

March 2010 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:10 AM			Body Pumping w/ Rosemary		Body Pumping w/ Rosemary		
6:45-7:45 AM		Mobility w/Karen					
7:15-8:15 AM					Mobility w/Karen		
8:30-9:15 AM	Spinning w/Katherine		Spinning w/Katherine		Spinning w/Katherine		
8:30-9:30 AM		Mat Pilates Intermediate		Mat Pilates Intermediate			
9:30-10:45 AM	Yoga w/Kori		Yoga w/Katherine		Yoga w/AJ		
10:30-11:15 AM		Senior Weights w/Donna		Senior Weights w/Donna		Senior Weights w/Jennifer	
11:30-12:30 PM	Infant and Toddler childcare is available Monday/Wednesday/Friday: 8:30-11:30 a.m. Tuesday/Thursday : 8:30-10:30 a.m. & 5:30-7 p.m. BY APPOINTMENT ONLY \$2.00/hour. One hour minimum. \$1.00/half hour after first hour.			Mobility w/Karen			
3:00-3:45 PM							Zumba w/Tabitha
4:00-5:00 PM						Mobility w/Karen	
4:00-5:10 PM							Body Pumping w/ Rosemary
4:30-5:15 PM				Mat Pilates Beginner		Mat Pilates Beginner	
4:30-5:30 PM		Body Sculpting w/ Katherine	Please arrive 5 min. early for Body Sculpting to set up!	Body Sculpting w/ Katherine			
5:45- 6:30 PM		Spinning w/Katherine		Spinning w/Katherine			
5:30- 6:45 PM					Hatha Yoga w/AJ		Gentle Yoga w/AJ
5:45-6:45 PM		Yoga w/Courtney	Low Back/Hip Yoga w/Katherine	Mobility w/Karen			
5:45-7:00 PM	RestorativeYoga w/Katherine						
7:00-8:00 PM			Mobility w/Karen				

CLASS DESCRIPTIONS

Body Pumping w/Rosemary: Barbell class that builds muscle and strength. One body part for each song!

Body Sculpting w/Katherine: Resistance training designed to burn calories and tone the entire body.

Gentle Yoga w/AJ: A calming practice for restoring the mind and body. All levels welcome.

Hatha Yoga w/AJ: Beginner friendly yoga class with focus on alignment and flexibility.

Low Back & Hip Yoga : A core strengthening asana practice designed to reduced pain and improve health in the lumbopelvic region of the spine.

Mat Pilates: Series of classical mat Pilates exercises with focus on precision and control. Strengthening and lengthening from the inside out.

Mobility w/Karen Briner: Reduce physical limitations through basic posture therapy techniques. Must be able to get up and down from floor with ease.

Restorative Yoga w/Katherine: Often referred to as "active relaxation", the body is supported with props to relieve the effects of chronic stress and tension.

Senior Weights: Chair based resistance training for the entire body. Excellent for beginners as well!

Spinning w/Katherine: Group cycling at its best. Burn calories and strengthen the heart in a fun, safe, low- impact class.

Yoga w/ Courtney: Beginner friendly format designed to increase flexibility.

Yoga w/ Kori/Katherine/AJ: Flow style asana class combining breath with movement designed to increase strength, flexibility and balance.

Zumba w/Tabitha: Latin workout routine designed to burn fat and tone!