

<p>Club Hours: Monday-Friday: 5:00 am - 11:00 pm Saturday & Sunday: 7:00 am - 7:00 pm</p> <p>Daycare Hours: Monday-Thursday: 9:00 am - 2:00 pm & 3:00 pm - 8:30 pm Friday: 9:00 am - 2:00 pm & 3:00 pm - 8:00 pm Saturday: 9:00 am - 1:00 pm Sunday: 9:00 am - 1:00 pm</p> <p>Comments & suggestions regarding Group Fitness programs can be emailed to Chris Kurceski at christinek@fitnessandwellness.org.</p> <p>Class Codes: B=Beginner, IN=Intermediate, AD=Advanced, All=All levels</p>	<p>Group Exercise Etiquette:</p> <ul style="list-style-type: none"> • Introduce yourself to the instructor if you are new to Group Exercise. • In order to prevent injury, do not enter a class already in session or leave before properly stretching & cooling down. • Please refrain from talking during class as it is distracting to other students and your instructor. • All cell phones should be turned off during class. <p>Class Attendance Policy:</p> <ul style="list-style-type: none"> • Classes will be cancelled due to lack of interest, when instructor trainings are scheduled, and in order to make room for NEW programs as needed. • On holidays a special class schedule will be posted. • The schedule may change due to an emergency. • There must be a minimum of three members for a class to be held.
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Class Descriptions

<p><u>Cardio/Aerobic Classes:</u></p> <p>Body Combat: Is the unique, martial arts-based workout designed for individuals to boost cardio fitness & benefit from total body conditioning. This class is addictive & fun.</p> <p>Body Attack: This high-energy interval training class combines athletic aerobic movements with strength & stabilization exercises. (IN, AD)</p> <p>Insanity: Revolutionary cardio based, total body conditioning program based on MAX interval training. (IN, AD)</p> <p>Body Step: A full cardio workout that really tones your butt and thighs. (ALL)</p> <p>Zumba: A fusion of Latin & international music providing an interval session that is a mixture of body sculpting movements with easy to follow dance steps. (ALL)</p> <p>Zumba Toning: Zumba using 1-2 lb. weights allowing a fusion of cardio and toning. (ALL)</p> <p>HIIT: This class involves a series of low to high intensity exercise workouts. (ALL)</p> <p>P90X: A one stop shop offering cardio, total body sculpting, core work and flexibility training. You will use dumbbells, resistance tubes and your own body to developed chiseled muscles, improved endurance and better functional fitness. (ALL)</p> <p><u>Cycle Classes:</u></p> <p>Cycle Lite: A lighter intensity cycle class. Instructor guides class through a routine or “journey” on a stationary bike. (ALL)</p> <p>Cycle: Indoor group cycling class that is guided through a routine “journey” by an instructor. New members should arrive a few minutes early to meet instructor and set up bike. (ALL)</p> <p><u>Resistance, Toning & Strength Training Classes:</u></p> <p>Body Pump: The original barbell class that appeals to individuals of all ages and fitness levels. Perfect for anyone striving to achieve maximum results in minimum time. (ALL)</p> <p>Boxing: Boxing inspired calisthenics and cardio exercises followed by heavy bag drills using the four basic strikes: jab, cross, upper cut & hook. (ALL)</p> <p>Tab, Flabs & Abs: A 30 bootcamp style conditioning class to help fight that stubborn body fat & tone up the mid section. (ALL)</p> <p>Quick Fix Abs: A 30 minute class that targets your mid sections. (ALL)</p>	<p><u>Mind/Body Classes:</u></p> <p>Hatha Yoga: Hatha Yoga is the most traditional and familiar form of Yoga. Holding poses, feeling balanced and centered is the goal. (ALL)</p> <p>Vinyasa Yoga: A flowing style of Yoga filled with graceful movements. A basic knowledge of Yoga poses is helpful but not required. (ALL)</p> <p>Restorative Yoga: A mellow Yoga class. Focusing on breath is a big part of Restorative Yoga. (ALL)</p> <p>Body Flow: Yoga based class that will improve your mind, body & life. Yoga moves that embrace elements of Tai Chi and Pilates to strengthen you & leave you centered and calm. (ALL)</p> <p>Tai Chi: A form of marital arts with history originating from China. Training improves balance, blood pressure, stress management and relaxation. The practice emphasizes slow, smooth movements that are described as “meditation in motion”. (ALL)</p> <p>Barefoot Fusion: The focus on this class will be on the foundation of your feet and core. An added benefit of low cardio challenge to raise heart rates and at the same time challenge your muscles, strength & endurance. (ALL)</p> <p><u>Senior/Arthritis:</u></p> <p>Chair Fitness: Gentle exercises mostly performed in a chair. It will help increase your flexibility, mobility and reduce stress on your joints. (ALL)</p> <p>Chair Pilates: Gentle Pilates exercises performed in a chair. (ALL)</p> <p><u>Aqua Classes:</u></p> <p>Aqua Run: Take your run off of the treadmill and into the pool. (ALL)</p> <p>Aqua Tai Chi: Tai Chi in the Therapy Pool. The water resistance allows you to work your muscles, endurance and strength with less weight on your joints. (ALL)</p> <p>Aqua Lite: This entry level shallow water class offers basic movements, gentle range of motion exercises and “water walking”. (ALL)</p> <p>Poolates: a Pilates class performed in the class. (ALL)</p> <p>Aqua Cardio: A cardio aqua class that will get your heart rate up and burn calories. (ALL)</p> <p>Aqua Mix: A aqua class using noodles & weights. This class combines cardio, strength training & Yoga moves. (ALL)</p> <p>Cardio Fusion: Dance moves, aqua moves and strength training all fused together. (ALL)</p>
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