



Group Exercise Schedule March- May 2010



Group Exercise Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Circuit 5:30-6:30am Loni		Interval Intensity 5:30-6:30am Christina			
Strength Circuit 8:30-9:30am Lori	Body Sculpt 8:30-9:30am Amy	Cardio Meltdown 8:30-9:30am Loni	**Interval Insanity* 8:30-9:30am Lori	Body Vibe 8:30-9:30am Denise	**Kickboxing** 8:15-9:15am Barbara	
Step 9:30-10:30am Loni	Step-N-More 9:30-10:30am Tanya	Body Sculpt 9:30-10:30am Sarah	Zumba 9:30-10:30am Loni	Lift, Leap & Lunge 9:30-10:30am Karen	RepReebok 9:15am-10:15am J'Aimee	
Body Sculpt 10:30-11:15am Becky	Core & Below 10:30-11:15am Tanya	Zumba 10:30-11:30am Angie	Body Sculpt 10:30-11:25am Becky	**Steppin' Steady** 10:30-11:30am Teresa	Zumba 10:15-11:15am Loni	Zumba 2:30-3:30pm Carmen
Zumba Gold 11:15-12:15pm Mick	SilverSneakers 11:15-12:15pm Beth		SilverSneakers 11:30-12:15pm Kat	SilverSneakers II 11:30am-12:15pm Kat		Combo 3:30-4:30pm Catherine
	Rock Bottom* 4:30-5:00pm Barbara		\$\$Dance\$\$ 3:30-4:00pm (3-5yrs) 4:05-4:50pm (6-9yrs)		<div style="border: 2px solid black; padding: 5px;"> <p>ALL CLASSES WITH () ARE INTRODUCTORY CLASSES THAT ARE FRIENDLY TO BEGINNERS. The instructor will take extra class time to help all participants. Please keep coming to your favorite classes to keep up a regular routine, & all classes will continue to provide you with a great workout! Your patience is appreciated!</p> </div>	
3 G's 4:45-5:30pm Amy	*Core-n-More** 5:00-5:30pm Barbara	**Body Vibe** 5:00-5:45pm Denise	Core-N-More 5:00-5:30pm Tanya			
Body Vibe 5:30-6:30pm Denise	Zumba 5:30-6:30pm Clarissa	Kickboxing 5:45-6:30pm Barbara	Rock Bottom 5:30-6:00pm Tanya	**Zumba* 6:00-7:00pm Clarissa		
Lift, Leap & Lunge 6:30-7:15pm Loni	RepReebok 6:30-7:30pm Karen	Step Fusion 6:30-7:30pm Tanya	Zumba 6:00-7:00pm Carmen			
Zumba 7:15-8:15pm Loni	Boot Camp 7:30-8:15pm Lori	Self-Defense 7:30-9:30pm Phil	**RepReebok** 7:00pm-8:00pm J'Aimee			

Spirit Mind Body Room

Yoga 8:30-9:30am Kelly	Yoga 9:00-10:00am Beth S.	Piyo 8:30-9:30am Beth	**Yoga** 9:00-10:00am Kelly	Pilates 8:30-9:30am Kat		
Pilates 9:30-10:30am Heidi	Mommy-n-Me Yoga 10:00-10:30am	Pilates 9:30-10:30am Loni		PiYo 9:30-10:30am Beth S.	Piyo 9:30-10:30am Barbara	
\$\$WeeFit\$\$ 4:15-4:50pm Laura					Yoga 10:30-11:30am Sunny	Advanced Yoga/Pilates 2:00-3:00pm
Pilates 5:30-6:30pm J'Aimie	Kid's Yoga(5-7yrs) 5:30-6:05pm Beth S.	PiYo 5:30-6:30pm Beth D.	Kid's Yoga(8-13yrs) 5:30-6:05pm Sunny		<div style="border: 2px solid black; padding: 5px;"> <p>Advanced Yoga/Pilates 1st / 5th Sundays = Beth 2nd Sundays = Heidi 3rd Sundays = J'Aimee 4th Sundays = Kelly</p> </div>	
PiYo 6:30-7:30pm Beth S.	**Yoga** 6:15-7:15pm Joann	**Pilates** 6:30-7:30pm Kat	Yoga 6:15-7:15pm Beth S.			
	PiYo 7:15pm-8:15pm Beth D.		\$\$Tai Chi\$\$ 7:20-8:00pm \$Additional Cost\$			

Cycle Studio

5:30-6:15am Bruce		5:30-6:15am Bruce	5:30-6:15am Lindsay		8:30-9:15am Rotation	
9:30-10:15am Heather	8:30-9:15am Lori	9:30-10:15am Karen	8:30-9:15am Tracy	9:30-10:15am Rotation	**9:30-10:15am* Rotation	2:00-2:45pm Rotation
4:45-5:30pm Karen	5:30-6:15pm Heather	4:45-5:30pm Tracy				
6:00-6:45pm Christina	**6:30-7:15pm* Becky	6:00-6:45pm Susan	6:00-6:45pm J'Aimee	6:00-6:45pm Rotation		

***Classes that average less than 6 participants are subject to change. Bring a friend to your favorite class! ***



Updated 3/01/10



BODY SCULPT: This is a total body workout. This class uses hand weights, tubing, discs, body bar & bands. Although body sculpt offers the same total body benefits as RepReebok, it differs because it is a different routine every time.

