

2009 GROUP EXERCISE & SPIN PROGRAMS SUMMARY

CLASS DESCRIPTION	MEMBER BENEFIT	MEMBER LEVEL
BODYPUMP: 1-hour barbell workout that challenges all the major muscle groups. Choice of weights inspires you to get results you want - fast!	Increase muscular strength and endurance; shape and tone muscles; improve bone density; energizes mind and body.	All levels.
BOOT CAMP: Athletic based session that incorporates strength training and sport conditioning to enhance overall strength and aerobic conditioning.	Increases strength and cardio Efficiency.	Intermediate level.
MMA KICKBOXING: A blend of mixed martial arts and traditional kickboxing. Kicks, punches, combinations training plus footwork, agility and speed workouts are featured.	Increase cardiovascular conditioning, endurance and muscle strength. A progressive and attainable training regimen for all levels of ability.	Beginner & Intermediate levels.
FITNESS MACHINES MEMBER TRAINING: A free service to members who request an informal consultation on the proper use of the fitness training equipment. Conducted by our Fitness Floor Supervisor/Private Trainer. Q&A welcome.	Provides members immediate access to important information on the use of all training equipment. Safety, operation and proper technique is covered.	All levels/members. Entry level to advanced.
MAT PILATES: A progressive number of exercises focusing on mindful body movement, core stabilization and unified body movements.	Increase abdominal and back strength; improve posture.	All levels.
SPIN: An intense 1-hour cardiovascular workout and a complete mind and body training system. Accompanying music stimulates and excites you while you determine the difficulty of the ride.	High-energy, calorie burn, intensive group workout that increases cardiovascular conditioning, endurance and lower body muscle strength and tone.	All levels.
YOGA: <i>Naam</i> integrates physical, poses, breathwork, mudra and mantra to create a complete workout- mind, body and spirit.	Conducted in a relaxing and mood enhanced environment that infuses positive energy into the mind and body.	All levels.
YOGA: <i>Hatha</i> is a slow-paced stretching class with simple breathing exercises and seated meditation. Basic poses and relaxation techniques are covered. <i>Vinyasa</i> is "breath-synchronized movement." Move from one pose to the next on an inhale or an exhale. The poses are smooth and run together like a dance.	Conducted in a relaxing and mood enhanced environment that infuses positive energy into the mind and body.	All levels.
ZUMBA: Hypnotic Latin rhythms fused with easy-to-follow moves create a calorie-burning, body-energizing hour of fun & fitness.	High-energy, calorie burn. Social, group camaraderie atmosphere. Lively music to enhance and revitalize body and soul.	All levels.