



Group Exercise

EFFECTIVE: JANUARY 1, 2012

MONDAY

5:40 - 6:30	Group Cycling - CS	Betsy
5:45 - 6:45	Rigorous Mix	Kris
8:00 - 8:55	Sculpt	Lisa C.
8:45 - 9:35	Group Cycling - CS	Cary
8:45 - 10:00	CardioSculpt - Gym	Michelle
9:00 - 9:55	Zumba	Beverly
9:00 - 10:00	AquaFit - Pool	Mary W.
10:00 - 10:55	On the Ball	Heather
11:00 - 11:55	+Pilates	Barbara
12:00 - 12:55	Yoga (Flowing)	Jeanie
12:00 - 12:50	Group Cycling - CS	Carla
1:00 - 2:00	Senior Weights	Jeff
3:45 - 4:10	Zumba for Kids	Marion
4:15 - 5:10	Hip Hop/Latin Spice	Marion
5:15 - 6:10	Yoga (Flowing)	Breezy
5:30 - 6:20	Group Cycling - CS	Martha
5:30 - 6:30	Step - Gym	Ronnie
6:15 - 7:10	Nia	Susan G.
6:35 - 7:35	Kickboxing - Gym	Jessica
7:00 - 8:00	AquaFit - Pool	Mary Lu
7:15 - 8:15	Sculpt	Peggy

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	CardioMix - Gym	Lisa/LeeAnn
8:45 - 9:30	+Pilates	Victoria
9:00 - 10:00	AquaFit - Pool	Hannah
9:25 - 9:40	Core Crunch - Gym	Charla
9:30 - 10:20	Group Cycling - CS	Barbara
9:40 - 10:30	Sculpt - Gym	Charla
10:00 - 10:55	Nia	Susan G.
11:00 - 11:55	Yoga Stretch	Beverly
12:00 - 12:55	Cardio Dance	Brittney
1:00 - 2:00	Sculpt	Hannah
4:30 - 5:25	Power Pump	Colleen
4:30 - 5:00	Group Cycling Express- CS	Heather
5:30 - 6:20	Group Cycling - CS	Nancy
5:30 - 6:25	+Pilates	Jackie
5:45 - 7:00	TBC - Gym	Carla
6:30 - 8:00	Yoga (Flowing-intermediate)	Sherri

WEDNESDAY

5:40 - 6:30	Group Cycling - CS	Mike S.
5:45 - 6:45	CardioSculpt	Kris
8:00 - 8:55	Sculpt	Robbin
8:45 - 9:35	Group Cycling - CS	Lisa C.
8:45 - 10:00	CardioSculpt - Gym	Betsy
9:00 - 9:55	Zumba	Beverly
9:00 - 10:00	AquaFit - Pool	Robbin
10:00 - 10:55	Power Pump	Betsy
11:00 - 11:55	+Pilates	Barbara
12:00 - 12:55	Yoga (Flowing)	Jeanie
12:00 - 12:50	Group Cycling - CS	Carla
1:00 - 2:00	Senior Weights	Jeff
3:45 - 4:10	Zumba for Kids	Marion
4:15 - 5:10	Hip Hop/Latin Spice	Marion
5:15 - 6:10	Yoga (Flowing)	Mike D.
5:30 - 6:20	Group Cycling	Krissa
5:30 - 6:30	Step - Gym	Laura
6:15 - 7:10	Zumba	Sandy
6:35 - 7:35	Kickboxing - Gym	Jessica
7:00 - 8:00	AquaFit - Pool	Mary Lu
7:15 - 8:15	Sculpt	Colleen

THURSDAY

5:45 - 6:45	Yoga (Flowing)	Jeanie
5:45 - 6:45	Power Pump - Gym	Kris
8:00 - 8:40	Stretch	Victoria
8:30 - 9:25	CardioMix - Gym	Betsy
8:45 - 9:30	+Pilates	Victoria
8:45 - 9:20	Group Cycling - CS	Cary
9:00 - 10:00	AquaFit - Pool	Anna
9:25 - 9:40	Core Crunch - Gym	Michelle
9:40 - 10:30	Sculpt - Gym	Michelle
10:00 - 10:55	Cardio Dance	Brittney
11:00 - 12:15	Yoga (Flowing)	Johanna
12:00 - 12:55	TBC - Fitness Floor	Carla
1:00 - 2:00	Sculpt	Peggy
4:30 - 5:25	Zumba	Bonnie
4:30 - 5:20	Group Cycling - CS	Heather
5:30 - 6:25	Sculpt	Bonnie
6:30 - 7:25	+Pilates	Krista
7:30 - 8:45	Yoga - Hot	Jeanie

