



Group Exercise

EFFECTIVE: OCTOBER 9, 2008

MONDAY

5:40 - 6:30	Group Cycling - CS	Mike
5:45 - 6:45	Kickboxing	Kris
8:00 - 8:55	Pryme Tyme Sculpt	Betsy
8:30 - 9:45	TBC - Gym	TBA
8:45 - 9:35	Group Cycling - CS	Cary
9:00 - 9:55	Zumba	Betsy
9:00 - 10:00	Water Aerobics - Pool	Mary W.
10:00 - 10:55	On the Ball	Heather
11:00 - 11:55	+Pilates	Barbara
12:00 - 12:50	Group Cycling - CS	Carla
12:00 - 12:55	Zumba	Emily
1:00 - 2:00	Senior Weights	Jeff
5:00 - 6:10	Yoga (Flowing)	Holly
5:00 - 5:50	Group Cycling - CS	Heather
5:30 - 6:30	Step - Gym	Ronnie/Trish
6:00 - 6:50	Group Cycling - CS	Martha
6:15 - 7:10	Nia	Susan
6:35 - 7:35	Kickboxing - Gym	Abeer
7:00 - 8:00	Water Aerobics - Pool	Mary Lu
7:15 - 8:15	Sculpt	Beth

TUESDAY

5:45 - 6:45	Yoga (Flowing)	Jeannie
5:45 - 6:45	Power Pump - Gym	Kris
8:00 - 8:40	Stretch	Victoria
8:30 - 9:25	Step - Basic - Gym	Lisa C.
8:45 - 9:30	+Pilates	Victoria
9:00 - 10:00	Water Aerobics - Pool	Carla Bo.
9:25 - 9:40	Core Crunch - Gym	Lisa C.
9:40 - 10:30	Sculpt - Gym	Beth
10:00 - 10:55	Nia	Susan
10:30 - 11:20	Group Cycling - CS	Barbara
11:00 - 11:55	Yoga (Flowing)	Lana
12:00 - 12:55	Zumba	Brittney
1:00 - 2:00	Sculpt	Robbin
4:00 - 4:25	Zumba for Kids	Marion
4:30 - 5:25	Power Pump	Hannah
4:30 - 5:20	Group Cycling - CS	Heather
5:30 - 6:20	Group Cycling - CS	Adiel
5:30 - 6:25	+Pilates	Julia
5:45 - 7:00	TBC - Gym	Carla
6:30 - 8:00	Yoga (Flowing)	Sherri

WEDNESDAY

5:40 - 6:30	Group Cycling - CS	Betsy
5:45 - 6:45	Kickboxing	Kris
8:00 - 8:55	Pryme Tyme Sculpt	Hannah
8:45 - 9:35	Group Cycling - CS	Lisa C.
9:00 - 9:55	Aerobics	Beverly
9:00 - 10:00	Water Aerobics - Pool	Mary W.
9:40 - 9:55	Core Crunch - Gym	Lisa C.
10:00 - 10:55	Power Pump	Betsy
11:00 - 11:55	+Pilates	Barbara
12:00 - 12:50	Group Cycling - CS	Carla
1:00 - 2:00	Senior Weights	Jeff
4:15 - 5:10	Zumba	Bonnie
5:00 - 5:50	Group Cycling	Krissa
5:15 - 6:10	Yoga (Flowing)	Mike
5:30 - 6:30	CardioSculpt - Gym	Beth
6:00 - 6:50	Group Cycling - CS	Martha
6:15 - 7:10	Nia	Antoinette
7:00 - 8:00	Water Aerobics - Pool	Mary Lu
7:15 - 8:15	Sculpt	Paula

THURSDAY

5:45 - 6:45	+Pilates	Paige
5:45 - 6:45	Power Pump - Gym	Kris
8:00 - 8:40	Stretch	Victoria
8:30 - 9:30	Step - Multi - Gym	Betsy
8:45 - 9:30	+Pilates	Victoria
8:45 - 9:35	Group Cycling - CS	Cary
9:00 - 10:00	Water Aerobics - Pool	Liz
9:25 - 9:40	Core Crunch - Gym	Betsy
9:40 - 10:30	Sculpt - Gym	Michelle
10:00 - 10:55	Zumba	Robbin
11:00 - 11:55	Yoga (Flowing)	Lana
12:00 - 12:55	TBC	Carla
1:00 - 2:00	Sculpt	Robbin
4:00 - 4:25	Zumba for Kids	Marion
4:30 - 5:15	Group Cycling - CS	Heather
5:30 - 6:25	Power Pump	Bonnie
6:30 - 7:25	+Pilates	Paige
7:45 - 8:45	Aikido	Gary

