

Spring 2012 Cardio Program Schedule

The Health Club - 329.5050

Time	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
5:30 am	TRX Boot Camp Stephanie		TRX Boot Camp Stephanie		TRX Boot Camp Stephanie		
8:00 am		Yoga Ginger		Yoga Thomas	Pilates/ Yoga Karen	8:00 Pilates/ Yoga Karen	
9:00 am	Pump & Crunch + Renetta	Pump & Crunch + Renetta	Combo Step Katy	Zumba! Lauri	Pump & Crunch + Sara Gae	9:00 Zumba! Lauri	
10:00 am	Senior Aerobics Katy	Zumba! Gold Katy	Senior Aerobics Cathy	Zumba! Gold Katy	Senior Aerobics Karen	10:15 Power Step Katy	
11:00 am	Silver Sneakers Cathy	Seniors Aerobics Karen	Silver Sneakers Cathy	Seniors Aerobics Thomas	Silver Sneakers Yoga Stretch Cathy		
12:00 pm		Seniors Yoga Karen		Seniors Yoga Thomas			
		Silver Splash 724 24th Ave Cathy		Silver Splash 724 24th Ave Cathy			
2:00 pm	Seniors Yoga (chair) Cathy		Seniors Yoga (chair) Cathy				
3:30 pm							Pump & Crunch + Katy
4:30 pm	Pump & Crunch + Katy	Zumba! Lauri	Turbo Kick Lauri	Zumba! Dawna	Turbo Kick Lauri		
5:30 pm	Zumba! Rotate Instructors	Yoga Ginger	TRX BOSU+ Stephanie	TRX BOSU Blast Kristy			5:00 Spin/P90X Garold
6:30 pm		Restorative Yoga 2nd & 4th Tuesdays Ginger	Yoga Jade	Spin/P90X Garold			
8:30 pm	Zumba! Lauri			Zumba! Lauri			

Please read our updated class descriptions!

In the event of an unavoidable absence of an instructor, every effort will be made to find a substitute.

If this happens, it is possible that the format of the class may be different than listed.

We will make every attempt to have an instructor at the class.

****Previous Step experience is necessary before attending this class. Thanks!***

Welcome to the Health Club Cardio Program! We are excited that you are interested in our group fitness classes. We hope that you will find a variety of formats that will help you achieve your personal fitness goals. We always welcome your questions and suggestions! Please take a few minutes to read our class descriptions.

2012 Spring Classes!!!

- **Combo Step**—A step class which strings together combinations of moves on the step. Patrons are encouraged to have previous step experience before attending this class.
- **Power Step**—An advanced-level step class, longer in length. The class combines the format of both the Cardio Step and Combo Step classes. Previous step experience is necessary.
- **Zumba!**—An eclectic, dynamic mix of simple-to-follow, FUN, dance moves from around the world!
- **Zumba Gold**—Zumba, specifically designed for the senior population and those new to fitness!
- **TRX BOSU Blast**—A strengthening and cardio class using the BOSU semi-circle balls. You'll love it.
- **TRX BOSU+**—Time will fly when you workout on these two full-body pieces of toning and cardio equipment!
- **Spin**—An intense aerobic workout on our spin bikes. All levels of fitness welcome! Spin/P90X incorporates weights, drills, and yoga into a 90-minute workout.
- **TRX Boot Camp**—An early morning wake-up call! All of the cardio and crunching you can take to power you through your day. TRX Equipment may be included!
- **TurboKick**—A new class incorporating choreographed boxing drills with heart-pumping music!
- **Pilates**—A series of stretching and toning moves designed to improve flexibility and remove spinal stress.
- **Yoga**—A series of postures designed to improve flexibility and strength, while also decreasing daily tension and life stress.
- **Pump + Crunch**—Anaerobic workout utilizing bells, bars, bands, and balls. (With cardio, the class becomes **Pump + Crunch Plus**)
- **Senior Aerobics**—A class involving low-impact aerobics and chair-based toning. Improves cardiovascular fitness, strength, and flexibility.
- **Silver Sneakers**—A seniors class, completely chair-based, designed to improve strength, mobility, and flexibility. A Secure Horizons-sponsored fitness class.
- **Seniors Yoga**—A chair-based yoga class, designed specifically for the needs of seniors.
- **Restorative Yoga**—A relaxing yoga class which uses props to support the body. These props allow you to hold poses longer which allows you to open your body through passive stretching.