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diamond family fitness center group exercise schedule August 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.

****Please note: this class is offered in conjunction with our New Horizons Department. The \$4 per class fee applies to all participants. Participants may pay as they go or multi-class passes may be purchased at the Fitness Center Desk.**

6am Ashtanga Yoga –Kelly Rose **1**
8:30am SPINNING- Kelley D
8:30am Trim&Tone Xpress-30'-Beth
9am Mat pilates challenge-Beth
9am Warm Ashtanga Yoga –**Maria**
SOME YOGA EXPERIENCE REQUIRED
4:30pm Step Xpress-Bobbi Sue
5pm Trim&Tone Xpress-30'-Bobbi Sue

3
9am SPINNING-Stacey
9am Ashtanga Yoga-Maria-45'
10am Ashtanga Yoga-Maria-90'
10:30am Zumba-Vicki

3

8:45am SPINNING-Jody-40'
9am Multi level yoga-Kelly Rose
9:30am Trim&Tone-Jody-45'
4:30pm **Tone N Burn 40'-Matt**
5:15pm Ab lab-Bobbi Sue
5:30pm Step it up-Bobbi Sue
5:30-7pm **Mat Pilates-Beth**
6pm SPINNING-Jessica
6:30pm Trim & Tone-Vicki
7:30pm Zumba-Vicki

4

6 am Circuit training - Jessica
8am Forever fit-Gail
9am **H.I.T.-Erin – NEW**
9am SPINNING-Laura
10am Physio Pilates - Wendy
11am Chair fit-Gail
4:30pm SPINNING Xpress 30'-Beth
5pm Awesome arms-Bobbi Sue
5:15pm Ab lab-Bobbi Sue
5:30pm SPINNING Xpress-Bobbi Sue
6 pm Vinyasa Flow Yoga – Kelly Rose

5

6am Spin to Yoga-Beth
8:45am SPINNING-Wendy-40'
9am **Vinyasa Flow Yoga-Beth-NEW**
9:30am Trim&Tone-Wendy-45'
10:45am **Yoga 4 Seniors - Beth****
4:30pm **Tone N Burn-45'-Matt**
4:45pm SPINNING-45'-Bobbi Sue
5:30pm Trim&Tone Xpress-30'-Bobbi Sue
6:15pm SPINNING-Stacey

6

6am SPINNING-45'-Tracy
8am Forever fit-Gail
8:30am SPINNING- Beth
9am Step Xpress *P-Bobbi Sue
9:30am Trim&Tone Xpress-30' *P-BS
10am Physio pilates-Wendy
11am Chair fit-Gail
5pm Trim&Tone*P-Bobbi Sue
6pm SPINNING-**Stacey D**

7

6am Ashtanga Yoga –Kelly Rose **8**
8:30am SPINNING- Kelley D
8:30am Trim&Tone Xpress-30'-Beth
9am Mat pilates challenge-Beth
NO 9AM YOGA CLASS TODAY!
4:30pm Step Xpress-Bobbi Sue
5pm Trim&Tone Xpress-30'-Bobbi Sue

10
9am SPINNING-Stacey
9am **Power Yoga-Wendy-45'**
10am **Power Yoga-Wendy-90'**
10:30am Zumba-Vicki
11:30am **H.I.T.-Erin – NEW**

10

8:45am SPINNING-Jody-40'
9am Multi level yoga-Kelly Rose
9:30am Trim&Tone-Jody-45'
4:30pm **Tone N Burn 40'-Matt**
5:15pm Ab lab-Bobbi Sue
5:30pm Step it up-Bobbi Sue
6pm Mat Pilates-Beth
6pm SPINNING-Jessica
6:30pm Trim & Tone-Vicki
7:30pm Zumba-Vicki

11

6 am Circuit training - Jessica
8am Forever fit-Gail
9am **H.I.T.-Erin – NEW**
9am SPINNING-**Kelley D**
10am Physio Pilates - Wendy
11am Chair fit-Gail
5pm Awesome arms-Bobbi Sue
5:15pm Ab lab-Bobbi Sue
5:30pm SPINNING Xpress-Bobbi Sue
6 pm Vinyasa Flow Yoga – Kelly Rose

12

6am Spin to Yoga-Beth
8:45am SPINNING-Wendy-40'
9am **Vinyasa Flow Yoga-Beth-NEW**
9:30am Trim&Tone-Wendy-45'
10:45am **Yoga 4 Seniors - Beth****
4:30pm **Tone N Burn-45'-Matt**
4:45pm SPINNING-45'-Bobbi Sue
5:30pm Trim&Tone Xpress-30'-Bobbi Sue
6:15pm SPINNING-Stacey

13

6am SPINNING-45'-Tracy
8am Forever fit-Gail
8:30am SPINNING- Beth
9am Step Xpress *P-Bobbi Sue
9:30am Trim&Tone Xpress-30' *P-BS
10am Physio pilates-Wendy
11am Chair fit-Gail
5pm Trim&Tone*P-Bobbi Sue
6pm SPINNING-Tom

14

6am Ashtanga Yoga –Kelly Rose **15**
8:30am SPINNING- Kelley D
8:30am Trim&Tone Xpress-30'-Beth
9am Mat pilates challenge-Beth
9am Warm Ashtanga Yoga –**Maria**
SOME YOGA EXPERIENCE REQUIRED
4:30pm Step Xpress-Bobbi Sue
5pm Trim&Tone Xpress-30'-Bobbi Sue

