

diamond family fitness center

group exercise schedule

JULY 2010

GROUP EXERCISE CLASSES

SUNDAY*	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	July 4 classes
CardioXTraining 9 - 9:45am Stacey D/Vicki Group Exercise Studio	BOOTCAMP/AB LAB 6:00 AM Jenny Group Ex Studio	Athletic Conditioning 6 - 6:45am Mike C Group Ex Studio		Cardio Xpress 9 - 9:30 am Bobbi Sue Group Ex Studio	Cardio/Strength 8:15 - 9:15am Vicki Group Ex Studio	8:30 am Spin - Stacey G 10am -Body Sculpt - Stacey D
	Cardio/Tone 8:15 - 9:00am Vicki Group Ex Studio	Cardio/Strength 9:00 AM Vicki Group Ex Studio	Trim & Tone 9:30 - 10:15am Kelly C Group Ex Studio	Trim & Tone Xpress 9:30 - 10 am Bobbi Sue Group Ex Studio		
Ab Lab 9:45am Stacey D / Vicki Group Exercise Studio	Trim & Tone 9:45 - 10:30am Kelly C Group Ex Studio	SilverSneakers@Muscular Strength & Range of Motion 10:45 - 11:30am Gail Group Ex Studio	SilverSneakers@Cardio Circuit 10:45 - 11:30am Gail Group Ex Studio	Core Strengthening 10am Beth Yoga Studio		July 5 classes 8:15am - CardioTone 9am - Spin - Kelly C - 45' 9:45 - Muscle Burn Kelly C 10am - Mat Pilates - Beth
Zumba 10:30am Cathy /Crystal/Irene Group Exercise Studio	SilverSneakers@Cardio Circuit 10:45 - 11:30 Gail Group Ex Studio			SilverSneakers@MSROM Strength & Range of Motion 10:45 - 11:30am Gail Group Ex Studio	Cardio BLT 4:30 - 5 pm Bobbi Sue Group Ex Studio	
*except July 4 & 5 - see holiday schedule on right side of this page	SilverSneakers@MSROM 4 BEGINNERS 11 - 11:45 Beth Yoga Studio	SilverSneakers@Muscular Strength & Range of Motion 1 - 1:45pm Beth Group Ex Studio	Ball Training Xpress 5:30 - 6pm Bobbi Sue Group Ex Studio	SilverSneakers@MSROM Strength & Range of Motion 1 - 1:45pm Gail Group Ex Studio	Trim & Tone Xpress 5 - 5:30pm Bobbi Sue Group Ex Studio	
	Ab Lab 5:15 - 5:30pm Bobbi Sue Group Ex Studio	Awesome Arms 5 - 5:15pm Bobbi Sue Group Ex Studio	Zumba 6:30pm Crystal Group Ex Studio	Trim & Tone 5pm Bobbi Sue Group Ex Studio		
	Step It Up 5:30pm Bobbi Sue Group Ex Studio	Ab Lab 5:15 - 5:30pm Bobbi Sue Group Ex Studio		Zumba 6:30pm Crystal Group Ex Studio		
	Ball Training 6:35pm Stacey D Group Ex Studio					

ANNOUNCEMENTS

YOGA, KINESIS & PILATES CLASSES ARE \$6 EACH FOR GENERAL MEMBERS
PLEASE ARRIVE ON TIME FOR CLASSES!
 Please note: we reserve the right to cancel or change those classes not averaging at least 8 participants.

MIND/BODY CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Ashtanga Yoga 8:45am Maria					Mat Pilates 9:20am Beth (group ex room)	CLASS PASSES AVAILABLE (GENERAL MEMBERS): 5 FOR \$30; 10 FOR \$60
Ashtanga Yoga 10 - 11:30am Maria	Vinyasa Flow Yoga 9am Kelly Rose		Vinyasa Flow Yoga 9am Fenella		Vinyasa Flow Yoga^ 9am (no class July 2) Maria/Kelly Rose	
						^no class July 2
	Mat Pilates 5:30pm Julia		Yoga Basics 6pm Fenella			

SPIN CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			Spin to Yoga 6am Beth (7/7&7/21) / Stacey D	Spin 6 - 6:45am Tracy	Spin to Yoga 6am Stacey D (Beth 7/30)	
Spin 8:30am Stacey G	Spin 9 - 9:40am Kelly C	Spin 9am Laura	Spin 8:45 - 9:25am Kelly C	Spin 8:45 - 9:30am Shelley		
Spin 10 - 10:45am Stacey D	Spin 6:30pm Shelley	Spin Xpress 5:30 - 6pm Bobbi Sue	Spin 4:45 - 5:30pm Bobbi Sue	Spin 6:00 PM Stacey D (Tracy July 29)	Blue header indicates new or changed class	Please note: we reserve the right to cancel or change those classes not averaging at least 8 participants.
		Spin 6pm Stacey D				

QUESTIONS? Contact Beth McCullough, Fitness Director, 559-6207, bmccullough@columbusjcc.org

Classes listed without an end time are 60 minutes. Mind/Body classes \$6 for General Members.

classdescriptions

Ab Lab: A 15 minute ab & lower back workout!

