



Summer 2008 Group Fitness Schedule 5/5/08 ~ 8/21/08

Time	Monday	Tuesday	Wednesday	Thursday	Time
7:00~7:50am	Cardiac Allen/Brenda		Cardiac Allen/Jackie	Cardiac Allen/Jackie	7:00~7:50am
8:00~8:50am	Pilates Brenda	STRETCH Heather	Pilates Jackie	SilverSneakers® YogaStretch Jackie	8:00~8:50am
9:00~9:50am	Low Impact Combo Brenda	Body Sculpt Heather	SilverSneakers® Muscular Strength Jackie	Body Sculpt Jackie	9:00~9:50am
10:00~10:50am	SilverSneakers® Muscular Strength Brenda		Low Impact Combo Jackie	SilverSneakers® Cardio Circuit Jackie	10:00~10:50am
11:00~11:50am	Yogalates Shea	BOOT CAMP JEN	Yogalates Shea	BOOT CAMP JEN	11:00~11:50am
12:00~12:50pm		Cardio Kickboxing Jen		Cardio Kickboxing Jen	12:00~12:50pm



**Summer
Fitness Center
Hours**
(5/12-8/21)

Monday~Thursday 5:30am~1:00pm, 4:00pm~9:00pm
Friday 5:30am~9:30am, 4:00pm~8:00pm
Saturday 8:00am~1:00pm
Sunday CLOSED



4:10~5:00pm	Gutz & Butz Sheryl	Core Strength Amber	Gutz & Butz Sheryl	Indoor Cycle Terry	4:10~5:00pm
5:10~6:00pm	<i>Booty Kickin' Step</i> Sheryl	Low Impact Combo Amber	<i>Booty Kickin' Step</i> Sheryl	Power Sculpt Terry	5:10~6:00pm

CLASS DEFINITIONS

Body Sculpt: A muscle-strengthening workout that incorporates resistance-training, hand weights, tubing, and other equipment.

Booty Kickin' Step: Fun & Energetic step combinations set to motivating and invigorating music.

Boot Camp: Combination of cardio kickboxing, sports conditioning, basic callisthenic, and strength training.

Butz & Gutz: Total abdominal training plus total lower bottom shaping

Cardiac Fitness Class: Phase 3 cardiac rehab class - stretching, low impact cardio and chair exercises. (Cardiac nurse on staff at all times)

Cardio Kickboxing: An easy to follow cardio kickboxing class packed with a punch!

Core Strength: Full body toning and weight training workout that focuses on abs, back, and lower body.

Gentle Yoga: Welcome to Yoga! This class is designed to familiarize beginners with basic Yoga postures and breathing techniques. All levels welcome.

Indoor Cycle: A stationary cycle workout that is a maximum leg and lung challenge. (*Bring Water*)

Low Impact Combo: Thirty minutes of low impact cardio workout followed by body sculpting and abs.

Pilates: Lengthen tone and sculpt your whole body with this workout done from the floor.

Power Sculpt: A weight training workout- Come prepared to SWEAT!

SilverSneakers® 1 Muscular Strength: This class focuses on range of motion exercises, strength, balance, and seated or standing cardio workout. (*Great for Beginners*)

SilverSneakers® 2 Cardio Circuit: This class focuses on standing cardio workout and strength training, followed by a seated stretch. (*Previous Silver Sneakers® experience is required*)

Stretch: Lengthen and relieve tension in your entire body.

Yogalates: Yoga poses with Pilates mat movement bring body, mind, spirit, balance, flexibility, strength, and tone.

Summer 2008 Group Fitness



For more information, please contact:

Health Enhancement Department

602 285-7295



Classes scheduled to change or cancel based on instructor/classroom availability.