FRIDAY

5:40 - 6:30	Group Cycling - CS	Betsy
5:45 - 6:45	Hard Core /Stretch	Kris
8:00 - 8:55	Zumba	Paige
8:30 - 9:45	TBC - Gym	Carla
8:45 - 9:35	Group Cycling - CS	Brittney
9:00 - 10:00	Water Aerobics - Pool	Mary Lu
9:00 - 9:55	Aerobics	Sheffield
10:00 - 10:55	+Pilates	Barbara
11:00 - 12:05	Stretch	Beverly
12:00 - 12:50	Group Cycling - CS	Krissa
12:10 - 1:00	Senior Weights	Beverly
4:15 - 5:15	Step	TBA

SATURDAY

8:00 - 8:55	Power Pump	Beth
8:15 - 9:05	Group Cycling - CS	Barbara
9:00 - 10:15	CardioSculpt - Gym	Michelle
9:00 - 10:00	Water Aerobics - Pool	Liz
9:15 - 10:25	Nia	Susan
9:30 - 10:20	Group Cycling - CS	Lisa D.
10:30 - 11:30	Zumba	Bonnie
10:30 - 11:25	Sculpt - Gym	Lisa D.
11:40 - 12:40	Yoga (Flowing)	Mike
2:30 - 4:00	Aikido/Judo	Gary

SUNDAY

1:00 - 1:55	Zumba	TBA
2:00 - 2:55	Stretch	Beverly
2:00 - 2:50	Group Cycling - CS	Betsy/Krissa
3:00 - 4:00	Power Pump	Beth/Betsy
4:15 - 5:15	Step - Basic	Hannah

Classes and instructors are subject to change. Visit our website at www.Irac.com for updated scheduling.

Classes must maintain an average of eight participants to remain on the schedule. Each class must have at least three participants to be conducted.

Unless noted all classes are held in the Group Exercise Studio. CS - Cycling Studio

Must have completed the Beginner Pilates Series, have prior Pilates experience or take private Pilates lessons before attending these classes. To register for the next Beginner Pilates Series starting in January, contact Lisa at 225 - 3601, ext. 318. The fee for the Beginner Pilates Series is \$20.



GroupExercise Class Descriptions

Aerobics

35 to 40 minutes of fun hi/lo cardio conditioning combinations plus abdominal and stretching exercises.

CardioSculpt

This class combines aerobic conditioning with intervals of resistance training.

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 lever on the bike dictates the intensity of the ride so each participant can ride at their level. *You may reserve your bike 24 hours in advance at the Front Desk.*

Kickboxing

This class combines kicks, jabs and hooks with cardiovascular boxing moves.

NIA

Nia is a blend of dance and martial arts done barefoot to a variety of international music. Participants will receive cardiovascular conditioning and increased muscle tone and flexibility. Nia is adaptable for any fitness level from stiff beginners to highly fit athletes. Go to www.nianow.com for more information. Nia celebrates the **Joy of Movement!**

On the Ball

Improve core strength, balance and flexibility in this Pilates - inspired class using a stability ball and weights.

Pilates

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves. *We recommend that you complete our Beginner Series class, have prior Pilates experience or enlist the service of one of our Pilates Personal Trainers prior to attending Pilates classes.*

Pilates - Beginner Series

Learn the basic principles behind the discipline first developed by Joseph Pilates. During the series of classes which meet twice a week for four weeks, you will learn to execute 24 mat exercises, including proper breathing and technique. Classes are limited to 12 participants. Reserve your spot by calling Lisa at 225 - 3601, ext. 318. Fee: \$20.

Power Pump

Strength training using an easily adjusted barbell weight set. It is a muscular endurance workout blending moderate resistance training with high repetitions.

Pryme Tyme Sculpt

Developed for seniors, Pryme Tyme Sculpt focuses on muscular endurance and strength training.

Sculpt

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

Senior Weights

This class is designed for people with arthritis, fibromyalgia, back pain, those who have undergone joint replacements and graduates of our Cancer Wellfit program. Exercises increase range of motion, strength, balance, coordination, flexibility and overall stamina.

Step

A choreographed cardiovascular workout using a platform and risers. Sequences are introduced and developed as the class progresses.

Step - Basic

Simpler than a Step class, moves are repeated for longer durations and choreography is less complicated. The workout intensity is the same as a Step class.

Step - Multi

A Step class where participants move between multiple steps.

Stretch

Increase your flexibility and relax in this class.

Total Body Conditioning (TBC)

This high intensity circuit - formatted class combines cardiovascular conditioning and strength building exercises.

Water Aerobics

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Yoga - Flowing

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!

Zumba for Kids

Join us for the same Zumba music, but set to a kid's level. Kids love to dance and will enjoy the Latin beat while exercising with one of our certified Zumba instructors. This class is designed for ages 5—12. Parents are welcome to attend or remain elsewhere in the Club during class.