

SPRING 2012 GROUP FITNESS SCHEDULE EFFECTIVE APRIL 30th to JUNE 3rd

Do you love the new classes?, then vote with your feet.

CYCLING

ROOM A

ROOM B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM	RISE AND RIDE Ben		LES MILLS RPM 45 Min Lacey		LES MILLS RPM 45 Min Anjali Carolyn	8:00 AM	MORNING RIDE Pam	
9:15 AM	MORNING RIDE Pam	MORNING RIDE Stephanie	LES MILLS RPM Dionne	LES MILLS RPM 45 Min Stephanie	SPINNING Nancy	9:00 AM	LES MILLS RPM 45 Min Carolyn	
12:15 PM			EXPRESS RIDE 45 Min Lori			11:15 AM		LES MILLS RPM 45 Min Claire
4:45 PM	LES MILLS RPM 45 Min Pam		LES MILLS RPM 45 Min Carolyn					
5:50 PM		LES MILLS RPM 45 Min Claire		LES MILLS RPM 45 Min Anjali				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45 AM	LES MILLS BODYCOMBAT Nelly	LES MILLS BODYPUMP Carolyn		LES MILLS BODYPUMP Sandy		9:00 AM	LES MILLS BODYSTEP Monica	
6:00 AM			LES MILLS BODYATTACK 45 Min Carolyn		CORE STRENGTH Sue S.	10:00 AM	LES MILLS BODYPUMP Claire	LES MILLS BODYPUMP Jinger
6:45 AM			LES MILLS CXWORX Anjali			11:00 AM	LES MILLS BODYCOMBAT Nelly Liz	LES MILLS BODYFLOW Jinger
8:00 AM	LES MILLS BODYATTACK 30 Min Claire	LES MILLS BODYFLOW Jinger	LES MILLS BODYATTACK 30 Min Anjali	LES MILLS BODYFLOW Sandy	LES MILLS BODYATTACK Amy H.	12:00 PM	LES MILLS CXWORX Anjali	
8:30 AM	LES MILLS CXWORX 30 Min Claire		LES MILLS BODYCOMBAT 30 Min Anjali			2:00 PM		LES MILLS BODYATTACK Kevin
9:15 AM	LES MILLS BODYPUMP Stephanie	LES MILLS BODYCOMBAT Rachel	LES MILLS BODYPUMP Stephanie	LES MILLS BODYSTEP Amy H.	LES MILLS BODYPUMP Rachel	3:00 PM		LES MILLS CXWORX 30 Min Kevin
10:20 AM	LES MILLS BODYFLOW Stephanie	LES MILLS CXWORX 30 Min Rachel	LES MILLS BODYFLOW Stephanie	LES MILLS CXWORX 30 Min Amy H.	LES MILLS BODYFLOW Claire			
12:15 PM	LES MILLS BODYCOMBAT Rachel	LES MILLS BODYPUMP Jaki	LES MILLS BODYATTACK 30 Min Claire	LES MILLS BODYPUMP Rachel	LES MILLS BODYSTEP 30 Min Amy H.			
12:45 PM			LES MILLS CXWORX 30 Min Claire		LES MILLS CXWORX 30 Min Amy H.			
4:45 PM	LES MILLS BODYCOMBAT Toni	LES MILLS BODYPUMP Anjali	LES MILLS BODYATTACK Amy H.	LES MILLS BODYPUMP Anjali	LES MILLS BODYCOMBAT Nelly			
5:45 PM	LES MILLS BODYPUMP Monica Sandy	LES MILLS BODYATTACK Kevin	LES MILLS BODYPUMP Sandy	LES MILLS BODYCOMBAT Nelly Liz	LES MILLS BODYPUMP Jinger			
6:45 PM		LES MILLS BODYPUMP Jinger	LES MILLS BODYFLOW 45 Min Sandy		LES MILLS BODYFLOW 45 Min Jinger			
7:00 PM								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:15 AM	Healthways Silver Sneakers Fitness Program Yoga Stretch Sue H.	Healthways Silver Sneakers Fitness Program Cardio Circuit Shelly	LES MILLS SH'BAM 45 Min Nelly	Healthways Silver Sneakers Fitness Program Cardio Circuit Shelly		8:15 AM	LES MILLS SH'BAM Sandy	
10:20 AM	Healthways Silver Sneakers Fitness Program MSROM Sue H.	Healthways Silver Sneakers Fitness Program MSROM Shelly	Healthways Silver Sneakers Fitness Program MSROM Dionne	Healthways Silver Sneakers Fitness Program MSROM Shelly				
4:15 PM	HARD CORE Jenny Lee		HARD CORE Jenny Lee					
5:45 PM	LES MILLS BODYFLOW Toni	LES MILLS SH'BAM 45 Min Nelly	LES MILLS BODYSTEP Monica					
6:45 PM	LES MILLS BODYSTEP Kevin	LES MILLS CXWORX Kevin		PILATES Liz				
7:15 PM		PILATES Melissa						

UNLIMITED GROUP FITNESS ONLY \$15 A MONTH!!!

ALL CHANGES ARE ON A 4 WEEK TRIAL BASIS

GROUP FITNESS CLASS DESCRIPTIONS

UNLIMITED GROUP FITNESS FOR ONLY \$15 A MONTH

HARD CORE: Class focuses on the CORE muscle groups relying on the stability ball and weights as tools in increase intensity of exercises.

Cycling: Instructors will 'coach' you through a series of intervals on the cycles using the beat of the music as an intensity guide. Your ride will consist of hills, flats, and sprints; mimicking an outdoor ride.

Pilates: Pilates is a body conditioning method to strengthen and stretch muscles. Development of muscles without bulking up, increase abdominal strength improves posture and balance, increase flexibility and joint mobility.



300 – 400 CALORIES BURNED: the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



500 – 600 CALORIES BURNED: the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



500 – 700 CALORIES BURNED: the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



500 – 700 CALORIES BURNED: the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness



500 – 700 CALORIES BURNED: is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



500 – 700 CALORIES BURNED: RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied.

45 MINUTE CLASS



Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! **30 MIN**

KETTLEBELL: You will experience an hour of cardio conditioning with the use of one tool. This class is based on a sequence of exercises to get your heart rate up with controlled movement to build muscular strength and endurance. \$35 additionally a month, includes all group fitness

Martial Arts: Taught by Scott Merrill. Come to class for more information, or visit www.amountainwindmartialarts.com
814.237.9786



Muscular Strength and Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for sitting and/or standing support.

Cardio Circuit: The SilverSneakers class that is one step up from MSROM. This class involves more cardio-focused movement and less time in the chair. If you are looking to compliment MSROM or need more of a challenge, this is the class for you.

Yoga Stretch - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.