17
9am SPINNING-Stacey
9am Ashtanga Yoga-Maria-45'
10am Ashtanga Yoga-Maria-90'
10:30am Zumba-Vicki
11:30am **H.I.T.-Erin – NEW**

17

8:45am SPINNING-Jody-40'
9am Multi level yoga-Kelly Rose
9:30am Trim&Tone-Jody-45'
4:30pm **Tone N Burn 40'-Matt**
5:15pm Ab lab-**Beth**
5:30pm Step it up-**David**
6pm Mat Pilates-Beth
6pm SPINNING-Jessica
6:30pm Trim & Tone-Vicki
7:30pm Zumba-Vicki

18

6 am Circuit training - Jessica
8am Forever fit-Gail
9am **H.I.T.-Erin – NEW**
9am SPINNING-**Kelley D**
10am Physio Pilates - Wendy
11am Chair fit-Gail
5pm Awesome arms-**David**
5:15pm Ab lab-**David**
5:30pm **BLT Xpress- 30'-David**
5:30pm SPINNING Xpress-**Stacey D**
6 pm Vinyasa Flow Yoga - Kelly Rose

19

6am Spin to Yoga-Beth
8:45am SPINNING-Wendy-40'
9am Vinyasa Flow Yoga-Beth
9:30am Trim&Tone-Wendy-45'
10:45am **Yoga 4 Seniors - Beth****
4:30pm **Tone N Burn-45'-Matt**
4:45pm SPINNING-45'-**Stacey D**
5:30pm Trim&Tone Xpress-30'-**David**
6:00pm **Zumba-Vicki**
6:15pm SPINNING-Stacey

20

6am SPINNING-45'-Tracy
8am Forever fit-Gail
8:30am SPINNING- Beth
9am Step Xpress *P-**David**
9:30am Trim&Tone Xpress-30' *P-**David**
10am Physio pilates-Wendy
11am Chair fit-Gail
5pm Trim&Tone*P-**David**
6pm SPINNING-Tom

21

6am Ashtanga Yoga –Kelly Rose **22**
8:30am SPINNING- Kelley D
8:30am Trim&Tone Xpress-30'-Beth
9am Mat pilates challenge-Beth
9am Warm Ashtanga Yoga –**Maria**
SOME YOGA EXPERIENCE REQUIRED
4:30pm Step Xpress-**David**
5pm Trim&Tone Xpress-30'-**David**

24/31
9am SPINNING-Stacey
9am Ashtanga Yoga-Maria-45'
10am Ashtanga Yoga-Maria-90'
10:30am **Beginner's Zumba-Beth W**
11:30am **H.I.T.-Erin – NEW**

24/31

8:45am SPINNING-Jody-40'
9am Multi level yoga-Kelly Rose
9:30am Trim&Tone-Jody-45'
4:30pm **Tone N Burn 40'-Matt**
5:15pm Ab lab-Bobbi Sue
5:30pm Step it up-Bobbi Sue
6pm Mat Pilates-Beth
6pm SPINNING-Jessica
6:30pm Trim & Tone-Vicki
7:30pm Zumba-Vicki

25

6 am Circuit training - Jessica
8am Forever fit-Gail
9am **H.I.T.-Erin – NEW**
9am SPINNING-**Beth**
10am Physio Pilates - Wendy
11am Chair fit-Gail
5pm Awesome arms-Bobbi Sue
5:15pm Ab lab-Bobbi Sue
5:30pm SPINNING Xpress-Bobbi Sue
6 pm Vinyasa Flow Yoga – Kelly Rose

26

6am Spin to Yoga-Beth
8:45am SPINNING-Wendy-40'
9am Vinyasa Flow Yoga-Beth
9:30am Trim&Tone-Wendy-45'
10:45am **Yoga 4 Seniors - Beth****
4:30pm **Tone N Burn-45'-Matt**
4:45pm SPINNING-45'-Bobbi Sue
5:30pm Trim&Tone Xpress-30'-Bobbi Sue
6:15pm SPINNING-Stacey
7:00pm **Zumba-Vicki**

27

6am SPINNING-45'-Tracy
8am Forever fit-Gail
8:30am SPINNING- Beth
9am Step Xpress *P-Bobbi Sue
9:30am Trim&Tone Xpress-30' *P-BS
10am Physio pilates-Wendy
11am Chair fit-Gail
5pm Trim&Tone*P-Bobbi Sue
6pm SPINNING-Tom

28

6am Ashtanga Yoga –Kelly Rose **29**
8:30am SPINNING- Kelley D
8:30am Trim&Tone Xpress-30'-Beth
9am Mat pilates challenge-Beth
9am Warm Ashtanga Yoga –**Maria**
SOME YOGA EXPERIENCE REQUIRED
4:30pm Step Xpress-
5pm Trim&Tone Xpress-30'-

29

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.

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!

Power Yoga*: A challenging blend of Hatha and Ashtanga yoga.

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!! Beginners are welcome!

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.

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!

H.I.T. - High Intensity Training: Erin Gilliam, our newest personal trainer, will lead a 60 minute combination of cardio, strength and flexibility training that will help create a leaner, more toned body. Be ready to work!

Yoga 4 Seniors: A 45 minute mat and chair based class for SENIORS ONLY! Gain strength and flexibility without pounding. Bring your own mat or use one provided by the Center. Bring a small pillow and a belt or old necktie. **Please note: this class is offered in conjunction with our New Horizons Department. The \$4 per class fee applies to all participants. Participants may pay as they go or multi-class passes may be purchased at the Fitness Center Desk.**

BLT Xpress: Buns, legs and thighs: a 30 minute class focusing on strengthening and stretching the lower body.

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!