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mon

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# diamond family fitness center group exercise schedule May 2008

\*Instructor name in bold signifies a substitute instructor.

**ATTENTION!!  
YOGA and PILATES  
classes are \$6 for  
General Members and  
FREE for Health Club  
Members only!**

Unless noted, all class times are 60 minutes.

sun	mon	tue	wed	thu	fri															
<p><b>4</b></p> <p>9am SPINNING -Stacey 9am Ashtanga Yoga-Maria 10am Ashtanga Yoga-Maria 10:15 SPINNING - <b>Tracy</b> 10:30am Zumba-Vicki 1:00pm <b>Get Ripped-Matt-NEW</b></p>			<p><b>5</b></p> <p>8:45am SPINNING-Jody-40' 9am multi level yoga-Kelly Rose 9:30am Trim&amp;Tone-Jody-45' 4:30pm <b>Tone N Burn 30'-Matt-NEW</b> 5:15pm ab lab-Bobbi Sue 5:30pm step it up-Bobbi Sue 6pm Mat Pilates-Beth 6pm SPINNING -Jessica 6:30pm Trim &amp; Tone-Vicki 7:30pm Zumba-Vicki</p>			<p><b>6</b></p> <p>6 am circuit training - Jessica 8am forever fit-Gail 9am Muscle Jam-Jody 9:00am SPINNING-Laura 10am Physio Pilates - Wendy 11am chair fit-Gail 4:30pm <b>SPINNING Xpress-Beth-NEW</b> 5pm awesome arms-Bobbi Sue 5:15pm ab lab-Bobbi Sue 5:30pm SPINNING Xpress-Bobbi Sue 6 pm Vinyasa Flow Yoga – Kelly Rose</p>			<p><b>7</b></p> <p>6am Spin to Yoga-Beth 8:45am SPINNING-Wendy-40' 9am <b>PIYO-Beth-NEW</b> 9:30am trim &amp; tone-Wendy-45' 4:45pm SPINNING-45'-Bobbi Sue 5:30pm Trim&amp;Tone Xpress-30'-Bobbi Sue 6:15pm SPINNING-60'-<b>Beth</b> 7:00pm Zumba-Vicki</p>			<p><b>8</b></p> <p>6am SPINNING-45-<b>Tracy</b> 8am forever fit-Gail 8:30am SPINNING - Beth 9am step Xpress *P-Bobbi Sue 9:30am Trim&amp;Tone Xpress-30' *P-BS 10am physio pilates-Wendy 11am chair fit &amp; stretch-Gail 5pm Trim&amp;Tone-*P-Bobbi Sue 6pm SPINNING -Tom</p>			<p><b>1</b></p> <p>6am SPINNING-45-Stacey 8am forever fit-Gail 8:30am SPINNING - Beth 9am step Xpress *P-Bobbi Sue 9:30am Trim&amp;Tone Xpress-30' *P-BS 10am physio pilates-Wendy 11am chair fit &amp; stretch-Gail 5pm Trim&amp;Tone-*P-Bobbi Sue 6pm SPINNING -Tom</p>			<p><b>2</b></p> <p>6am Ashtanga yoga –Kelly Rose 8:30am Trim&amp;Tone Xpress-30'-Beth 8:30am SPINNING - Kelley 9am <b>mat pilates challenge-Beth-NEW</b> 9am Warm Ashtanga yoga – Maria – <b>NOT FOR BEGINNERS</b> 4:30pm step Xpress-Bobbi Sue 5pm Trim&amp;Tone Xpress-30'-Bobbi Sue</p>		
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NOTES: **SCHEDULE SUBJECT TO CHANGE:** Classes averaging less than 6 participants quarterly will be cancelled. **ARRIVE TO CLASS ON TIME!** Warm ups are essential! Don't risk injury! Please pre-register at the Fitness Welcome Desk. **Questions?** Call Beth McCullough, Fitness Program Director at 559-6207.

# classdescriptions

**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! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Muscle Jam:** A challenging 60 minute interval workout alternating between cardio conditioning & strength training.

**Trim & Tone:** A 30-60 minute workout using a variety of equipment including thera-tubes, bands, weights and balls for a full body strength workout. Appropriate for all fitness levels!

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

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

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

**Trim & Tone \*P:** A 60 minute conditioning workout that develops muscular strength and endurance using light weights, resistance bands and controlled repetition.

**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.

**Spinning:** 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!

**SPINNING Xpress:** An intense cycling workout in only 30 minutes!

**Basic Step Xpress \*P:** 30 minutes of basic step. Learn basic moves and terminology so you can adjust the workout to your fitness level. A great pre-natal or postpartum workout.

**Step it Up:** 45 minutes of step aerobics followed by 15 minutes of deep muscle conditioning focusing on the "Power House," or core muscles!

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

**Multi-Level Yoga\*:** Less strenuous than Ashtanga, but still intense enough to build strength and endurance. A typical class will include strength, stretching, balance work and savasana. Beginners are welcome! We recommend that members have their own yoga mat (can be purchased at the JCC).

**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!!

**Mat Pilates\*:** Lengthen and strengthen core (back, abs, hips, inner thigh) 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!

**Mat Pilates Challenge\*:** Take your core strength to the next level in this class! We will use the large stability ball, small pilates ball, and various other fitness "toys". Not for beginners, those with shoulder or back injuries or physical limitations.

**Physio Pilates\*:** 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.

**Circuit Training:** A full body workout composed of individual stations working all major muscle groups, interspersed with cardio and ab work. The idea is to work toward complete muscle fatigue in only a 60 minute class. Upbeat music and stations geared toward your needs will have you coming back for more!

**Chair Fit:** A gentle, 30 minute chair-based program designed for those with physical limitations. This class is generally held in the main lobby of the Center

**Forever Fit:** Incorporates stretching, strength training and low-impact aerobics in a class designed especially for seniors.

**PIYO:** a blend of yoga and pilates focusing on the core but with more movement than static "holding" poses. Shoes and socks are optional; bring a yoga mat.

**Get Ripped:** A blend of cardio and resistance training designed to hit those muscles and make them work hard! Class will include both low and high impact work with a variety of fitness "toys" thrown in the mix. Work like never before and have fun!!

**Tone N Burn:** a 30 minute muscle building class using your own body weight as well as added weight and other fitness toys to build fitness and strength without wasting a single minute!

All General Group Exercise Classes are FREE!

\*Instructor name in bold signifies a substitute instructor.

\*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 6 participants quarterly will be cancelled.

Arrive to class on time: Warm ups are essential! Don't risk injury!

\*P = A great pre-natal or postpartum workout!