

## Fall 2009 Cardio Program Schedule

### The Health Club - 329.5050

Time	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
6:00 am	<b>Combo Step</b> Katy	<b>Spin</b> James (5:45 am)					
8:00 am	<b>Pilates</b> Reina	<b>Yoga</b> Karen	<b>Power Pilates</b> Reina	<b>Yoga</b> Thomas	<b>Pilates/ Zumba Mix</b> Reina	<b>7:15 Spin</b> Garold	
9:00 am	<b>Variety Step</b> Darcy	<b>Core Pole &amp; Ball</b> Sara	<b>Combo Step</b> Katy	<b>Box &amp; Ball</b> Sara Gee	<b>Combo Step</b> Sara Gee	<b>8:15 Power Step*</b> Katy	
						<b>8:30 Yoga</b> Karen	
10:00 am	<b>Seniors</b> Karen	<b>Seniors</b> Karen	<b>Seniors</b> Cathy	<b>Seniors</b> Thomas	<b>Seniors</b> Katy	<b>9:30 Pump &amp; Crunch</b> Sara/Lauri	
	<b>Milling</b> Darcy						
11:00 am	<b>Silver Sneakers</b> Cathy	<b>Seniors Yoga</b> Karen	<b>Silver Sneakers</b> Cathy	<b>Seniors Yoga</b> Thomas	<b>Silver Sneakers</b> Cathy	<b>10:30 Zumba!</b> Lauri	
2:00 pm	<b>Seniors Yoga</b> Cathy						
3:30 pm							<b>Power Step*</b> Katy
4:30 pm	<b>Pump &amp; Crunch</b> Karen	<b>Zumba!</b> Lauri	<b>Boot Camp+ Crunch</b> Sara	<b>BOSU Blast</b> Sarah	<b>Zumba!</b> Sarah		
5:30 pm	<b>Zumba!</b> Renette	<b>Yoga</b> Karen	<b>BOSU+ Core Pole</b> Stephanie	<b>Zumba!</b> Lauri			<b>5:00 Spin</b> Garold
6:30 pm	<b>Spin</b> Garold	<b>Spin</b> Garold		<b>Spin</b> Garold			

Please read our updated class descriptions on the back of the page! In the event of an unavoidable absence of an instructor, every effort will be made to find a substitute. If this happens, it is possible that the format of the class may be different than listed. We will make every attempt to have an instructor at the class.

*\*Previous Step experience is necessary before attending this class. Thanks!*

Welcome to the Health Club Cardio Program! We are excited that you are interested in our group fitness classes. We hope that you will find a variety of formats that will help you achieve your personal fitness goals. We always welcome your questions and suggestions! Please take a few minutes to read our class descriptions.

## 2009 Fall Classes!!!

- **Boot Camp+Crunch**—Incorporates boot camp drills with Pump & Crunch exercises.
- **Combo Step**—A step class which strings together combinations of moves on the step. Patrons are encouraged to have previous step experience before attending this class.
- **Cardio Step**—A step-based class which also utilizes a variety of cardio and strengthening equipment. Step drills are straightforward; this is a challenging class, but easy to follow.
- **Variety Step**—A step class that changes monthly. Combinations are used, as are drills. You will also experience double-step and creative step placement and choreography!
- **Power Step**—An advanced-level step class, longer in length. The class combines the format of both the Cardio Step and Combo Step classes. Previous step experience is necessary.
- **Zumba!**—An eclectic, dynamic mix of simple-to-follow, FUN, dance moves from around the world!
- **Milling**—A group fitness class utilizing the treadmills! Arrive early to secure your machine! Bring your iPod or MP3 if you want to listen to some of your tunes while you workout!
- **BallWorks**—A cardio and toning class utilizing medicine balls and stability balls! The core pole and/or boxing drills may be incorporated.
- **BOSU Blast**—A strengthening and cardio class using the BOSU semi-circle balls. You'll love it.
- **BOSU+Core Pole**—Time will fly when you workout on these two full-body pieces of toning and cardio equipment!
- **Crankin'**—An intense aerobic workout on our spin bikes. All levels of fitness welcome!
- **Pilates**—A series of stretching and toning moves designed to improve flexibility and remove spinal stress.
- **Power Pilates**—Same as above, with the inclusion of pilates-based aerobic moves!
- **Yoga**—A series of postures designed to improve flexibility and strength, while also decreasing daily tension and life stress.
- **Pump & Crunch**—Anaerobic workout utilizing bells, bars, bands, and balls.
- **Pump & Crunch Plus**—Same as above, with cardio drills tossed in when you least expect it!
- **Seniors Aerobics**—A class involving low-impact aerobics and chair-based toning. Improves cardiovascular fitness, strength, and flexibility.
- **Silver Sneakers**—A seniors class, completely chair-based, designed to improve strength, mobility, and flexibility. A Secure Horizons-sponsored fitness class.
- **Seniors Yoga**—A chair-based yoga class, designed specifically for the needs of seniors.