

May 2012 Group Fitness Aerobics Schedule

Closed on Sundays May thru October
M-TH 5:30-10pm, F 5:30-9pm, S 7:00-5pm

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	5:45 Body Pump Karen C	5:45 Cross Training Bonnie G	5:45 Body Pump Karen C			
8:30 Cardio Combo Bonnie G	8:30 Stretch and Strength Tom H	7:30 Core Intensity Deana W	8:30 Stretch and Strength Mailynn P	8:30 Cross Training Tom H	7:55 Cross Training Tom H	
8:30 Beginner Yoga Hurst Room Ave'	9:40 Pilates Betty A	8:30 Turning Point Fitness Amy M	9:40 Beg. Pilates Pat B	9:40 Target Tone Jeff B	9:00 Body Pump Karen C	
9:40 Body Pump Michelle W	10:45 Silver Sneakers Michelle W	8:55 Cross Train/Step Cross Training Rm	10:45 Silver Sneakers Jeff B		10:05 Kick It Up Lisa T	
10:45 Pump and Praise Deana W	12:10 Target Tone Jeff B	9:40 Pump and Praise Mailynn P	12:10 Target Tone Jeff B		11:15 Zumba Sarah I	
11:45 Turning Point Fitness Amy M		11:00 Turning Point Yoga Ave'		11:45 Turning Point Fitness Lisa T	Drop In Fees: Member Drop In \$3.00 Non-Member Drop In \$8.00 Unlimited Classes \$14.00 a month for Members. CHECK IT OUT! * Boot Camp T/TH at 6:00 pm Cascades! * Hip Hop Strength on Wednesdays at 6:15 pm! * Zumba on Mondays is back at 8:15 am! * Group Cycling Thursday @ 6:10 pm!	
4:15 Body Sculpting Mailynn P	4:15 Butts and Guts Mike H	3:00 Body Sculpting Mailynn P	4:15 Butts and Guts Mailynn P			
5:30 Step Tom H/ Lori S	5:30 Cardio Kick Sheryl J	4:15 Get Ripped Lori S	5:30 PM Cardio Kick Sheryl J			
6:30 Kick It Up Lisa T	6:30 Body Pump Martha S	5:30 Zumba Lori S	6:30 Body Pump Kathy S			
		6:30 Kick It Up Shawna T				

Cross Training Room

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
5:45 Group Cycling Theresa D		5:45 Group Cycling Theresa D	5:45 Power Yoga Theresa D	5:35 TRX Kelly K		
8:15 Zumba Athena W	8:30 Group Cycling Bob P	8:55 Cross Train/Step Bonnie G	8:30 Group Cycling Bob P	8:00 Group Cycling Bob P	11:15 TRX Kelly K/Shawna T	
12:15 Group Cycling Michelle W	12:10 TRX Shawna T		12:10 TRX Shawna T	12:15 Group Cycling Michelle W	Attention Group Fitness Participants: For your safety and the proper warm up for a group fitness class, a participant may not enter a group fitness class 10 minutes after that class start time.	
5:30 Pedal Pump Sculpt Shawna T	5:40 Group Cycling Dan M	12:15 Group Cycling Jeff B	5:00 Turning Point Yoga Ave'	4:15 TRX Shawna T/ Kelly K		
6:30 Beginner Yoga Ave V		5:15 Turning Point Fitness Lisa T	6:10 Group Cycling Dan M			
7:30 TRX Shawna T/ Kelly K	6:00 Boot Camp Cascades Kelly k	6:15 Hip Hop Strength Mike H	6:00 Boot Camp Cascades Kelly K			

WATER AEROBICS

Mon	Tue	Wed	Thurs	Fri	Sat	
10:30 Deep Aerobics Aliana G	9:30 Shallow Aerobics Missy L	10:30 Deep Aerobics Aliana G	9:30 Shallow Aerobics Missy L	10:30 Deep Aerobics Lisa T	9:30 Shallow/Deep Missy L	
1:30 Shallow Aerobics Christine K	10:30 Shallow/Deep Cross Missy L	1:30 Shallow Aerobics Christine K	10:30 Shallow/Deep Cross Missy L			
5:30 Shallow/Deep Missy L	1:30 Fit Moms Passages	5:30 Shallow/Deep Missy L	1:30 Fit Moms Passages	1:30 Shallow Aerobics Christine K		

Land Group Fitness Class Descriptions

B- Beginner I- Intermediate A- Advanced

Beginner Yoga (B) -8:30am/ 6:00pm, M. Relieve your tension and stress with Yoga: a holistic program of exercise, breathing and relaxation techniques designed to improve or maintain quality of health.

Body Pump/ Body Sculpting (BIA)- 9:40 am M, 5:45 am T, 4:15pm M/W, 3:00pm W, 5:45am/6:30pm TH, 9:00am Sat. A fun heart pumping routine to replace your weight lifting regimen. Class is designed to get you in shape utilizing weight bearing exercises and repetitions in a safe format. Body Sculpting will use other weights, ball and band regimens along with the body pump bars to bring out that total body definition.

