 5:10 Power Ball		
 5:30 Children's Karate* Age 5-6	 6:00 Zumba	 5:30 Children's Karate* Age 5-6	 5:10 Tai Chi		
 6:00 Children's Karate* Age 7+	 6:00 Adult Karate*	 6:00 Children's Karate* Age 7+	 6:00 Zumba		
 6:00 Pilates/Yoga Fusion		 6:00 Free Flex	 6:00 Adult Karate*		
 6:00-6:30 Row		 7:00 Pilates/Yoga Fusion			
 6:30 Spinning		 7:15 Women's Self Defense*	 7:30 Reality-based Self-defense Boxing*		

Class Name	Description	Intensity	Strength	Coordination	Endurance
Yoga	Relaxation, balance, strength, flexibility.	●	●	●●	●
Tai Chi	Moving meditation based on Chinese system of gentle external movements. Appropriate for all, but especially adaptable for older adults.	●	●	●	●
Pilates	Controlled movements using mind and body to improve flexibility and strength.	●●	●●	●●	●
Power Ball	A more powerful resist-a-ball class utilizing dumbbells.	●●●	●●●	●●●	●●
Cyclo-Cross	Cycling class with intermittent strength/fitness routines. Not for the faint, but awesome conditioning! 50 min.	●●●(●●)	●●(●●)	●(●)	●●●(●●)
Free Flex	Barbell class to music. The fastest way on the planet to get in shape. 50 min.	●●●(●●)	●●●(●●)	●(●)	●●(●●)
Uni Flex	Dumbbell class to music. The other fastest way on the planet to get in shape.	●●●(●●)	●●●(●●)	●(●)	●●(●●)
Spinning	Indoor cycling class to the beat of music. 45 minutes. 60 minutes on Sat.	●●●●(●)	●	●	●●●
Ab/Jab	Kick box fitness class with emphasis on core engagement.	●●●(●)	●●●(●)	●●(●)	●●●(●)
20/20/20	20-minute cardio aerobic dance or step, 20-minute weight training with dumbbells and tubes and 20 minutes of floor work.	●●●●	●●	●●	●●
Silver Sneakers	Sponsored exercise class for seniors 65 and older.	●●(●)	●●(●)	●●	●●
Zumba	Latin-inspired fitness dance. Get hooked! 60 minutes.	●●(●●●)	●	●●(●●●)	●●(●●●)
Silver Zumba	Zumba class for seniors.	●●(●)	●	●●(●)	●●(●)
Strength Interval	Step class with intervals of strength training.	●●●(●●)	●●●	●●	●●●
Reality-based Self-defense	An hour or more of reality-based kick boxing w/ Mr. Jim Murphy	●●	●●	●●	●●
Row	Indoor rowing class on Concept II.	●●●(●)	●●	●	●●●●

* Extra curricular class

All classes are 60 minutes unless otherwise indicated.