BODY VIBE: A cool title for this new comprehensive class. There are cardio and sculpting segments. You may use a ball, weights, tubing, body bar, or just your own weight to get a great workout

CARDIO MELTDOWN: Aerobic activity and/or strength training mixed together in a variety of ways. This class offers a wide range of cardio and strength exercises that keep you on your toes! FUN & FABULOUS!

CORE AND MORE: Abs are the main focus but they aren't the only thing you focus on in this 30 min. class. Instructor's choice for additional targeted zones.

CYCLE: Each instructor takes you on a 45min calorie burning ride. Using music the instructor guides you through climbs, sprints and perhaps a race. Any level can attend. Please arrive early for assistance in getting fit for the bike.

GENTLE YOGA: This is an introductory class to yoga. Options will be given to all fitness levels so that everyone can experience the benefits of yoga. It is also for those who want the benefits of Yoga without the strain of getting on the floor. Do yoga for your spirit, mind and body.

INTERVAL INTENSITY: High energy, intense cardio training guaranteed to boost your energy and metabolism to new heights. Easy to follow step moves, plyometric moves, circuit training, jump rope, running drills, abdominal work and push-ups.

KICKBOXING: Experience various martial art disciplines combined together to create an exhilarating and challenging fitness class. It provides muscle-conditioning, offers improvements in cardiovascular fitness and flexibility.

KID'S FIT-N-PLAY: This up-tempo class is appealing for all children. Help your children develop a lifetime love of fitness. Most of the exercises will be with the child's body weight. Ages: Must have completed Kindergarten – 11 years.

MOMMIE-N-ME YOGA: Spend some time with your preschooler in this special mind body class. Have fun and get healthy together.

PILATES: A class based on the teachings of Joseph Pilates. It focuses on strengthening and toning the whole body with an emphasis on the "Core". Pilates exercises focus on form and movement with the breath.

PiYo: A marriage of the two mind body families. This class combines the teachings of Pilates and Yoga to provide the best of both worlds. The differences are explained as the class shifts between the different formats.

REP REEBOK: A fast paced, pre-choreographed, fat burning total body workout! Allow your body to become familiar with the workout & gain muscle tone along with strength!

ROCK BOTTOM: Make your bottom half your better half with this express 30 min. workout.

SILVERSNEAKERS: This is a chair based class for anyone who needs to take it slow entering the world of fitness. 'Get Fit, Make Friends and Have Fun' is our motto in SilverSneakers.

SILVERSNEAKERS II: This class is the next step for SilverSneakers participants. The class is designed to challenge and motivate while increasing your strength and muscle endurance. There is more movement in this class than the original SilverSneakers class. All are welcomed!!

STRENGTH CIRCUIT: This easy to follow class incorporates weights with cardio for a total body workout. Participants are encouraged to challenge themselves and work at the level right for them.

STEP CARDIO: This is a cardio class that provides participants a variety of options and possibly some interval training. Stepping is a fun way to add variety to your workout. The routines will be presented as progression that welcomes all fitness levels.

STEP-N-MORE: A great step experience mixed with some fun intense intervals and topped off with some upper body strength work. This class does the body good!

STEPPIN' STEADY: This is an easier step class that builds each week and starts new every month. Participants will get a great workout while learning how to step. Don't forget the Abs...we won't!

STEP FUSION: Step, cardio and strength intervals are fused together for a total body workout. This class is a calorie burner.

YOGA: A progression of poses designed to increase flexibility and strength throughout the body. This class is designed to increase heart rate and burn calories. Although pose variation and individual modifications are offered.

ZUMBA GOLD: This is a low key approach to Zumba. Learn the dance moves at your pace. The dances are easy to follow combinations that allow the Zumba Gold participants to have fun and get fit.

ZUMBA: The latin dance craze that is sweeping the nation. This class combines energy and motivating music with unique moves and easy to follow combinations that allows the Zumba participants to dance away their worries

3G's: Gun (arms), Glutes and Guts are the G's focused in this workout. Hit these target areas hard for 30 min.!

CLASSES WITH LESS THAN 5 PARTICIPANTS ARE SUBJECT TO CHANGE; BRING A FRIEND TO YOUR FAVORITE CLASS!!

\$\$\$ SPECIALTY PROGRAMS \$\$\$

DANCE: A partnership with the Divine Playhouse brings this fantastic offering to Jeep. Creative Dance = Ages 3-9, 3:30-4:00pm. Jazz = Ages 6-9, 4:05-4:50pm. Cost \$50 for 10 week session.

WeeFit: This is a high energy fun class for ages 3-5. Mondays (4:15-4:50pm). Cost is \$35. 8 week session: April 12th – May 24th

Tai Chi: Come enjoy this revitalizing class center your inner Chi. Thursdays 7:20-8pm. Cost is \$20 per session. (4 week sessions)