

GROUP EXERCISE SCHEDULE

Effective November 1, 2011

Monday

Time	Class	Location	Trainer
6:15 – 7:00 am	TBC	Group Exercise Studio	Bonnie
11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
5:10 – 5:25 pm	Core Crunch	Group Exercise Studio	Amy
5:30 – 6:30 pm	CardioSculpt	Group Exercise Studio	Kimberly

Tuesday

Time	Class	Location	Trainer
6:15 - 7:00 am	Group Cycling	The Loft	Alena
12:00 - 1:00 pm	Yoga	The Loft	Jackie
5:30 – 6:30 pm	Group Cycling	The Loft	David

Wednesday

Time	Class	Location	Trainer
6:15 – 7:00 am	TBC	Group Exercise Studio	Alena
11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
5:10 – 5:25 pm	Core Crunch	Group Exercise Studio	Amy
5:30 - 6:30 pm	TBC	Group Exercise Studio	Kimberly

Thursday

Time	Class	Location	Trainer
5:30 – 6:30 pm	Sculpt	Group Exercise Studio	Jessica

Friday

Time	Class	Location	Trainer
11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
12:00 – 1:00 pm	Yoga	The Loft	Kali

CLASS DESCRIPTIONS

CardioSculpt - This class combines resistance training with intervals of cardio conditioning.

Core Crunch - Abdominal and back strengthening exercises "crunched" into a fifteen minute core conditioning class. *Please arrive warmed-up.*

Group Cycling - A cardiovascular workout on a stationary bike set to music. A resistance knob on the bike dictates the intensity of the ride so each participant can ride at their level.

Sculpt - Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Total Body Conditioning (TBC) - TBC is a high intensity circuit - formatted cardiovascular conditioning class.

Yoga - In this class, you will perform sequences of yoga postures and stretches that are linked to the breath. The class promotes relaxation, rejuvenation, flexibility and strength.