Group Exercise Class Schedule SPRING 2012

Downstairs Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 am	LesMills BODYCOMBAT Jenn S.	LesMills BODYSTEP Jenn S.	BASIC TRAINING Maureen	LesMills BODYSTEP Maureen	LesMills BODYATTACK Jenn S.	7:00 am	LesMills BODYSTEP Jenn S.	
8:00 am	LesMills BODYFLOW Kathy		LesMills BODYFLOW Kathy			8:00 am	LesMills BODYCOMBAT Lynn	LesMills BODYATTACK Jenn S.
8:15 am		LesMills BODYPUMP Kathy		LesMills BODYPUMP Kathy				
9:15 am	LesMills BODYSTEP Maureen	LesMills BODYCOMBAT Maureen	LesMills BODYSTEP Maureen	LesMills BODYATTACK Jenn S.	LesMills BODYSTEP Maureen	9:00 am	LesMills BODYPUMP Lynn	LesMills BODYPUMP Danette
10:15 am	BASIC TRAINING Maureen		LesMills BODYPUMP Maureen	CORE TRAINING Andrea	BASIC TRAINING Maureen	10:00 am		LesMills BODYCOMBAT Jenn D.
4:30 pm	LesMills BODYATTACK Michelle	LesMills BODYSTEP Kim	LesMills BODYATTACK Michelle				PLEASE NOTE TIMES ON WEEKEND	
5:30 pm	LesMills BODYSTEP Maureen	LesMills BODYPUMP Kim	LesMills BODYPUMP EXPRESS KIM	LesMills BODYCOMBAT Debbie	LesMills BODYATTACK Michelle			
6:00 pm			CORE TRAINING Kim	.				
6:30 pm	LesMills BODYPUMP Debbie	LesMills BODYCOMBAT Lynn	LesMills BODYSTEP Kim	LesMills SH'BAM Jenn S				
7:30 pm	LesMills BODYFLOW Debbie							

Upstairs Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00 am	Line Dancing		Line Dancing		Line Dancing		*Must sign up for Program at front desk Additional charge applies. Space is limited!	
9:00 am	Senior Boot Camp	Functional Strength 101*	Senior Boot Camp	Functional Strength 101*	Functional Strength 101			
10:00 am	Dance Aerobics	Tai Chi Kathy	Low Impact Aerobics	Tai Chi Kathy				
5:30 pm		Yogafit Jenn D.		Yogafit Jenn D.				
6:30 pm	ZUMBA Christa		ZUMBA Christa				Revised 4/9/12	

Group Exercise Schedule SPRING 2012

Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:00 am	Note time change	LesMills RPM Lynn		LesMills RPM Lynn		8:15 am	LesMills RPM Mark	
						9:00 am		1 Hr SPIN Ellen
9:30 am		LesMills RPM Lynn		LesMills RPM Andrea	1 Hr SPIN Laura		Cycling classes are 45 minutes unless otherwise indicated. Heart Rate Monitors are recommended *Must sign up for Program at front desk Additional charge applies. Space is limited!	
5:30 pm	LesMills RPM Andrea		LesMills RPM Beth					
6:30 pm				1 HR SPIN Ellen				

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:10 am					Masters Swim Scotty			
						8:00 am	Aquamotion Heidi	
9:00 am		AQUALOGIX Erin		AQUALOGIX Erin			For your safety & comfort, we recommend water shoes for all participants in water aerobic classes. Schedule is subject to change.	
11:00 am	Aqua Combo Karen		Aqua Combo Erin		Aqua-motion Karen			
6:00 pm		Aquamotion Lisa/Karen						
7:00 pm	Masters Swim Scotty	Masters Swim Scotty		Masters Swim Scotty				

Group Exercise Class Descriptions

BODYATTACK: The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals-from the weekend athlete to the hard-competitor.

BODYCOMBAT: Combines kicks, strikes and katas from a range of disciplines like karate, boxing and taekwondo into an hour long energetic routine. Music and choreography create an energetic experience which will raise your fitness level!

BODYFLOW: Bodyflow is the revolution in mind-body training that is changing the way people feel about their bodies. A dynamic exercise-to-music program that leaves class members feeling relaxed and renewed. Bodyflow combines the best of eastern disciplines like yoga and tai chi with popular new methods such as pilates.

BODYPUMP: This class is a revolutionary weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. BODYPUMP is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body...ideal for beginners right through to experienced exercisers. It is the workout for EVERY-BODY.

BODYSTEP: Bodystep is the all systems go workout that retains the essence of a great step class and adds fun athletic movements to the mix with huge amounts of spunk, personality, driving music and great training principles. Bodystep is broken into individual tracks that have specific training objectives. while the class is continuous cardio, it is also broken into periods of intense work with built in recovery.

SH'BAM: A class kicks off with a basic warm-up, where you get everything from your shoulders, to your chest, to your hips and even your fingertips moving. SH'BAM features simple but seriously hot dance moves. The perfect way to shape up and let out your inner star-even if dance isn't your natural thing!

ZUMBA®: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

BASIC TRAINING: An interval training class designed to increase strength and endurance incorporating plyometrics and a variety of weights. Select heavy weights for less repetitions alternating with 1-3 minute cardio drills.

CORE TRAINING : This class includes strength and flexibility exercises done on the stability balls (Benefits include working the "core" in every exercise, improved balance and flexibility. You can progressively increase the intensity for each exercise by making slight adjustments in your body position.)

Yogafit: Combines elements of the Indian concepts of Hatha Yoga with traditional fitness exercise and stretching routines. Yogafit is a non-purist yoga specifically designed for the mainstream fitness industry. Yogafit features both strength, conditioning, and flexibility components using contemporary music to enhance the experience.

POOL GROUP EXERCISE CLASSES

Aquamotion: No pain, ALL gain!! Water gives buoyancy not given in land aerobics and will help keep the body cool during exercise. This class will include a warm-up, aerobic segment, strengthening and toning segment and end with stretching. Great for those with joint problems.

Aqua Combo: This class is a combination of your three favorite classes. 20 minutes of aquamotion, 20 minutes of water walking and finishing with 10 minutes of toning. This is a well rounded workout with fun in the mix.

AQUALOGIX: The unique Aqualogix system uses the properties of water to deliver a challenging fun workout with results! Water has 12 times the resistance of air. With Aqualogix equipment, you will work opposing muscle groups in one exercise. The greater range of motion obtained in water will allow you to fully engage your muscles. You can also achieve impressive cardio-respiratory improvement and burn lots of calories in an environment that protects the joints.

CYCLING CLASSES

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks , time trials, and interval training. Discover your athlete within—sweat and burn to reach your endorphin high.

Spin : An indoor cycling class which is taught on a modified stationary bikes designed by LIVESTRONG® and SCHWINN. Our nationally certified instructors will take you on an incredible journey, simulating the types of terrain that you encounter while riding your bike outdoors.

RPM : Indoor cycling workout where you ride to the Rhythm of Powerful Music. A new RPM class is produced every three months with new music and choreography.

No experience necessary. First time cyclists are welcome in all classes, however we ask that you come in early so that we can set you up safely on the bikes. As with all of our Group Exercise classes, our instructors would be more than happy to show you a few moves before class starts.

YAH GROUP EXERCISE CLASSES

See the Young at Heart schedule for descriptions of the following classes: **Line Dancing, Senior Boot Camp, Functional Strength 101, Dance Aerobics, Low Impact Aerobics & Tai Chi**

For more information or questions on any of our programs, contact Maureen @ 603-893-8612 or Maureen@sac-nh.com