Boot Camp (IA) – 6:00pm T/TH.Meet at Cascades Hill. Sure to rev up the most avid exercisers. Strength training, endurance regimen, power lift moves/squats, climbing hill regimens, timed circuits and cardio. Class designed to push you and your strength to new levels of endurance.

Butts & Guts (IA)- 4:15pm T/TH. Redefine your lower body and abdominal muscles with a challenging workout including isolated abdominal work and a variety of toning exercises.

Cardio Combo (BIA)- 8:30am M. Step, cardio kick, exercise balls, bands, weights and more! Different combos every class!

Cardio Kick (BI)-5:30pm T/TH. Inspired by the combination of aerobics and boxing, Cardio Kick will boost your cardiovascular endurance, improve your speed and enhance your agility.

Core Intensity (BIA) 7:30am W.Class will focus on strengthening your back and building washboard abs!

Cross Training & Step (I) – 5:45am W, 8:55 am W, 8:30 F, 7:55am SAT, SUN 12:30pm. Interval class utilizing aerobics conditioning, free weights, stretching, and balls to keep your workout energized and fresh.

Get Ripped! (BIA) NEW– 4:15pm W.A barbell program for all levels. Simple athletic movements , chest press, biceps, lunges and more! Effective results!

Group Cycling (BIA) – 5:45 am, 12:15pm M/W, 8:30am, 5:40pm T, 12:15pm, 8:30am, 6:10pm TH, 8:00am, 12:15pm F. A workout that brings the fun and excitement of outdoor riding indoors for a calorie-burning workout. Allow 5 minutes for bike set up, bring water.

Hip Hop Stregnth (BIA) – 6:15pm W. Where Hip Hop meets up with intensity of strength training!

Kick It Up (IA) – 6:30pm M/W, 10:05 SAT. This ultimate cardiovascular challenge is where form meets function with increasing intensity and complexity to challenge the intermediate and advanced kickboxing/turbo kick regimen.

Pilates (BIA)- 9:40am T/TH. This class will introduce you to all the amazing benefits of Pilates, such as stronger abs, flexibility and improved posture.

Pedal Pump Sculpt (BI) -5:30pm M. Participants engage in a awesome mix of cardio classes including step aerobics, cardio kick, group cycling and more! Challenge yourself with this pumping mix!

Power Yoga (IA) – 5:45am TH. Traditional yoga with an emphasis on strength

Pump and Praise (BIA) – 10:45am M, 9:40am W. Class utilizes weights, resistance bands, Bosu balls and more! Set to Christian music this class is for health seekers on both a fitness and spiritual journey.

Silver Sneakers (BIA) – 10:45am T/TH. Exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair can be used for seated or standing support.

Step/ Step & Sculpt (BI) – 5:30pm M, 3:00pm W. Learn basic step patterns and terminology in this low-impact class. Step instructors guide you through simple, easy-to-follow choreography. Step/Sculpt will add a change up for those muscles by mixing in some floor aerobics and toning isolation.

Stretch and Strength (BI) – 8:30am T/TH. Full body toning with free-weights and stretch cords, including exercise for flexibility and balance.

Target Tone (I) – 12:10pm T/TH. This toning class will take you through various exercises, utilizing all the muscle groups and amplifying your overall.

Turning Point Fitness and Yoga – Fitness 11:45am M/F, 8:30am W, 5:15pm W. Yoga 11:00am W, 5:00pm TH. Provided through the Susan Komen grant, classes for the survivor to build balance/ strength with fitness and relaxation techniques and more with the yoga component.

TRX (BIA) – 7:30pm M, 12:15pm , 12:15pm TH, 5:35am F, 4:15pm F, 11:15am SAT. Suspension training exercise program with emphasis on functional strength, improved flexibility, balance, and core stability!

Zumba (BIA) –8:15am M, 5:30pm W, 11:15am SAT. Latin dancing meets aerobics. Tone your entire body in a dynamic workout set to international music.

Water Aerobics Descriptions

Deep Water Aerobics (BIA) – 10:30am M/W/F. These classes are non-impact, high-energy fitness classes utilizing buoyancy equipment. Continual cardio for 40 minutes to build strength and endurance, with Abs/cool down stretch

Shallow/Deep Cross Training (BIA) – 10:30am T/TH. High intensity water workout. A combination of all aqua fitness classes with the added twist of using resistance equipment. **Fit Moms (BIA)** -1:30pm T/TH. Water aerobics for expecting moms, hosted by Passages of Allegiance Health. For more information and payment options call (517) 768 –4377. **Shallow Water Aerobics (BIA)** -9:30am T/TH, 1:30 M/W/F. Designed to promote cardiovascular fitness, muscle tone, endurance and flexibility without the stress of traditional land exercise