



# Fitness Schedule: January 2012

**\*Classes subject to change based on participation**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	<b>*Barbell Strength</b> Denise	<b>Cycling</b> Brad	<b>Body Sculpt</b> Brad	<b>Cycling</b> Brad	<b>Body Sculpt</b> Denise		
8:10AM						<b>Cycling</b> Brad	
8:15AM	<b>MSROM</b> Paulette (NO class 1/2)	<b>SS Cardio Circuit</b> Paulette	<b>MSROM</b> Paulette	<b>SS Cardio Circuit</b> Amy	<b>MSROM</b> Paulette	<b>*Yoga</b> Villy <b>Zumba</b> Megan	
9:00AM						<b>*Muscle Conditioning</b> Brad	
9:15AM	<b>Yoga Stretch</b> Paulette (NO class 1/2)		<b>Yoga Stretch</b> Paulette		<b>Zumba</b> Megan		
10:10AM							<b>Cycling</b> Rotation
11:00AM							<b>Kettlebell or Sculpt</b> Rotation
12:00PM	<b>Cycling</b> Michelle		<b>Cycling</b> Michelle				
5:00PM	<b>Cycling</b> Kristen		<b>Kettlebell</b> Sarah	<b>*Cycle/Core</b> Annie			
5:30PM		<b>*Zumba</b> Diane					
5:45PM	<b>*Body Sculpt</b> Brad	<b>*Yoga</b> Chrissy	<b>Cycling</b> Colleen	<b>*Yoga</b> Chrissy			
6:00PM				<b>*Zumba</b> Diane			
6:30PM			<b>Water Aerobics(@MS)</b>				
6:45PM		<b>*Kettlebell/ Cardio</b> Annie					
7:00PM	<b>Boot Camp</b> Shawn <b>Water Aerobics(@MS</b> – NO class 1/2)		<b>Boot Camp</b> Shawn <b>*Yoga</b> Villy				

\*1 hour classes. All others are 45 minutes.

A variety of adult aerobics classes are offered at the Community Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership, show your punch card at the front desk, or pay per visit when you check in at the front desk. Body bars, hand weights, Resist-a-balls, resistance bands, and mats are provided. Please consult with your physician prior to beginning any new exercise program. The fitness classes are ranked according to degree of difficulty. Use the descriptions below to help find the class that's right for you. Space in some classes is limited.

### **Silver Sneakers® Muscular Strength & Range 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. A chair is used for seated and/or standing support.

### **Silver Sneakers® Cardio Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### **Silver Sneakers® Yoga Stretch**

Yoga Stretch will 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 will promote stress reduction and mental clarity.

### **Barbell Strength**

Strengthen, tone, and define your entire body in this group strength training class that is designed to increase muscular endurance and strength while accommodating all fitness levels.

### **Body Sculpt**

Feel the Burn as you challenge your major muscle groups using a variety of resistance training and tools. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass, tone, and lose inches.

### **Boot Camp/Athletic Conditioning**

This class is designed to challenge the athlete inside of us all. You set the pace as we enjoy everything from running and athletic drills to obstacle courses and muscle conditioning. No complicated choreography—just loads of endurance, agility and strength building athletic intervals. Boot Camp will get you feeling stronger with results you will notice. Both men and women are encouraged to attend. This is a great opportunity for spouses/partners to exercise together.

### **Cycling**

An interval class on industrial-strength stationary bicycles set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner—because the resistance and pace can be modified by the individual participant. It's high-energy, motivating and the best calorie-burner at 700 per class. It's non impact so it is perfect for people with injuries. It's just you and the bike!

### **Cycle Core**

Combine the calorie torching aspect of cycling with the core strengthening aspects of Pilates, Yoga, and strength training. Each class will begin in the cycling room and proceed from there with each class being a little different.

### **Kettlebell**

Kettlebell will enhance your training program by building strength and lean muscle mass. It will also help you to maintain maximum flexibility, power and endurance. This class will challenge you through a series of weight and cardio exercises with the use of the Kettlebell.

### **Kettlebell Cardio**

Combine the best of both worlds by combining the muscular strength and endurance work of kettlebell and strength training intermixed with the heart pumping excitement of various types of cardio training, ranging from bootcamp, plyometrics, and team conditioning.

### **Muscle Conditioning**

Experience personal training in a group setting. This drop in class will surely increase your weight endurance and help you to tone and strengthen. Classes will meet once a week on a drop in setting. Please meet near weight equipment outside of fitness room.

### **Water Aerobics**

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. The class is appropriate for all levels of participants as moves can be modified to fit the participant. *This class will be held at the Middle School Pool (1137 S. Marschall)*

### **Yoga**

Create a mind/body connection with yoga. This more traditional yoga class in the hatha style will focus on breathing, flexibility, balance, alignment and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace.

### **Zumba**

Zumba is a fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective work-out. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **Class Fees**

SCC Members	Free
Resident	\$5/class
Non-Resident	\$7/class
Punch Cards	\$60 (good for 15 classes)
Senior Punch Card	\$45 (good for 15 classes)