



Group Exercise Class Schedule

JULY 2017

Fitness Club Hours of Operation: Monday through Sunday 5:00 a.m. - 9:00 p.m. 916-358-7033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SPIN 5:30-6:30AM Missy</p>		<p>SPIN 5:30-6:30AM Missy</p>		<p>SPIN 5:30-6:30AM Kris</p>	
<p>KICKBOX FUSION 8:15 AM Jen</p>	<p>ZUMBA 8:15AM Chandra</p>	<p>MAT PILATES 8:15 AM Dawn</p>	<p>POWER HOUR VINYASA YOGA 8:15 - 9:15AM Mike</p>	<p>LES MILLS RPM SPIN 8:15AM (45 min) Debbie</p>	
<p>LES MILLS™ BODY PUMP 9:30AM Deborah/Jen</p>	<p>YOGALATES 9:30AM Dawn</p>	<p>LES MILLS™ BODY PUMP 9:30AM Deborah/Jen</p>	<p>ZUMBA 9:30 a.m. Alfredo</p>	<p>TIGHT & TONE 9:30AM Jen</p>	<p>FAMILY YOGA 9:30AM Mike/Maryeth</p>
<p>Aqua Fit 10:00AM Sue</p>	<p>CALORIE KILLER PLUS 10:45AM Jen</p>	<p>Aqua Fit 10:00am Sue</p>			
<p>ZUMBA GOLD 11:00AM Chandra</p>					
<p>YIN YOGA 6:30-7:45PM Mike</p>		<p>YIN YOGA 6:30 - 7:45PM Mike</p>			



Group Exercise Class Descriptions

YOGA (Family)

(Mike Hamelton) A combination of Power Vinyasa and Yin (long stretches) Yoga that creates a dynamic class. Each Session will expand an emotional and physical boundary that creates the possibility of growth. No two classes are the same. All fitness levels welcome.

SPIN

All fitness levels welcome. The class will simulate outdoor riding techniques with rolling hills, mountain peaks, time trials, intervals, recoveries, and sprints. Experience the best cycling class workout you've ever had while burning 400-600 calories. Arrive early for a personalized bike fit and instruction. Heart rate monitor and water bottle highly recommended.

BODY PUMP

A one hour weight lifting workout set to music! This class will challenge all your major muscle groups and get you stronger. Average calorie burn is 500-600 per class. All fitness levels welcome.

TIGHT & TONE

A great workout using free weights, bands and body weight exercises. This class will hit every muscle in your body. All fitness levels welcome.

POWER VINYASA YOGA

This is a dynamic, both physically & spiritually, energizing form of yoga that sculpts every muscle in the body. The vigorous combination of poses helps to build stamina, strength, balance & flexibility. The flow includes synchronizes breath with movement and includes holding poses. This higher intensity class will combine dynamic flows with longer holds and core conditioning. Modifications provided for all levels.

ZUMBA GOLD

This class is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh and most of all exhilarating! Zumba Gold provides modified, low-impact moves for active older adults.

KICKBOX FUSION

This is a non-contact class for everyone. Conducting kickboxing drills which incorporates drills, bands & tabatas, at your own pace. No experience needed. All fitness levels

YIN YOGA

Yin Yoga is a series of poses taken in seated or prone position, joining the breath and mind's awareness to the sensations of the body. We stay in poses 2 to 5 minutes to allow the connective tissue to stretch the muscles to lengthen, the joints open up, and the mind to clear from the clutter of our busy lives. It's a physically healing practice. Good for the circulation, flexibility, restoring muscle tone, and calming the mind. All poses are easily modified for all levels of practice.

MAT PILATES

Pilates will create greater strength, balance, flexibility and improve posture utilizing body weight as well as incorporating bands, light weights and balls for building a strong core. *All fitness levels welcome!*

YOGALATES

A Fitness routine that fuses pilates exercises with the postures and breathing techniques of yoga.

FIERCE FUNK

Fierce funk is an exciting dance fitness class combining street style funk with a contemporary hop hop feel for inspiring fun. Each class is new and provides the body a complete workout.

BODY ROCKS

Body Rocks is a multi-dimensional work out ranging from muscle toning and conditioning, to cardio dance....from kickboxing, agility, and core strengthening to flexibility. In this class we use exercise tubes/bands, small hand weights, and natural body gravity. So bring your towel, water bottle, water and great personality and get ready for a FUN, exhilarating workout.

GOING THE LENGTH

Going the length is a highly effective, gentle and user friendly stretch class that can help us meet this demand for superior mobility.

RPM SPIN CLASS

RPM is a Les Mills Cycling workout that delivers maximum results with minimum impact on your joints. Get your pedals going as your instructor takes you on a journey of hill climbs, sprints and flat riding. No fear, as you control your own resistance levels and speed.

AQUA FIT

Aqua Fit Fitness is a low impact, high energy, creative movement class incorporating water weights for the ultimate aquatic exercise workout.

~Ask the Fitness Staff about Private & Semi-Private Pilates