

All-Inclusive Group Exercise Class Schedule - Summer 2010 – June 21 thru August 29, 2010

Monday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|-----------------------|--------------------|-----------------|
| Group Cycle | 5:45 – 6:45 a.m. | Studio 2 |
| Liquid Power | 7:30 – 8:30 a.m. | Pool |
| AOA Strength Training | 8:00 – 9:00 a.m. | Studio 1 & 2 |
| Water Fitness | 9:00 – 10:00 a.m. | Pool |
| Step & Tone | 9:15 - 10:15 a.m. | Studio 1 & 2 |
| Zumba Gold | 10:00 – 10:45 a.m. | Dance Studio |
| Abs Plus | 10:15 – 10:45 a.m. | Studio 1 & 2 |
| AOA Shape Up | 11:00 – 12:00 p.m. | Studio 1 & 2 |
| AOA Light Weight Wkt | 12:00 – 12:45 p.m. | Studio 1 |
| Hatha Yoga | 12:30 - 1:30 p.m. | SMB Center |
| AOA Aquafit Plus | 1:30 – 2:30 p.m. | Pool |
| AOA Chair Yoga | 2:00 – 2:45 p.m. | Studio 1 |
| Zumba | 5:00 – 6:00 p.m. | Studio 1 & 2 |
| On the Ball | 5:15 - 6:00 p.m. | SMB Center |
| Muscle Mix | 6:00 – 7:00 p.m. | Studio 1 |
| Group Cycle | 6:00 – 7:00 p.m. | Studio 2 |
| Power Yoga | 6:30 - 7:30 p.m. | SMB Center |
| Cardio & Tone | 7:00 - 8:00 p.m. | Studio 1 & 2 |
| Hydro Sculpt & Flex | 7:00 – 8:00 p.m. | Pool |
| Vinyasa Yoga | 7:30 - 8:30 p.m. | SMB Center |
| Kick O Mania | 8:00 - 9:15 p.m. | Studio 1 & 2 |

Tuesday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|------------------|-------------------|-----------------|
| Pilates | 5:45 – 6:45 a.m. | SMB Center |
| Cardio Dance | 6:15 – 7:15 a.m. | Studio 1 |
| Liquid Power | 7:00 – 8:00 a.m. | Pool |
| AOA Cycling | 8:00 – 9:00 a.m. | Studio 2 |
| AOA Gentle Yoga | 8:00 – 9:00 a.m. | SMB Center |
| Water Fitness | 8:00 – 9:00 a.m. | Pool |
| AOA Aquafit | 9:00 – 10:00 a.m. | Pool |
| Circuit Training | 9:15 - 10:15 a.m. | Studio 1 & 2 |

Tuesday (cont)

| | | |
|-----------------------|--------------------|--------------|
| Deep Water Fitness | 9:30 – 10:30 a.m. | Pool |
| AOA Strength Training | 11:00 – 12:00 p.m. | Studio 1 & 2 |
| AOA Mid-Day Cmbo | 1:00 – 2:00 p.m. | Studio 1 |
| Group Cycle | 5:15 – 6:15 p.m. | Studio 2 |
| Muscle Mix | 6:15 – 7:15 p.m. | Studio 1 & 2 |
| Pilates – Beginner | 7:00 – 8:00 p.m. | SMB Center |
| Stretch & Flex | 8:00 - 9:00 p.m. | SMB Center |
| Cycle & Sculpt | 8:15 – 9:15 p.m. | Studio 1 & 2 |

