



## HEALTH CENTER MEMBERS

-Unlimited classes included

## FITNESS CENTER MEMBERS

-Three classes per week included

## PER SEMESTER PRICING

1X/WEEK March 27- June 25, 2011

\$185 per class/semester- 12 weeks

Any single class

\$ 20

## SPECIALTY CLASSES

Aerobic Dance 2X/week 40 CLASSES January 18-June 16

\$456

Tai Chi 1X weekly Tuesday 12 weeks

\$185

1Xweekly Saturday 12 weeks

\$185

15 minute classes are FREE for all Health Center and Fitness Center Members

CLASSES ARE SUBJECT TO CHANGE \*\*\*\*\* HOLIDAY SCHEDULES WILL BE POSTED

## STUDIO CYCLING

There is no class registration for Studio Cycling. Bike reservations can be made at checkpoint within 48 hours of class. Please see separate Studio Cycle Schedule for program fees and session dates.

## **Class Descriptions**

**Aerobic Dancing** This class consists of a series of uninterrupted choreographed routines, which help strengthen your cardiovascular system. No dance experience required.

**Arthritis Fitness** Gentle exercise done sitting or standing behind a chair. Improves joint mobility, muscle strength, balance and posture. Learn how to self-manage pain and protect joints from further damage.

**Awesome Abs** A 15 minute class designed to tone the midsection.

**Balance & Ball** Improve your coordination and balance using the stability ball.

**Boot Camp** A challenging class that will take your body to the next level, may sometimes be indoor/outdoor.

**Body Sculpt** A muscle conditioning class to tone and strengthen each muscle of your body.

**Cardio/Sculpt** This class consists of a 10-12 minute warm-up, 30-45 minutes of hi or low or impact aerobics followed by weight work for strength plus core conditioning. A soothing stretch and cool down ends the session.

**Core Strengthen** A great way to strengthen and tone using the corepole®, balance and body.

**CycleTone** A 45 minute ride followed by 30 minutes of floor work which focuses on upper body toning and abs.

**Hot Body** Lots of reps and light weights make this a fun class!

**Kickboxing** Hi intensity combo of this martial art adding a 1, 2, 3, punch & so much more.

**Pilates (Mat)** This class consists of a series of controlled movements designed to build core strength, increase flexibility, and improve posture. *Intermediate to Advanced*

**Power Sculpt** This class is similar to body sculpt but more repetitions are incorporated. Heavier weights can be used. *Intermediate.*

**Step-n-Sculpt** This class consists of a 5-10 minute warm-up on a step board, followed by an interval session consisting of a step workout intermingled with strength work.

**Studio Cycling** A fun way for the experienced athlete, or the beginner, to burn calories, build strength and improve cardiovascular endurance.

**Stretch & Strengthen** This very popular class consists primarily of floor work on a mat with no music. The exercises will strengthen and stretch all major muscle groups. Alignment of the spine and healthy posture are other goals of this class. This class focuses on "Assisted-Isolated" stretching.

**Tai Chi** A gentle meditative exercise based on self-defense moves widely practiced for its health benefits.

**Total Body Fitness** This class has it all: cardio, muscle conditioning, and stretch.

**Yoga** This class emphasizes the mind and body connection. Exploration here will guide you through the foundations of yoga postures (asanas) while emphasizing flexibility, breathing, and relaxation techniques.

**Yoga Stretch** A gentle Yoga-based class with extra stretching component. For beginner level students and students with particular limitations.

**Zumba** Zumba uses Latin-inspired music and moves to create a dynamic, exciting and effective fitness system. This unique and very "hot" class is guaranteed to keep your fitness levels elevated.

Classes are appropriate for all levels unless noted