

North Little Rock Athletic Club Group Exercise Schedule

Effective: March 5, 2010

Monday

7:00-7:55	Sculpt	Lisa N.
8:00-8:30	Pilates Express	Lisa N.
8:30-9:30	Kickboxing	Kelley
9:00-10:00	Water Aerobics-Pool	Lisa N.
9:30-10:30	Circuit Training-Wt. Floor	Christy
9:45-11:00	Yoga (Flowing)	Jeanie
4:30-5:25	Step	Kelley/Charla
5:30-6:25	Sculpt	Charla
5:30-6:20	Group Cycling-CS	Linda
6:00-7:15	TBC-Gym	Lori
6:00-7:00	Water Aerobics-Pool	Diana
6:30-7:30	Zumba	Kerry

Thursday

5:45-6:35	Group Cycling-CS	Jamie
8:30-9:45	CardioSculpt	Kerry
10:00-11:00	Zumba	Tina
11:00-12:00	Water Aerobics	Anna
4:30-5:25	Pilates	Lisa N.
5:30-6:30	Step	Melanie
5:30-6:20	Group Cycling	Christy
6:00-7:00	Water Aerobics-Pool	Brandi
6:30-7:25	Power Pump	Melanie

Tuesday

5:45-6:35	Group Cycling-CS	Jamie
8:30-9:45	CardioSculpt	Lisa N.
10:00-11:00	Zumba	Tina
11:00-12:00	Water Aerobics	Christy
4:30-5:20	Pilates	Lisa N.
5:30-6:20	Group Cycling-CS	David
5:30-6:25	Step	Kerry
6:00-7:00	Water Aerobics	Anna
6:25-6:40	Core Crunch	Kerry
6:45-7:40	Power Pump	Kerry

Friday

5:30-6:30	Kettlebell Sculpt	Jamie
7:45-8:30	Pilates	Lisa N.
8:30-9:30	Zumba	Kelley
9:00-10:00	Water Aerobics-Pool	Christy
9:30-10:30	Mix It Up	Charla

Wednesday

5:30-6:30	Kettlebell Sculpt	Jamie
7:00-7:55	Stretch	Lisa N.
8:00-8:30	Pilates Express	Lisa N.
8:30-9:30	Kickboxing	Kelley
9:00-10:00	Water Aerobics-Pool	Lisa N.
9:30-10:30	Circuit Training-Wt. Floor	Charla
9:45-11:00	Yoga (Flowing)	Jeanie
4:30-5:25	Zumba	Kerry
5:30-6:25	Sculpt	Charla
5:30-6:20	Group Cycling-CS	Linda
6:00-7:15	TBC-Gym	David/Carey
6:30-7:30	Yoga (Flowing)	Lupe

Saturday

8:10-8:55	Power Pump Express	Kerry
9:00-9:50	Group Cycling-CS	Jamie/Christy
9:00-9:55	Step	Kerry
9:55-10:10	Core Crunch	Kerry
10:15-11:25	Yoga (Flowing)	Lupe
10:00-10:45	Water Aerobics	Brandi

Sunday

4:00-5:00	Zumba	Kerry/Tina
-----------	-------	------------

Unless noted, all classes are held in the
Group Exercise Studio.

CS = Group Cycling Studio

Group Exercise Class Descriptions on Reverse Side.

Group Exercise Class Descriptions

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

Circuit Training: A variety of high intensity resistance training intervals mixed with light cardio intervals. The goal of this class is to give your body a 12 - 15 repetition maximum workload with a low level intensity cardio interval between sets to keep your heart rate up and increase calorie burn during weight training. The circuit class rotates weekly between the North weight floor, functional weight floor, and the gym floor.

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.

Kettlebell Sculpt: This class incorporates kettlebells and hand weights to increase muscular strength and endurance. You will practice basic kettlebell moves like the swing, clean, press, squat and more.

Kickboxing: This class combines kicks, jabs and hooks with cardiovascular boxing moves. Class finishes with abs and stretch.

Mix It Up: A cardio and strength based class combining segments of various activities that may include kickboxing, sculpt, step, ball.

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.

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

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

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 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: Sequences of yoga postures and stretches that are linked to the breath. Promotes relaxation, rejuvenation, flexibility, balance and strength plus emphasis on postural alignment and stress reduction. All levels are welcome. Restorative yoga emphasizes relaxation.

Zumba: Zumba 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!

Classes must maintain an average of eight participants to remain on the schedule.

This schedule and instructors for each class are subject to change.

Each class must have three participants to be conducted.

For updated scheduling, call 812-5555 or visit our website at www.nlrac.com.

3804 McCain Park Drive
Phone: (501) 812-5555

North Little Rock, AR 72116
Fax: (501) 812-5561

