



GroupExercise

EFFECTIVE: January 1, 2012

MONDAY

5:10 - 5:55	Group Cycling (Mike)
6:00 - 7:00	Sculpt (Robbin)
8:05 - 8:55	Sculpt (Megan)
9:00 - 9:50	Group Cycling (Ashley)
9:00 - 10:00	AquaFit - Pool (Hannah)
10:00 - 10:50	Pilates* (Julia)
11:00 - 12:30	Yoga (Sherri)
5:30 - 6:15	Sculpt (Sheffield)
6:20 - 7:05	Group Cycling (Sheffield)

TUESDAY

5:10 - 6:00	Group Cycling (Aimee L.)
6:05 - 7:00	Pi/Yo (Trish)
8:00 - 8:45	Group Cycling (Aimee B.)
8:55 - 9:55	CardioSculpt (Betsy)
9:00 - 10:00	AquaFit - Pool (Anna)
10:15 - 11:15	Sculpt 101 (Lindsay)
5:30 - 6:30	Cycle Circuit (Ronnie)
6:35 - 7:35	Yoga (Jeanie)

WEDNESDAY

5:10 - 5:55	Group Cycling (Susan)
6:00 - 7:00	Sculpt (Susan)
8:05 - 8:55	Sculpt (Anna)
9:00 - 9:55	Zumba (Anna)
9:00 - 10:00	AquaFit - Pool (Mary)
10:00 - 10:50	Pilates* (Jackie)
11:00 - 12:15	Yoga (Susan C.)
5:30 - 6:15	Sculpt (Peggy)
6:20 - 7:05	Group Cycling (Nancy)

THURSDAY

5:10 - 6:00	Group Cycling (Aimee B.)
6:05 - 7:00	Pi/Yo (Trish)
8:00 - 8:45	Group Cycling (Ashley)
8:55 - 9:55	CardioSculpt (Hannah)
9:00 - 10:00	AquaFit - Pool (Lindsay)
10:15 - 11:15	Sculpt 101 (Hannah)
5:30 - 6:20	Zumba (Sandy)
6:35 - 7:35	Yoga (Martha)

FRIDAY

5:10 - 5:55	Group Cycling (Aimee L.)
6:00 - 7:00	Sculpt (Robbin)
8:30 - 9:15	Group Cycling (Lisa)
9:00 - 10:00	AquaFit - Pool (Lindsay)
9:15 - 10:00	Sculpt (Lisa)
10:15 - 11:05	Pilates* (Jackie)
1:00 - 2:00	Yoga (Martha)

SATURDAY

8:15 - 9:05	Group Cycling (Betsy)
9:00 - 10:00	AquaFit - Pool (Trish)
9:15 - 10:15	Sculpt (Betsy)

SUNDAY

2:30 - 3:20	Group Cycling (David)
3:30 - 4:30	CardioSculpt (Jennifer)

Classes and instructors are subject to change. Visit our website at www.lrrcfc.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.

* We recommend completing the Beginner Pilates Series, having prior Pilates experience or taking private Pilates lessons before attending these classes. To register for our next Beginner Pilates Series, contact Lisa at 225-3601, ext. 318 or lcooper@lrrc.com.



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.

CardioSculpt

This class combines resistance training with intervals for cardio conditioning.

Cycle Circuit

This cardio class combines indoor cycling with intervals of resistance training for a total body workout.

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. *Our Keiser bikes are compatible with Shimano SPD cleats or you may wear tennis shoes.*

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.

Pi/Yo

This class combines the benefits of Pilates and yoga into one class. All fitness levels are welcome.

Sculpt

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

Sculpt 101

In Sculpt 101, we're dialing back the complexity of the exercises. Attendees will still use hand weights, medicine balls, body bars and other pieces of equipment for resistance but muscle groups will be worked individually as opposed to more advanced "compound" exercises. This class is perfect for people new to weight lifting, recuperating from injury or those who are "balance challenged".

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!