

GROUP FITNESS LAND SCHEDULE**JANUARY 2 - MARCH 31****AQUATIC GROUP FITNESS SCHEDULE****MONDAY**

Time	Class	Level	Location
5:30 - 6:15 a.m.	Sunrise Yoga	All	I
5:30 - 6:15 a.m.	Power Cycle	2-3	II
6:15 - 7:00 a.m.	Zumba	All	I
6:15 - 7:00 a.m.	Core H.A.B.I.T.s	All	II
8:30 - 9:25 a.m.	Fit for Life	1-2	I
8:30 - 9:25 a.m.	Cycle Crunch	2-3	II
9:30 - 10:15 a.m.	Extreme Step Plus	2-3	I
9:35 - 10:30 a.m.	Core H.A.B.I.T.s	All	II
10:15 - 11:00 a.m.	Zumba	2-3	I
4:30 - 5:15 p.m.	Burn and Firm	2-3	I
4:45 - 5:30 p.m.	Zumba (The Basics)	1-2	II
5:15 - 5:25 p.m.	Ab Blast	All	I
5:30 - 6:25 p.m.	Cardio Kick Box	2-3	I
5:45 - 6:30 p.m.	Zumba (The Basics)	1-2	II
6:30 - 7:30 p.m.	Sculpt U.	All	I
6:30 - 7:45 p.m.	Power Yoga	2-3	II/Conf Rm

TUESDAY

Time	Class	Level	Location
6:00 - 7:00 a.m.	Sculpt U.	All	I
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:30 - 9:25 a.m.	Pilates Mat/Core Strength	2-3	II
9:10 - 9:55 a.m.	Burn and Firm	2-3	I
10:00 - 11:00 a.m.	Sculpt U.	All	I
12:00 - 12:45 p.m.	Zumba	All	I
4:30 - 5:30 p.m.	Sculpt U.	All	I
4:30 - 5:30 p.m.	Yoga	All	II
4:45 - 5:30 p.m.	Trekking	All	C Rehab
5:30 - 5:40 p.m.	Ab Blast	All	I
5:45 - 6:30 p.m.	Zumba	2-3	I
5:45 - 6:30 p.m.	Power Cycle	2-3	II
6:30 - 7:15 p.m.	Pilates Mat/Core Strength	All	II

WEDNESDAY

Time	Class	Level	Location
5:30 - 6:15 a.m.	Sunrise Yoga	All	I
5:30 - 6:15 a.m.	Power Cycle	2-3	II
6:20 - 7:00 a.m.	Burn and Firm	2-3	I
8:30 - 9:25 a.m.	Fit For Life	1-2	I
8:30 - 9:25 a.m.	Road Rage	2-3	II
9:30 - 10:25 a.m.	Zumba	2-3	I
9:35 - 10:30 a.m.	Core H.A.B.I.T.s	All	II
4:30 - 5:15 p.m.	Extreme Step	2-3	I
4:45 - 5:30 p.m.	Core H.A.B.I.T.s	All	II
5:15 - 5:25 p.m.	Ab Blast	All	I
5:30 - 6:30 p.m.	Sculpt U.	All	I
5:45 - 6:30 p.m.	Zumba (The Basics)	1-2	II
6:30 - 7:30 p.m.	Yoga	All	II/Conf Rm
6:45 - 7:30 p.m.	Cardio Kick Box	2-3	I

THURSDAY

Time	Class	Level	Location
6:00 - 7:00 a.m.	Sculpt U.	All	I
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:30 - 9:25 a.m.	Pilates Mat/Core Strength	2-3	II
9:10 - 9:55 a.m.	Burn and Firm	2-3	I
9:30 - 10:15 a.m.	Cycle (The Basics)	1-2	II
10:00 - 11:00 a.m.	Sculpt U.	All	I
12:00 - 12:45 p.m.	Zumba	All	I
4:30 - 5:30 p.m.	Sculpt U.	All	I
4:30 - 5:30 p.m.	Yoga	All	II
5:35 - 5:45 p.m.	Ab Blast	All	I
5:45 - 6:30 p.m.	Zumba	2-3	I
5:45 - 6:30 p.m.	Power Cycle	2-3	II
6:30 - 7:15 p.m.	Core H.A.B.I.T.s	All	I