Wednesday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|-----------------------|--------------------|-----------------|
| Group Cycle | 5:45 – 6:45 a.m. | Studio 2 |
| Pilates | 7:00 – 8:00 a.m. | SMB Center |
| Liquid Power | 7:30 – 8:30 a.m. | Pool |
| AOA Strength Training | 8:00 – 9:00 a.m. | Studio 1 & 2 |
| Water Fitness | 9:00 – 10:00 a.m. | Pool |
| Cycle & Sculpt | 9:15 - 10:15 a.m. | Studio 1 & 2 |
| Zumba | 9:30 – 10:30 a.m. | Dance Studio |
| Abs Plus | 10:15 – 10:45 a.m. | Studio 1 & 2 |
| Hatha Yoga | 10:30 – 11:30 a.m. | SMB Center |
| AOA Shape Up | 11:00 – 12:00 p.m. | Studio 1 & 2 |
| AOA Light Weight Wkt | 12:00 – 12:45 p.m. | Studio 1 |
| AOA Aquafit | 2:00 – 3:00 p.m. | Pool |
| On the Ball | 5:15 – 6:00 p.m. | Studio 1 |
| Muscle Mix | 6:00 – 7:00 p.m. | Studio 1 |
| Cardio Dance | 6:00 – 7:00 p.m. | Studio 2 |
| Pilates & Abs | 6:00 – 7:00 p.m. | SMB Center |
| Cardio Kickboxing | 7:00 – 8:00 p.m. | Studio 1 |
| Hydro Sculpt & Flex | 7:00 – 8:00 p.m. | Pool |
| Group Cycle | 7:00 – 8:00 p.m. | Studio 2 |
| Hatha Yoga | 7:00 – 8:00 p.m. | SMB Center |
| Step O Mania | 8:00 - 9:15 p.m. | Studio 1 & 2 |
| Yoga Nidra | 8:10 - 8:45 p.m. | SMB Center |

All-Inclusive Group Exercise Class Schedule - Summer 2010 – June 21 thru August 29, 2010

Thursday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|-----------------------|--------------------|-----------------|
| Pilates | 5:45 – 6:45 a.m. | SMB Center |
| Liquid Power | 7:00 – 8:00 a.m. | Pool |
| AOA Cycle | 8:00 – 9:00 a.m. | Studio 2 |
| Water Fitness | 8:00 – 9:00 a.m. | Pool |
| AOA Pilates | 8:00 – 9:00 a.m. | SMB Center |
| AOA Aquafit | 9:00 – 10:00 a.m. | Pool |
| Cardio Kickboxing | 9:15 – 10:15 a.m. | Studio 1 & 2 |
| Deep Water Fitness | 9:30 – 10:30 a.m. | Pool |
| Abs Plus | 10:15 – 10:45 a.m. | Studio 1 & 2 |
| AOA Strength Training | 11:00 – 12:00 p.m. | Studio 1 & 2 |
| AOA Aqua Yoga | 12:30 – 1:30 p.m. | Pool |
| AOA Mid-Day Combo | 1:00 – 2:00 p.m. | Studio 1 |
| AOA Aquafit Plus | 1:30 – 2:30 p.m. | Pool |
| Group Cycle | 4:15 – 5:15 p.m. | Studio 2 |
| Pilates & Abs | 5:15 – 6:15 p.m. | SMB Center |
| Zumba | 5:30 – 6:30 p.m. | Studio 1 & 2 |
| Vinyasa Yoga | 6:15 – 7:15 p.m. | SMB Center |
| Step & Tone | 7:00 – 7:45 p.m. | Studio 1 & 2 |
| Abs Plus | 7:45 – 8:15 p.m. | Studio 1 & 2 |
| Cycle & Sculpt | 8:15 – 9:15 p.m. | Studio 2 |

Friday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|-----------------------|--------------------|-----------------|
| Muscle Mix | 5:45 – 6:30 a.m. | Studio 1 |
| Group Cycle | 6:30 – 7:30 a.m. | Studio 2 |
| Liquid Power | 7:30 – 8:30 a.m. | Pool |
| AOA Strength Training | 8:00 – 9:00 a.m. | Studio 1 & 2 |
| Deep Water Fitness | 9:00 – 10:00 a.m. | Pool |
| Step & Tone | 9:15 – 10:00 a.m. | Studio 1 & 2 |
| Abs Plus | 10:00 – 10:30 a.m. | Studio 1 & 2 |
| Zumba Gold | 10:00 – 10:45 a.m. | Dance Studio |
| AOA Beginner Pilates | 10:00 – 11:00 a.m. | SMB Center |
| AOA Shape Up | 11:00 – 12:00 p.m. | Studio 1 & 2 |
| AOA Gentle Yoga | 11:00 – 12:00 p.m. | SMB Center |

Friday (cont.)

| | | |
|------------------------|--------------------|--------------|
| AOA Light Weight Wkt | 12:00 – 12:45 p.m. | Studio 1 |
| AOA Aquafit | 2:00 – 3:00 p.m. | Pool |
| Muscle Mix | 7:30 – 8:30 p.m. | Studio 1 & 2 |
| Joint Free Gentle Yoga | 7:00 – 8:00 p.m. | SMB Center |