FRIDAY

5:40 - 6:30	Group Cycling - CS	Betsy
5:45 - 6:45	Hard Core/Stretch	Kris
8:00 - 8:55	Sculpt	Hannah
8:30 - 9:45	TBC - Gym	Carla
8:45 - 9:35	Group Cycling - CS	Lisa D.
9:00 - 10:00	AquaFit - Pool	Sheffield
9:00 - 9:55	Hip Hop/Latin Spice	Colleen
10:00 - 10:55	+Pilates	Barbara
11:00 - 12:05	Yoga Stretch	Beverly
12:00 - 12:50	Group Cycling - CS	Krissa
12:10 - 1:00	Sculpt 101	Beverly
4:15 - 5:15	Step	Trish
5:30 - 6:30	Zumba	Sandy

SATURDAY

7:05 - 7:55	Kickboxing	LeeAnn
8:00 - 8:55	Power Pump - Gym	Susan P.
8:15 - 9:05	Group Cycling - CS	Barbara
9:00 - 10:15	CardioSculpt - Gym	Michelle
9:00 - 10:00	AquaFit - Pool	Anna
9:15 - 10:25	Nia	Susan G.
9:30 - 10:20	Group Cycling - CS	Lisa D.
10:30 - 11:30	Zumba	Bonnie
10:30 - 11:30	Sculpt - Gym	Lisa D.
11:40 - 1:00	Yoga (Flowing-intermediate)	Mike D.
4:00 - 5:15	Yoga - Hot	Johanna

SUNDAY

1:00 - 1:55	Zumba	Sandy
2:00 - 2:55	Yoga Stretch	Beverly
2:00 - 2:50	Group Cycling - CS	Betsy/Krissa
3:05 - 4:05	Power Pump	Betsy/Susan P
4:15 - 5:10	Step	Hannah
5:30 - 6:45	Yoga - Yin	Stacey

Classes and instructors are subject to change. Visit our website at www.lrac.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 January 10, contact Lisa at 225 - 3601, ext. 318. The fee for the Beginner Pilates Series is \$25.



Group Exercise Class Descriptions

AquaFit

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.

CardioMix

A blend of aerobics, kickboxing, calisthenics and interval training designed to get you in great shape and burn calories.

CardioSculpt

This class combines resistance training with intervals of cardio conditioning.

Cardio Dance

This choreographed cardio fitness class incorporates many different styles of dance. These dance routines are designed to increase heart rate and leave you energized.

Core Crunch

Abdominal and back strengthening exercises "crunched" into a fifteen minute core conditioning class.

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.

Hard Core/Stretch

Abdominal and back strengthening exercises followed by stretching exercises designed to improve flexibility.

Hip Hop/Latin Spice

It's hip, it's hot, it's the latest dance grooves set to the hottest music. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

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: \$25.

Power Pump

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

Rigorous Mix

"...a rigorous mix of cardio, calisthenics and training using various equipment such as Bosu, Gliders, hand weights, bands. Surprise your body! Never the same class twice!"

Sculpt

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

Sculpt 101

We're dialing back the complexity of the strength exercises, but muscle groups will be worked individually instead of more advanced "compound" exercises. This class is perfect for people new to exercise, recuperating from injury or those who are "balance challenged".

Senior Weights

This class is designed for people with arthritis, fibromyalgia, back pain, those who have undergone joint replacements. Join us for light conversation as exercises are coached by instructor to increase range of motion, strength, balance, coordination, and flexibility.

Step

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

Stretch

Increase your flexibility and relax in this class.

Total Body Conditioning (TBC)

This high intensity circuit - formatted cardiovascular conditioning class.

Yoga Stretch

This class includes basic yoga combined with athletic stretches for a complete body stretch while releasing tension and stress. Stretch, relax, recover.

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.

Yoga - Hot

Hot Yoga is a series of yoga poses done in a heated and humidified room. The room is usually maintained at a temperature above 90 degrees. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.

Yoga - Yin

This class focuses on postures that lengthen the muscles surrounding the hips, pelvis and lower back. Students typically hold these postures for longer periods of time to lengthen connective tissue. It restores energy and calms the nervous system plus helps in injury prevention and joint health.

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.