FRIDAY

5:30 - 6:15 a.m.	Sunrise Yoga	All	I
5:30 - 6:15 a.m.	Power Cycle	2-3	II
6:15 - 7:00 a.m.	Zumba	All	I
8:30 - 9:25 a.m.	Fit For Life	1-2	I
8:30 - 9:25 a.m.	Cycle Fusion	2-3	II
9:30 - 10:15 a.m.	Cardio Kick Box	2-3	I
9:35 - 10:30 a.m.	Yoga	All	II
5:30 - 6:15 p.m.	Zumba	All	I

SATURDAY

8:00 - 8:45 a.m.	Power Cycle	2-3	II
9:00 - 9:55 a.m.	Yoga	All	II/Conf Rm
10:00 - 10:50 a.m.	Instructor's Choice	2-3	I
11:00 - 12:00 p.m.	Sculpt U.	All	I

SUNDAY

1:30 - 2:15 p.m.	Power Cycle *	2-3	II
2:15 - 2:30 p.m.	Ab Blast *	All	II
2:45 - 3:45 p.m.	Sculpt U.	All	I
2:45 - 3:45 p.m.	Yoga	All	II

* Cycle Fusion will be held on the first Sunday of each month from 1:30 p.m. - 2:40 p.m.

GROUP FITNESS POLICIES

- ◆ All schedules in this brochure are subject to change.
- ◆ 2 students must be present for class or it will be canceled.
- ◆ No students will be permitted to enter a class *more than 10 minutes late*. This is for your own safety.
- ◆ If you must leave class early, please be sure to cool down and stretch properly.
- ◆ Inform the instructor of any injuries/limitations of which he or she should be aware.
- ◆ Proper footwear is essential. Aerobic/cross-training shoes recommended. No running shoes. Participants should wear water fitness shoes in aqua classes.
- ◆ For your safety, all participants must review the pool policies before using the pool.
- ◆ Each workout is YOUR workout. Classes are not competitions. Success is measured from within. Remember to HAVE FUN!

MONDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP
6:00 - 7:00 p.m.	Aqua Blast	2-3	MPP

TUESDAY

Time	Class	Level	Location
9:00 - 10:00 a.m.	Aqua Cardio and Core	All	WWP
9:15 - 10:15 a.m.	Aqua Blast	2-3	MPP
5:30 - 6:30 p.m.	Get Fit - H2O Style	1-2	WWP

WEDNESDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP
6:00 - 7:00 p.m.	Aqua Blast	2-3	MPP

THURSDAY

Time	Class	Level	Location
9:00 - 10:00 a.m.	Aqua Cardio and Core	All	WWP
9:15 - 10:15 a.m.	Aqua Blast	2-3	MPP
5:30 - 6:30 p.m.	Get Fit - H2O Style	1-2	WWP

FRIDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP

Location Key:

MPP = Multi Purpose Pool WWP = Warm Water Pool
 I = Studio I (downstairs) II = Studio II (upstairs)
 Conf. Rm = Conference Room C Rehab = Cardiac Rehab. (upstairs)

Fitness Levels:

Level 1: For participants who are new to aerobic/exercise programs.

Class includes basic movements and sequences that are low-impact.

Level 2: For the slightly more experienced participant. *Classes include simple movement patterns that may vary in intensity levels.*

Level 3: For the experienced aerobic participant. *Class includes more challenging movement patterns at higher intensity levels.*

AQUATIC FITNESS CLASS DESCRIPTIONS

Aqua Blast: Use the resistance properties of the water to blast yourself to the next fitness level. This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

Aqua Cardio and Core: This class combines cardio intervals with exercises designed to strengthen your body, strengthen your core, and work on your balance. The perfect cross-training class. It's a must!!

Arthritis Aquatics: Water is a safe, ideal environment for relieving arthritis pain and stiffness. The gentle activities in this 60-minute warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness. In the relaxed, friendly, and supportive atmosphere of this class, new friendships are made and self-esteem soars.

