



# Group Exercise

EFFECTIVE: APRIL 1, 2012

## MONDAY

5:30 - 6:30	Circuit Training - Gym (Moona)
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	AquaFit - Pool (Lisa N.)
9:30 - 10:30	Circuit Training - Gym (Charla)
9:45 - 11:00	Yoga (Jeanie)
11:30 - 12:15	Silver Sneakers Muscular Strength - Range of Motion (Lupe)
4:30 - 5:25	Step Fusion (Kelley/Charla)
5:30 - 6:25	Sculpt (Charla)
5:30 - 6:20	Group Cycling - CS (Linda)
6:00 - 7:15	TBC - Gym (Carey/David)
6:30 - 7:30	Zumba (Kerry)
7:00 - 8:00	Aqua Zumba (Sandy)

## TUESDAY

5:45 - 6:35	Group Cycling - CS (Jamie)
8:00 - 8:40	Movers & Shakers (Lisa N.)
9:00 - 9:55	Sculpt (Lisa N.)
9:00 - 10:00	AquaFit - Pool (Kelley T.)
10:00 - 11:00	Zumba (Tina)
11:30 - 12:15	Zumba Gold (Lisa N.)
12:15 - 1:00	Silver Sneakers YogaStretch (Lisa N.)
4:30 - 5:20	Pilates (Lisa N.)
5:30 - 6:20	Group Cycling - CS (Megan)
5:30 - 6:25	Step Interval (Kerry)
6:00 - 7:00	AquaFit - Pool (Kelley T.)
6:25 - 6:40	Core Crunch (Kerry)
6:45 - 7:40	Power Pump (Kerry)

## WEDNESDAY

5:30 - 6:30	Circuit Training - Gym (Jamie)
7:00 - 7:55	Stretch (Lisa N.)
8:00 - 8:30	Pilates Express (Lisa N.)
8:30 - 9:30	Step Fusion (Kelley)
9:00 - 10:00	AquaFit - Pool (Lisa N.)
9:30 - 10:30	Circuit Training - Gym (Charla)
9:45 - 11:00	Yoga (Jeanie)
11:30 - 12:15	Silver Sneakers Muscular Strength - Range of Motion (Sue)
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 (Lupe)

## THURSDAY

5:45 - 6:35	Group Cycling - CS (Jamie)
8:00 - 8:40	Movers & Shakers (Lisa N.)
8:45 - 9:55	CardioSculpt (Kerry)
9:00 - 10:00	AquaFit - Pool (Kelley T.)
10:00 - 11:00	Zumba (Tina)
11:30 - 12:15	Silver Sneakers YogaStretch (Lisa N.)
4:30 - 5:25	Pilates (Lisa N.)
5:30 - 6:20	Group Cycling - CS (Megan)
5:30 - 6:25	Zumba (Kerry)
6:00 - 7:00	AquaFit - Pool (Kelly T.)
6:30 - 7:25	Power Pump (Kerry/Megan)

## FRIDAY

5:30 - 6:30	Circuit Training - Gym (Jamie)
7:45 - 8:30	Pilates (Lisa N.)
8:30 - 9:30	Zumba (Kelley)
9:00 - 10:00	AquaFit - Pool (Kelley T.)
9:30 - 10:30	Mix It Up (Charla)
10:35 - 11:20	Zumba Gold (Lisa N.)
11:30 - 12:15	Silver Sneakers Muscular Strength - Range of Motion (Lisa N.)

## SATURDAY

8:10 - 8:55	Power Pump Express (Kerry)
9:00 - 9:50	Group Cycling - CS (Moona)
9:00 - 9:55	Step (Kerry)
9:55 - 10:10	Core Crunch (Kerry)
10:15 - 11:25	Yoga (Lupe)
10:00 - 11:00	AquaFit (Manuela)

## SUNDAY

4:00 - 5:00	Zumba (Kerry/Tina)
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Classes and instructors are subject to change. Visit our website at [www.nlrac.com](http://www.nlrac.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, Pool - Indoor Pool



# 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.

## **Cardio Sculpt**

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 circuit class rotates weekly between the north weight floor, the 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.

## **Kickboxing**

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

## **Mix It Up**

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

## **Movers and Shakers**

Developed for seniors, this class combines low impact aerobics with muscular endurance and strength training using weights, balls and other props.

## **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.

## **Silver Sneakers - Muscular Strength/Range of Motion**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

## **Silver Sneakers - YogaStretch**

YogaStretch moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Total Body Conditioning (TBC)**

This is a high intensity circuit - formatted cardiovascular conditioning class.

## **Step**

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

## **Step/Interval**

An athletic step class interspersed with high intensity drills, plyometrics, kicks and/or weights.

## **Step Fusion**

This class "fuses" traditional step with additional cardio and weights. The step portion of the class will either be presented as a major part of an interval or "all at once" at the beginning of the class. Various forms of equipment including kettlebells, medicine balls, bosu balance trainers, barbells and gliding discs will be used for the resistance portion of the workout.

## **Stretch**

Increase your flexibility and relax in this class

## **Yoga**

You will perform sequences of yoga postures and stretches linked to the breath. 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 - Aqua**

A pool party for all ages! Aqua Zumba is a safe, effective, challenging water-based workout which integrates the Zumba formula and philosophy into traditional aqua fitness. Moves using the resistance of water with dance rhythms are incorporated in this class.

## **Zumba Gold**

This class is designed for the active older adult and those new to exercising. Zumba Gold is done at a much lower intensity, but with the same great Latin styles of music and dance. It strives to improve balance, strength, flexibility and cardiovascular conditioning.