

## GROUP EXERCISE SCHEDULE

Effective April 9, 2010

### 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	Lindsey
5:30 – 6:30 pm	CardioSculpt	Group Exercise Studio	Lindsey

### Tuesday

Time	Class	Location	Trainer
6:15 – 7:00 am	Group Cycling	The Loft	Paige
5:30 – 6:30 pm	Zumba	Group Exercise Studio	Esperanza

### Wednesday

Time	Class	Location	Trainer
6:15 – 7:00 am	TBC	Group Exercise Studio	Paige/Paula
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	Group Cycling	The Loft	David

### Thursday

Time	Class	Location	Trainer
12:00 – 1:00 pm	Yoga	Group Exercise Studio	Mollie
5:30 – 6:30 pm	Sculpt	Group Exercise Studio	Paula

### Friday

Time	Class	Location	Trainer
6:15 – 7:15 am	Group Cycling	The Loft	Robbie
11:45 am – 12:45 pm	Group Cycling	The Loft	Amy

## 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.

### Zumba

This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that's fun and easy to do. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!