Saturday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|--------------------|--------------------|-----------------|
| Group Cycle | 7:30 – 8:30 a.m. | Studio 2 |
| Water Aerobics | 8:00 – 9:00 a.m. | Pool |
| Cardio & Tone | 9:00 – 10:00 a.m. | Studio 1 & 2 |
| Pilates – Beginner | 9:30 – 10:30 a.m. | SMB Center |
| Step O Mania | 10:15 - 11:30 a.m. | Studio 1 & 2 |
| Stretch & Flex | 10:30 - 11:30 a.m. | SMB Center |

Sunday

| <u>Class</u> | <u>Time</u> | <u>Location</u> |
|------------------|--------------------|-----------------|
| Vinyasa Yoga | 10:30 - 11:30 a.m. | SMB Center |
| Mixed Up Workout | 11:45 – 1:00 p.m. | Studio 1 & 2 |

Reminders:

- *Classes are on a first come, first serve basis*
- *Classes and/or instructors are subject to change*
- *All class times include set-up and clean-up of equipment*
- *A minimum of three people are needed for a class to run*

All classes listed are included in a Facility or Facility Plus membership. Not a Facility member?... It's easy to upgrade. Stop by the member service desk for information.

AOA = Active Older Adults

All-Inclusive Group Exercise Class Descriptions – Summer 2010

Cardio Dance

With an emphasis on Cardio, not dance, this fun and easy class incorporates simple dance steps to increase your heart rate. *All levels welcome.*

Cardio Kickboxing

Relieve stress in this kickboxing class! Basic kickboxing moves will be taught in a way to increase your heart rate for an excellent cardiovascular workout. *All levels welcome, equipment usage will vary based on instructors.*

Cardio & Tone

This class is an excellent total body workout. In one hour you will have fun learning basic cardio routines as well as targeting key areas of your body with resistance training. Abs included. *All levels welcome.*

Circuit Training

This class is composed of 1-minute stations of both cardio and resistance training that will challenge your fitness level like never before. This class uses a variety of equipment including the kick bags, jump rope, medicine balls, steps, dumbbells, and more. *All levels welcome.*

Cycle & Sculpt

An excellent combo class: 30 min of group cycle and 30 minutes of muscle conditioning. *All levels welcome.*

Group Cycle

Group Cycle classes are an excellent cardio workout. *All levels welcome.*

Hatha Yoga

In Hatha Yoga you will improve flexibility, strength, posture, and mental concentration, relieve stress and focus the mind through the use of asanas (poses), pranayama (breathing techniques), meditative techniques including visualizations, and deep relaxation (savasana). *All levels welcome, Asanas will be modified accordingly.* Try **Yoga-Beginner** also.

Joint Free Gentle Yoga

This class includes a series of gentle movements to relieve tension and promote freedom of movement in the joints and the entire body. Excellent for individuals with arthritis.

Yoga Nidra

Yoga Nidra or “yogic sleep” is a systematic, ancient, and life-changing practice of complete and deep relaxation done lying on your back. You will be guided through it with an array of techniques including visualization, physical relaxation, and breath awareness. A half-hour of Yoga Nidra may benefit up to three hours of sleep. Be prepared to relieve stress, relax deeply, and have a great night’s sleep to meet the challenges you face the next day!

Kick O Mania

No short cuts in this 75 minute kickboxing class. This intermediate to advanced intensity class is sure to get your heart pumping.

Mixed Up Workout

Participants will cycle, step, and work their muscles with weights in this all-out 75 minute workout! *Intermediate+ level.*

Muscle Mix

Muscle Mix is a total body muscle conditioning class that utilizes dumbbells, bands, and more to work all your major muscle groups. *All levels welcome.*

On The Ball

A fun-filled 45 min class where we use the large rubber stability ball to get a total body workout. Each class will incorporate something a little different and new to challenge you. *All levels welcome.*

Pilates (& Beginner Pilates)

Work your abs and core using Windsor pilates traditional moves. Develop functional strength that will not only enhance your waistline but aid you in performing everyday tasks. *All levels welcome.*

Power Yoga

This is a rigorous and athletic class not for first time students. It combines asanas and pranayamas in a format designed to create strength and flexibility. You will need to have knowledge of basic yoga postures although variations of asanas will be presented to accommodate various conditions and fitness levels. *Intermediate to Advanced level Yoga.*