Get Fit - H2O Style: This is a beginner/intermediate class which uses the basic techniques of water fitness for a great workout. Taught in the warm water pool, this class is great for individuals just getting started on a workout program and for those individuals with joint issues.

GROUP FITNESS LAND CLASS DESCRIPTIONS

Ab Blast: It's crunch time! Come join us for an intense 10-15 minute abdominal conditioning class.

Burn and Firm: Get it done all in one class -- cardio intervals to burn calories mixed with strength/toning intervals to strengthen and tone muscles

Cardio Kick Box: This class will punch and kick the calories away. Learn traditional kick-boxing basics, incorporate power moves, and endure speed drills in this sweat-breaking, full-powered workout.

Core H.A.B.I.T.s: Want to change your H.A.B.I.T.s (Hips, Abs, Butt, and Inner Thigh)? This class will allow you to make these changes while concentrating on developing your core muscles providing you with improved posture and balance.

Cycle Crunch: Bring together an excellent cardio workout of studio cycling and exercises to strengthen and tone your core. You will love this combo.

Cycle Fusion: Bring studio cycling to a new level. Be prepared to enhance the traditional cycling workout with intervals utilizing a variety of fitness styles and equipment.

Cycle (The Basics): Learn the fundamentals of a studio cycling class. This class is perfect for participants who are new to cycling or those looking for a less intense workout.

Extreme Step: Get ready for a full class of non-stop step for the intermediate to advanced stepper. **Extreme Step Plus** adds intervals of other formats to the step class to keep the class interesting and fun.

Fit for Life: A fun, energetic, low-impact aerobic and strength training workout designed for those members who are new to exercise or those members preferring a low impact class. This class will keep you fit for life.

GROUP FITNESS LAND CLASS DESCRIPTIONS

(CONTINUED)

Instructor's Choice: This class will offer a different cardio format each week. Call the Hotline (777-3232) to check for class format and instructor name.

Pilates Mat/Core Strength: If you want to learn to move through your day with symmetry and grace, have lean, flat abs and strong posture, this is the class for you!

Power Cycle: Pedal your way to a healthier you. This high intensity, interval training indoor cycling workout is designed to improve performance, increase strength and endurance. This class combines energizing music with power-packed intervals, aggressive hill climbs, and drills to push you to your personal edge!

Road Rage: Take studio cycling to the next level. We've extended the duration of our Power Cycle class to take you to your next fitness level. Be prepared to ride!!!!

Sculpt U.: This class sculpts your body while educating participants of proper body alignment and form. This total body workout matches traditional strength training movements to music creating a great exercise experience for each participant.

Trekking: This treadmill-based class is the perfect workout for walkers and runners of all levels. Take your fitness goals to the next level using a variety of speed, climb, and endurance intervals. Get ready to sweat!

Yoga, Power Yoga, and Sunrise Yoga: Take your workout to the next level. These yoga classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall well being. **Power Yoga** is a combination of strong, flowing movements to create a high-energy workout. (Prior yoga experience is preferred in order to participate in Power Yoga.) Start your day energized and refreshed by participating in our **Sunrise Yoga**.

Zumba: This fun-filled hi-lo impact cardio class combines Latin moves, hip-hop, funk, and belly dancing! You will have fun with this one! Ditch the workout -- Join the Party!!! **Zumba (The Basics)** is an introductory class for participants new to Zumba or those looking for a less intense workout.

GROUP FITNESS SCHEDULE

JANUARY - MARCH 2012

McLeod

Health & Fitness Center

*McLeod Health and Fitness Center
Hours of Operation*

Monday - Thursday 5:30 a.m. until 10:00 p.m.

Friday 5:30 a.m. until 8:00 p.m.

Saturday 7:00 a.m. until 7:00 p.m.

Sunday 1:00 p.m. until 7:00 p.m.

*For more information, please call
McLeod Health & Fitness Center at 777-3000.*

**For up-to-date class
schedule information,
call the Group Fitness Hotline
777-3232.**