

# WINTER/SPRING 2010 CLASS SCHEDULE

NO CLASSES SATURDAY, JANUARY 23, 9:00 AM - 1:00 PM



## GROUP EXERCISE CLASSES STUDIO B

MON	TUES	WED	THUR	FRI	SAT
	6:00 am Pilates Mat			6:00 am Pilates Reformer \$	
8:30-9:45 am Facets of Fitness	8:30-9:45 am Flex & Back Care	8:30-9:45 am Facets of Fitness	8:30-9:45 am Flex & Back Care	8:30-9:45 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 pm Shape Down \$		3:30 pm Shape Down \$			
4:30-6:00 pm Yoga Mix	5:30 pm Power Yoga	5:30-6:30 pm Pilates Mat			
6:00-7:00 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 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.

**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 Jan 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.