

SEPTEMBER, 2010

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Studio A		Pilates Mat Lisa S. (Studio B)	Muscle Flex Sandy	Pilates Mat Lisa S.	Muscle Flex Sandy		
5:30 AM	Studio B	H.I.I.T. Jamie	Body Bar Circuit Lisa H. (Studio A)	Cycle Circuit Lisa H.		Cycle Circuit Lisa H.		
8:15 AM	Studio B	Beginners Pilates Cathy (Studio A)		Beginners Pilates Cathy		Beginners Pilates Cathy		
8:30 AM	Studio A	Yoga for Fitness Sharon (Studio B)	Total Body Toning Sharon	YogaSculpt Sharon	Total Body Toning Sharon	Zumba® Sharon	Yoga for Fitness Jamie (9 AM)	
8:30 AM	Studio B		Indoor Cycling Missy		Indoor Cycling Missy			
9:30 AM	Studio A	Baby Booties Deanna	Pilates Mat Cathy	Beginning Step Lindsay	Pilates Mat Cathy	Total Body Toning Deanna	Muscle Flex Donna (10:15 AM)	
9:30 AM	Studio B			Boot Camp Sharon	Tai Chi Tina		Cycle & Strength Sandy (9 AM)	
10:30 AM	Studio A	Yoga for Beginners Tammy H.	Bodies in Motion Cathy	Yoga for Beginners Jackie	Arthritis - Land Cathy	Yoga for Beginners PLUS Jackie		
10:30 AM	Studio B	Bodies in Motion Cathy	Tai Chi Tina	Bodies in Motion Sharon	Beginner Tai Chi Tina	Bodies in Motion Cathy		
11:15 AM	Studio A	Pilates Mat Lisa S.	Gentle Yoga Sharon	Pilates Mat Lisa S.	Gentle Yoga Sharon			
12:15 PM	Studio A	Boot Camp Cathy		Express Workout Lindsay		Express Workout Lindsay		
12:15 PM	BB Court		Athletic Drills Nick		Athletic Drills Nick			
4:45 PM	Studio A	Step Interval Deanna	Zumba® Deanna	KettleBells & Core Deanna	Boot Camp Deanna			
5:30 PM	Studio A	Pilates Mat Jamie	Total Body Toning Cathy	Pilates Mat Jamie	Total Body Toning Cathy	Zumba® Sharon		
5:30 PM	Studio B	Yoga for Beginners PLUS Jackie	Yoga for Beginners Janice		Yoga for Beginners Janice			
5:30 PM	Functional Restoration	Bariatric Cardio Cathy		Bariatric Cardio Cathy				
6:15 PM	Studio A	Zumba® Sharon		Step Donna			** See Flyer at the Fitness Desk for Class Details Classes, class times, and instructors are subject to change. For the most recent schedules please call the HealthPlex at 570-5433.	
6:15 PM	Studio B		Cycle & Strength Sandy		Cycle & Strength Sandy			
6:30 PM	Studio B	Indoor Cycling Cindy	KettleBells & Core Nick	Indoor Cycling Lindsay	KettleBells & Core Nick			
7:15 PM	Studio A	Muscle Flex Donna		Muscle Flex Donna				

OUR CERTIFIED INSTRUCTORS:

Sharon Elder, Supervisor

Sherry Aten

Deanna Chang

Nick Cochrum

Janice Driver

Donna Eddleman

Lindsay Faulk

Cindy Friemel

Tammy Hartman

Lisa Hernandez

Jessie Huang

Sandy Kasala

Jackie Marlow

Jamie McElroy

Lisa Stuart

Cathy Verduzco

Tina Wu

CLASS DESCRIPTIONS

Arthritis - Land: A class specifically developed for people with arthritis and related diseases featuring exercises scientifically proven by the Arthritis Foundation to help reduce pain and stiffness, and help maintain or improve mobility, muscle strength, and functional ability. 30 minute class. (Level 1)

Athletic Drills: Interval training using athletic drills from several sports. 45 minute class. (Level 3)

Baby Booties: Boot Camp class for the beginner to intermediate level exerciser. 45 minute class. (Level 1)

Beginning Pilates Mat: Traditional Pilates exercises to strengthen the core. 45 minute class. (Level 1)

Beginning Step: Traditional cardiovascular workout using the Reebok step. 45 minute class. (Level 1)

Beginner Tai Chi: Tai Chi class for the novice exerciser. 45 minute class. (Level 1)

Bodies in Motion: Cardiovascular and toning exercises for our mature members. Many exercises are performed seated in a chair. 45 minute class. (Level 1)

Body Bar Circuit: Circuit training using the Body Bar for resistance and cardiovascular training. 45 minute class. (Level 2)

Boot Camp: Athletic training at its best!! Jumping jacks, push-ups, sprints, stair climbing, bike riding, etc. 45 minute class. (Level 3)

Cycle & Strength: Indoor cycling class with an additional strength training portion of the class. Class time varies. (Level 2)

Cycle Circuit: Indoor cycling with weight training or running circuits. 55 minute class. (Level 2)

Express Workout: 30 minute intense workout designed for members with limited time or those who want to add a little extra to their workout routine. 30 minute class. (Level 2)

Gentle Yoga: Slow, smooth yoga for beginners. 45 minute class. (Level 1)

H.I.I.T.: High intensity interval training. Cardiovascular training with intense bursts of cycling, running, jump rope, calisthenics, etc. 45 minute class. (Level 2)

Indoor Cycling: Stationary cycling class that simulates hills, sprints, and even-paced rides. 45 minute class. (Level 2)

KettleBells & Core: KettleBell exercises for the entire body with special emphasis on core muscles. Superior toning and cardiovascular work. 30 minute class. (Level 2)

Muscle Flex: Muscle conditioning class using equipment similar to equipment on the fitness floor. 55 minute class. (Level 2)

Pilates Mat: Stretch and strengthen the core muscles using exercises developed by Joseph Pilates. Class time varies. (Level 1)

Step: Traditional cardiovascular workout using the Reebok step. 55 minute class. (Level 2)

Step Interval: Toning exercises with bursts of cardiovascular work. 45 minute class. (Level 2)

Tai Chi: Martial arts class concentrating on strength and balance. Meditation in motion. 45 minute class. (Level 1)

Total Body Toning: Strengthen and tone the entire body using weights, balls, and resistance bands. 55 minute class. (Level 2)

Yoga for Beginners: Yoga for the novice exerciser, mature adult, or prenatal/postnatal woman. 45 minute class. (Level 1)

Yoga for Beginners PLUS: Beginner yoga class for the slightly more advanced exerciser. This class level is between Yoga for Beginners and Yoga for Fitness. 45 minute class. (Level 1+)

Yoga for Fitness: Fitness-based yoga poses. 55 minute class. (Level 2)

YogaSculpt: Fitness-based yoga using light weights, resistance bands, and balls to tone and sculpt the muscles. 55 minute class. (Level 2)

Zumba®. Fusion of Latin and international dances for an exciting and fun cardiovascular workout! 55 minute class. (Level 2)

Level 1 classes are appropriate for all exercisers.

Level 2 classes are appropriate for intermediate to advanced exercisers.

Level 3 classes are appropriate for advanced exercisers.