Athletic Conditioning: This class includes strength, flexibility, agility and functional training for a full body workout. This class will include High Intensity work with some impact. Members at all levels of fitness are welcome, but this is not a class for those new to exercise. Max attendance is 12

Awesome Arms: A 15 minute total arm workout using resistance tubes and dumbbells.

Ball Training/ Ball Training Xpress: Challenge yourself with this 30 or 60 minute whole body toning and strengthening class done almost entirely on the stability ball! Weights, mats and bands or tubes will also be used.

Boot Camp & Boot Camp Express: Boot Camp is a challenging workout that will help build strength, increase endurance and burn calories! Good for all fitness levels, various fitness toys and equipment will be incorporated into the class. Get your New Year off to a great start with these challenging classes.

Cardio/Tone: a 45 or 60 minute interval class combining cardio with strength training. This class is an excellent whole body workout and will provide a challenge that will wake you up & boost your metabolism! Appropriate for all fitness levels, but not those with physical limitations.

CardioXTraining: A 45 minute class that will get the heart rate up with cardio and build up your strength with kickboxing techniques and circuit training. The class format and equipment used will vary from week to week, so come often!

Core Strengthening: Strong Core = Strong Body! Try this challenging class to strengthen from the shoulders to the inner thighs. This class incorporates stability balls, weights and other "toys" to provide a different workout every time.

Hi/Lo Kick: a high energy combination of high or low impact moves with kickboxing punches, jabs and kicks. The class will include toning, ab work and stretching for a great whole body workout! Exercise modifications will be provided for beginners or those preferring low impact. Great for all fitness levels!

Mat Pilates*: Lengthen and strengthen core (area from the shoulders to hips) muscles using your own body weight as resistance. Various equipment is used -large balls, small balls, light weight, tubes - all fitness levels welcome. This is a great postpartum workout!

SilverSneakers® 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 activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **ALL MEMBERS MAY ATTEND!**

SilverSneakers® Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position Core Strengthening: Challenge your strength with this "mind/body" workout! Uses dumbbells, large and small balls to build overall body strength with an emphasis on core strength and balance. **MUST BE ABLE TO STAND FOR THE ENTIRE CLASS.**

SPIN: An intense 45 or 60 minute class that will help build endurance and challenge your lower body strength. Using music and imagery, this workout is fun and motivating. No two classes are alike, so try them all!

SPIN Xpress: An intense cycling workout in only 30 minutes!

Spin to Yoga: A challenging 60 minute class consisting of 30 minutes of spinning followed by 30 minutes of yoga, emphasizing core (abs, back, hips) strengthening as well as stretching the muscles used in spinning.

Step it Up: 30 minutes of step aerobics followed by 30 minutes of deep muscle conditioning focusing on the core muscles!

Trim & Tone: A challenging 45 - 60 minute low impact workout using a variety of equipment including step, ball, weights, tubes, bands focusing on whole body strength and toning. All fitness levels are welcome - please arrive at least 5 minutes ahead of start time to set up.

Trim & Tone Xpress *P: A 30 minute strength & conditioning workout for all levels (a great pre-natal or postpartum workout).

Yoga Basics*: This class is a basic introduction to Yoga for those who have not experienced yoga before or for those who have not practiced yoga for an extended period of time. Fenella will take you step by step through yoga background and fundamentals of breath, posture, and alignment. Mats, blocks and straps are provided (we suggest purchasing your own mat).

Ashtanga Yoga*: This is true Ashtanga Yoga - modified primary series or primary series. Not for beginners or those with physical limitations.

Vinyasa Flow Yoga*: An ever-changing series of postures linked together by breath and a series of connected postures called a "vinyasa". Each class will have a different focus, so come and try them all!! Beginners are welcome!

ZUMBA: Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You can burn 400-700 calories in one hour!

All General Group Exercise Classes are FREE!

*Mind/Body Classes: (Yoga & Pilates) General Members: 5 classes for \$30/ 10 for \$60/ 20 for \$115 Notes **Schedule subject to change: Classes averaging less than 8 participants quarterly will be cancelled. Arrive to class on time, warmed up and ready to go. Warm ups are essential! Don't risk injury!**