

FALL 2009 CLASS SCHEDULE



GROUP EXERCISE CLASSES STUDIO B

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

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 1 1/4 hour 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 MATWORK: *

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.

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 Sept 2009, 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.