



September 1st—September 20th 2009 Group Exercise Schedule



Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

6am	6-6:45 Spinning Spin Room		6-6:45 Spinning Spin Room		6-6:45 Spinning Spin Room	
8am	8:15-9:15 Beg Pilates Meeting Room 3		8:30-9:30 Beg Yoga Meeting Room 2	8:15-9:15 Adv Pilates* Studio		
9am	9:15-10:15 Jazzercise* Studio 9:30-10:30 Spinning Spinning Room 9:30-10:30 Step Gym 9-10:00 Aqua Arthritis* Indoor Pool	9:00-9:30 Circuit Express Gym 9:15-10:15 Jazzercise* Studio 9:30-10:30 Boot Camp Gym 9-10:00 Aqua Arthritis* Indoor Pool	9:15-10:15 Jazzercise* Studio 9:30-10:30 Spinning Spinning Room 9-10:00 Aqua Arthritis* Indoor Pool	9:00-9:30 Circuit Express Gym 9:15-10:15 Jazzercise* Studio 9:30-10:30 Boot Camp Gym1 9-10:00 Aqua Arthritis* Indoor Pool	9:15-10:15 Jazzercise* Studio 9:30-10:30 Spinning Spinning Room 9:30-10:30 Step and Sculpt Gym 9-10:00 Aqua Arthritis* Indoor Pool	830-930 Spinning Spin Room 9:30-10:00 Intro to Spin (Sept 6 only)
10am	10-11:00 Senior Aerobics Auditorium 10:30-11:00 Abs Express Studio	10-10:45 Senior Strength Auditorium 10:30-11:00 Core Conditioning Studio	10-11:00 Senior Aerobics Auditorium 10:30-11 Abs Express Studio	10-10:45 Senior Strength Auditorium 10:30-11:00 HB&T Studio	10-11:00 Senior Aerobics Auditorium 10:30-11:15 S&S Studio	9:30-10:30 TNT Studio 10:30-11:15 Kickbox Studio
11am		11:00-11:30 Fantastic Form Studio		11:00-11:30 Fantastic Form Studio		
2pm						2-3:00 Karate Kick* Studio
3pm						3-4:00 Karate/self defense* Studio
5pm	5:30-6:30 Adv Pilates* Studio 5:30-6:00 Intro to Spin (Sept 14 only)	5:30-6:30 TNT Studio 5:45- 6:30 S.W.E.T. * Indoor pool	5:30-6:30 Pilates/Yoga Fusion Studio	5:30-6:30 TNT Studio 5:45- 6:30 S.W.E.T. * Indoor pool	*Fee associated with class	
6pm	6-7:00 Spinning Spin Room 6:30-7:30 Beginning Yoga Studio	6-7 Spinning Spin Room	6:30-7:15 Spinning Spin Room	6:30-7:30 Beginning Yoga Studio 6:30-7:15 Spinning Spin Room		
7pm		7:00-8:00 Karate/self defense* Auditorium		7-8:00 Karate/self defense* Auditorium		

There will **not** be group exercise classes on 9/7/09 for **Labor Day** (Fitness Facilities will be open 8am-1pm, or 9/20/09 for **Rosh Hashanah** (building will be closed). Classes subject to change without notice.

****Fall Group Exercise Schedule Coming Soon!! Look for more class formats including zumba and a variety of class times!

Abs Express -This class is perfect for those that want to target those abs and low back in an effective 30 minute workout. (All levels)

Aqua Arthritis – This great low-impact water workout is designed to exercise your muscles and joints. Splash on in! (All Levels). Members: \$30 (10 classes); Nonmembers: \$50 (10 classes). Call 330-867-7850 to register.

Boot Camp: Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength training drills and tools to challenge the body. (Intermediate & above)

Circuit Express: This 30 minute cardiovascular and strength training class keeps you moving minute by minute. Come and challenge your body with an express workout utilizing multiple fitness equipment and styles (All Levels)

Core Conditioning: Let's get to the core of conditioning! This class focuses on utilizing a variety of equipment to strengthen and stabilize your core. (All Levels)

Fantastic Form: This 30 minute challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. Come and develop strength and a fantastic form. (All Levels)

Hips, Buns, & Thighs (HB&T): Strengthen the muscles of your legs, glutes and thighs. This 30 minute class focuses on various strength training exercises to shape up those “problem” areas. (All levels)

Karate Kick - This high energy workout burns fat, builds muscle and tones and allows you to release STRESS by punching and kicking hand held targets. This class is designed for both the karate student and people who just want to improve overall fitness. (All Levels). Members: monthly rate: \$56;\$30 for 8 sessions NONmembers:\$69/month; nonmember family (2 person) \$99; (3 person) \$129; (4 person) \$159; Walk In: \$8/class

Jazzercise - A 60 minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels). Please contact Pam Coy at 330-753-6640 for price information.

Karate / Self Defense - Black belt instructors will show you how to use karate and jujitsu techniques for self defense. (All Levels). Members: monthly rate: \$56;\$30 for 8 sessions NONmembers:\$69/month; nonmember family (2 person) \$99; (3 person) \$129; (4 person) \$159; Walk In: \$8/class

Kickbox: Kick and punch your way to be physically fit. This class offers a variety of aerobic and kickboxing moves to keep you motivated. (All Levels)

Pilates: Intermediate/Advanced - Are you interested in long lean abdominal muscles? The NEW Advanced Pilates class will strengthen your “powerhouse” core muscles while increasing flexibility and postural alignment awareness. New Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

Minimum 6 participants

Mondays 5:30-6:30pm Code: 604.203 Month session: Member fee: \$20; Nonmember \$40

Thursdays 8:15-9:15am Code: 604.202 Month session Member fee: \$20; Nonmember \$40

Beginning Mat - This class focuses on the basic instruction of the pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (Beginner/All Levels)

Pilates & Yoga Fusion - This class is the perfect blend of core strengthening pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back, and glutes combined with stress relieving yoga exercise that focus on body, breath and mind make this class an invigorating workout. (All Levels)

Spinning – Are you ready for an energetic stationary group cycling experience? This class is approximately 40 minutes and takes place on stationary bikes that simulate bike riding on the road. This class uses a variety interval, strength, endurance and cardiovascular training challenges. (All Levels)

Senior Aerobic Low Impact - This 45 minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool-down and strength training. (All Levels) Nonmember is \$30 for 10 classes.

Senior Strength Training - This 45 minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and best of all gives you ENERGY! (All Levels) Nonmembers: \$30 for 10 classes

Step - This class of moderate to high intensity using basic step patterns while offering a complete aerobic workout. (All Levels)

Step & Sculpt: This class utilizes a mixture of basic cardio step patterns and drills along with strength training to get the cardiovascular system pumping. This class utilizes interval training to intensify your workout. (All Levels)

S.W.E.T. (Shallow Water Exercise Training)- This class is high energy, aerobic activity in the shallow water consisting of aquatic movements that encourage cardiovascular fitness and is designed to maximize your muscle condition. No swimming ability necessary and all fitness levels are welcome. Members- \$30; Nonmembers- \$45

Strength & Stretch (S&S)- This strength training workout incorporates a variety of exercise equipment which focuses on improving your flexibility and strengthening your muscles. Come prepared to have a ball! (All Levels)

Tone and Tighten (TNT) – This class is a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (All Levels)

Yoga– This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)