

Group Fitness Schedule – CRMC Healthplex MARCH 2010

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 a.m.		AWESOME ABS Mike		AWESOME ABS Sarah		
8:15 a.m.		YOUNG AT HEART Elaine		YOUNG AT HEART Elaine		
8:30 a.m.	SIMPLY STRETCH Sarah		SIMPLY STRETCH Mason		SIMPLY STRETCH Sarah	
9:00 a.m.		LOW & LIGHT AEROBICS Kay		 Patti	LOW & LIGHT AEROBICS Sarah	WAKE UP
9:15 a.m.	**TAI CHI FREE MONTH TRIAL Mason		**TAI CHI FREE MONTH TRIAL Mason			
10:00 a.m.		**LOW & LIGHT YOGA FREE MONTH TRIAL Patti		**LOW & LIGHT YOGA FREE MONTH TRIAL Patti		
12:10 p.m.	B.A.T. Cindy	POWER PUMP Kay	ULTIMATE UPPER BODY Wes	POWER PUMP Sarah	POWER PUMP Sarah	SUNDAY
12:30 p.m.			LETHAL LEGS Wes			CARDIO MIX 12:30pm Kim
12:50 p.m.		**PILATES FREE MONTH TRIAL Kay		**PILATES FREE MONTH TRIAL Sarah		
4:00 p.m.	STEP-N-PUMP Kay		STEP-N-GLIDE Kay		HAPPY HOUR Sarah	
4:40 p.m.		STEP IT UP Cindy		STEP IT UP Cindy		
4:50 p.m.	**PILATES FREE MONTH TRIAL Kay		**PILATES FREE MONTH TRIAL Kay			
5:30 p.m.	HAPPY HOUR Tena		HAPPY HOUR Kim			
5:40 p.m.		H.E.A.T. Estelle		H.E.A.T. Estelle		
6:10 p.m.		B.A.T. Estelle		B.A.T. Estelle		
6:15 p.m.	LOW & LIGHT AEROBICS Tena		LOW & LIGHT AEROBICS Kim			

** Additional fee for these classes **FREE MONTH TRIAL IN MARCH**

CRMC Healthplex

Group Fitness Class Descriptions

AWESOME ABS – 30 minute class targeting the abdominal and back to strengthen and tone your entire mid-section.

YOUNG AT HEART – Everyone is welcome, although the 50 plus member is the targeted age group. Low impact and intensity for low- level exercisers that involves a warm-up, stretching, muscle conditioning and track walking followed by a cool-down and stretching. A great group setting that offers support and motivation from others. **(60 min.)**

SIMPLY STRETCH – A slow paced class for stretching and core stabilization that involves controlled movements focusing on alignment, functional strength and flexibility training. **(30 min.)**

LOW & LIGHT AEROBICS – A class of upper and lower body strength training, cardiovascular conditioning, and flexibility exercises. A fun and motivating - low intensity class great for beginners, seniors, and exercisers of all fitness levels! **(45 min.)**

POWER PUMP – A program for muscle strength and conditioning that uses a variety of resistance moves for upper body, lower body, and trunk strengthening and toning. Easy to follow and can be adapted for any level of exerciser. **(40 min.)**

ULTIMATE UPPER BODY – A cut above! This weight training class focuses entirely on sculpting and shaping everything above the waist. **(20 min.)**

LETHAL LEGS – A 20-minute sculpting class specifically designed to work the glute, hip, quad, hamstring and inner thigh muscles.

ZUMBA® GOLD – Dance your worries away with ZUMBA® GOLD. This Latin-inspired, dance-based workout is great for beginners and active older adults! **(45 min.)** 

STEP IT UP – This 50 minute class uses step platforms to get your heart pumping and to burn those calories for a great cardio workout, followed by a body conditioning session. Segments of gliding, kickboxing, low impact, and toning exercises will be included to tone, define, and strengthen the body.

STEP-N-PUMP – Segments of step cardio combined with functional strength training using a variety of resistance moves for the entire body. **(40 min.)**

STEP-N-GLIDE – Segments of cardio on the step alternated with strength drills using the gliders. **(40 min.)**

HAPPY HOUR– Plan on 45-60 minutes of complete fitness (cardio, toning & shaping).

WAKE UP – Start your weekend off with an awesome 45-60 minute class of total fitness (cardio, toning & shaping).

H.E.A.T – (High-Energy-Aerobic-Training) – 30 minutes of high intensity to make you sweat and work into the upper heart rate zone.

B.A.T—A 30 minute class designed to target the Buns, Abs, and Thighs with the use of weights, bands and balls.

CARDIO MIX– Pure energy! This class combines segments of cardio that transitions into strength and flexibility. **(60 min.)**

****LOW & LIGHT YOGA** – This 45 minute, Yoga class will perform gentle poses that focus on muscle endurance, flexibility, and balance while we also work on mental awareness and relaxation. This class is taught by a YogaFit® certified instructor. **FREE MONTH TRIAL!**

****PILATES** – This Pilates class will teach you exercises to strengthen the “Powerhouse” or core muscles. We focus on alignment, balance, and control while performing dynamic stability exercises. This 40 minute class is progressive with handouts given weekly. **FREE MONTH TRIAL!**

****TAI CHI** – This 40 minute Tai Chi class focuses on mind and body coordination while emphasizing balance, flexibility and strength through fluid movements. This is a progressive class that meets 2 times per week. **FREE MONTH TRIAL!**

- Please bring a water bottle to all classes to stay hydrated.
- Inclement weather policy. Please call ahead
- Schedule subject to change due to low attendance, instructor injury or instructor availability.

FITNESS CENTER HOURS

Monday / Wednesday / Friday 5:00am-8:00pm Tuesday / Thursday 5:00am-9:00pm
Saturday 7:30am-1:00pm Sunday 12:00pm-4:00pm