

# SUMMER 2010 CLASS SCHEDULE



## GROUP EXERCISE CLASSES STUDIO B

MON	TUES	WED	THUR	FRI	SAT
	<b>6:00 am</b> Pilates Mat			<b>6:00 am</b> Pilates Reformer \$	
<b>8:30-9:45 am</b> Facets of Fitness	<b>8:30-9:45 am</b> Flex & Back Care	<b>8:30-9:45 am</b> Facets of Fitness	<b>8:30-9:45 am</b> Flex & Back Care	<b>8:30-9:45 am</b> Facets of Fitness	
<b>9:45 am</b> Pilates Lite ℓ	<b>10:00 am</b> Hatha Yoga	<b>9:45 am</b> Yoga Stretch ℓ	<b>10:00 am</b> Hatha Yoga	<b>9:45 am</b> Pilates Lite	<b>9:15 am</b> Pilates Mat
<b>11:00 am</b> AFEP ℓ		<b>11:00 am</b> AFEP ℓ		<b>11:00 am</b> AFEP ℓ	<b>10:30</b> Hatha Yoga
<b>12:05</b> Hatha Yoga	<b>Noon</b> Pilates Reformer \$		<b>Noon</b> Pilates Reformer \$		
<b>3:30 pm</b> Shape Down \$		<b>3:30 pm</b> Shape Down \$			
<b>4:30-6:00 pm</b> Yoga Mix	<b>5:45 pm</b> Power Yoga	<b>5:45-6:45 pm</b> Pilates Mat			
<b>6:00-7:00 pm</b> Pilates Reformer \$					

**ARTHRITIS FOUNDATION EXERCISE PROGRAM: (AFEP)**

An exercise class designed for people with arthritis. Gentle exercises increase joint flexibility, range of motion and maintain muscle strength. Co-sponsored by the Arthritis Foundation. One hour.

**FACETS OF FITNESS:**

Advanced 75 minute workout. Class incorporates an aerobic workout with flexibility, balance training coordination and strength exercises. Appropriate for older adults.

**YOGA STRETCH:**

Gentle Hatha Yoga plus a combination of dynamic and static stretching to improve joint, range of motion, and muscle elasticity.

**HATHA YOGA: \***

Uses physical postures, breathing practices, and relaxation to harmonize body, mind, and spirit. For all ages and fitness levels.

**PILATES MAT: \***

A system of dynamic exercises designed to stretch and strengthen muscles. All movements are generated from the core muscles combining movement, breathing and rhythm. Can be adapted for any fitness level.

**PILATES LITE: \***

"A lighter version of Pilates Mat"

**YOGA MIX: \***

A mixed level yoga class for everyone. It includes thematic asanas for increasing strength and flexibility, breathing and meditation. Good for de-stressing, balancing and energizing the body, mind and spirit.

**POWER YOGA: \***

Traditional Hatha Yoga combined with strength-based moves

**FLEX & BACK CARE:**

A 75 minute class utilizing resistance equipment for a complete strength training workout. Combined with a combination of dynamic and static stretching to help strengthen the low back and increase flexibility.

**PILATES REFORMER:**

Small group setting (3-5 participants) with a certified instructor who will provide individualized attention to each student. Each class lasts for one hour.

Class schedule effective May 2010, subject to change.

ℓ Appropriate for oncology patients with physician approval.

\$ Programs provided for additional cost.

\* Yoga mats are available for member use during the Yoga and Pilates classes.