Step & Tone

This 45 minute choreographed class uses the step benches to increase your heart rate and help with muscle conditioning as well. The motivating music and step moves provide a fun way to workout! *All levels welcome.*

Step O Mania

No short cuts in this challenging workout that will push you to the limit. Get ready to be invigorated as you move through a variety of routines that will improve your fitness level while you have fun. *Intermediate+ level.*

Stretch & Flex

A great way relax and increase your flexibility. We stretch all major muscle groups standing, sitting, supine, and prone. *All levels welcome.*

Vinyasa Yoga

Vinyasa is a slow flowing class, moving you slowly from one pose to the next concentrating on strength and balance. *All levels welcome.*

Yogalates

A blend of Mat Pilates exercises along with a Vinyasa style Yoga flow incorporated throughout. The perfect combination for core strength through Pilates and flexibility through Yoga. *All levels welcome.*

ZUMBA

A Latin-inspired, easy-to-follow, calorie-burning, feel-it-to-the-core fitness party!

All-Inclusive Group Exercise Class Descriptions – Summer 2010

AOA (Active Older Adults) CLASS DESCRIPTIONS

AOA Aquafit

This water fitness program combines the cardiovascular benefits of aerobics with flexibility, strengthening and range of motion exercises.

AOA Aquafit Plus

An exercise routine that challenges both mind and body. This fast-paced, fun filled class promotes cardiovascular health, flexibility, weight loss, and increased strength.

NEW AOA Aqua Yoga

This class will include traditional yoga postures adapted to water and it is designed to accommodate all levels of ability. You will enhance flexibility, strength, breath and body awareness while connecting mind and body. Most exercises will be done by the pool wall and the use of noodles will be incorporated.

AOA Chair Yoga: Getting Fit While You Sit

This class is designed for people who would like to reap all the benefits that yoga can provide, but are unable to participate in a yoga mat class due to limitations.

AOA Cycling

Try this indoor cycling class for an excellent & challenging cardio workout.

AOA Gentle Yoga

This course will focus on balance, joint flexibility, strength, proper breathing, and relaxation. Regular yoga practice leads to better health, adding mobility to the spinal column, strengthening the abdominals, and helping to alleviate back problems.

AOA Light Weight Workout

An introductory program utilizes dumbbell weights (1-3 lbs.) with emphasis on proper technique and safety. Exercises will be performed while seated on chairs or standing up.

AOA Mid-Day Combo

This class will begin with 20 minutes of low impact aerobics for cardiovascular conditioning, followed by 20 minutes of dumbbell weight training to increase muscle strength and bone density. This class will end with 20 minutes of mat work to improve muscle tone and joint flexibility.

AOA Pilates

For those looking for a challenging workout, this class will provide exercises on floor mats utilizing pilates rings to strengthen the body's core muscles.

AOA Shape Up

Do 30 minutes of low impact aerobics for cardiovascular conditioning and 30 minutes of mat work to firm up the hips, thighs, buttocks, and abdominals.

AOA Beginner Pilates

An introduction to Pilates, designed for the active older adult to strengthen the core muscles of the abdomen, back, buttocks and thighs. Gain a better understanding of the pilates philosophy while improving posture and body alignment. All exercises are performed on floor mats.

AOA Strength Training

Dumbbell weights (3-10 lbs.) are provided for this weight training program to strengthen and tone muscles, develop stamina, and help prevent osteoporosis. Orientation is recommended.

ZUMBA Gold - AOA

Enjoy this modified Zumba class specifically designed for the active older adult. Zumba is a latin-inspired dance aerobic class with cardio benefits.

AQUATIC CLASS DESCRIPTIONS

Hydro Sculpt & Flex

This non-weight-bearing program is designed to tone and strengthen muscles; specifically those of the core and back, slim arms & legs, and improve joint flexibility. Great for people with arthritis, sports injuries, or joint replacements.

Liquid Power (Water Aerobics)

This high intensity cardio workout will improve flexibility, muscular strength, body toning, and shaping. Class is geared toward individuals who have been exercising regularly.

Water Fitness

This class combines cardiovascular work and muscle conditioning. Participants of all levels are welcome.

Deep Water Fitness

This non-weight-bearing exercise program is designed to tone and shape muscles and increase cardio fitness. A great class for people with arthritis, sports injuries, or joint replacements.

Any questions on the Group Exercise Schedule or Class Descriptions please contact:

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