

Sport & Wellness Group Exercise Class Schedule (February 2009)

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
		6:45-7:45 BODYPUMP Stacey D.			7:30-8:45 Yoga Barbara	
9:15-10:15 Cardio Fusion Carolann	9:15-10:15 Cardio Boot Camp Stacey D.	9:15-10:15 BODYPUMP Sue	9:15-10:15 Cardio Kickboxing Christine	9:15-10:15 BODYPUMP Leslie	9:15-10:15 Cardio Fusion Michelle	9:15-10:15 Mat Pilates Kristen
10:15-10:45 Bottom Blasters Carolann	10:15-10:45 Upper Cuts Stacey D.	10:15-10:45 BOSU Cardio Express Sue	10:15-10:45 Mat Pilates Express Christine	10:15-10:45 BOSU Cardio Express Leslie	10:15 - 11:15 Zumba Gina	10:15-11:30 BOSU Fusion w/ Yoga Stretch Stacey F.
5:30-6:30 BODYPUMP Stacey D.	5:30-6:30 Zumba Diane	5:30-6:30 Mat Pilates Kristen	5:30-6:30 Zumba Diane			*Indicates a fee based class
7:00 Latin & Ballroom Dancing	6:30 -7:30 BOSU Fusion Stacey F.	6:30-7:30 Tai Chi Scott	6:30-7:30 BODYPUMP Louise			
	7:30 - 8:45 Yoga Barbara					



Fitness. Tennis. Multi-Sport. Good

Sue Hughes: Group Exercise Coordinator: 845-226-8733 X207 shughes@sportandwellness.net

Childcare Hours: : Monday-Friday 9:00am -2:00pm / 5:00pm– 8:00pm

Saturday & Sunday 9:00am-12:00pm

Inclement Weather Policy: During bad weather, please call ahead , 845-226-8733, for Group Exercise and Childcare Schedule.

Class Descriptions

(February, 2009)

Description	Benefit	Level
BODYPUMP: One hour barbell workout that challenges all your major muscle groups. Your choice of weights inspire you to get the results you came for—fast!	Increase muscular strength and endurance, shape and tone muscles, improve bone density.	All Levels
BOSU Fusion: Using the BOSU Balance Trainer, this class integrates cardio, strength, power, agility, endurance and flexibility with core and balance training. (*Pre-requisite—BOSU Training) A step may be used as a modification. (*Express—Cardio Only)	Increase cardiovascular conditioning, muscle strength, balance, core stability and flexibility.	All Levels
BOSU/Yoga Stretch: Cardio and strength training are enhanced by using the BOSU Balance Trainer to incorporate balance and core stabilization in every move. Twenty minutes of yoga postures and stretches complete the total body workout. (*Pre-requisite—BOSU Training) A step may be used in place of the BOSU.	Increase cardiovascular conditioning, strength and flexibility.	All Levels
Bottom Blasters: Intense half hour class focusing on the butt and legs for maximum shaping and toning!	Increase muscle strength, shape and tone muscle.,	All Levels
Cardio Boot Camp: Athletic based class that incorporates strength training and sports conditioning to enhance overall strength and aerobic conditioning.	Increases both strength and cardio efficiency.	Intermediate
Cardio Fusion : Combination class that mixes up step, hi/low and strength training all in one class for a fun and invigorating workout!	Increase cardiovascular conditioning, strength and endurance.	All Levels
Cardio Kickboxing: Traditional kickboxing moves are performed continuously for a high intensity workout that packs a punch and a kick!	Increase cardiovascular conditioning, endurance and muscle strength.	All Levels
Mat Pilates: This class features a progressive number o f exercises focusing on mindful body movement and CORE stabilization.	Increase abdominal and back strength. Improve posture.	All Levels
Tai-Chi: Tai Chi combines movement, meditation and breath regulation to enhance the flow of vital energy in the body, improve blood circulation, and enhance immune functions. Learn to focus your internal energy and improve your health.	Stress reduction, improve posture and balance .	All Levels
Upper Cuts: Weights, bands and balls are used to target the arms, back and chest for an intense half hour of muscle conditioning.	Increase muscle strength, shape and tone muscle.,	All Levels
Yoga: Learn to listen to your body while you stretch, strengthen and condition every muscle. Don't let the relaxing music fool you...this class will challenge every body part.	Increase strength and flexibility. Stress reduction and relaxation.	All Levels
Zumba: Check out the newest fitness craze... Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a calorie burning, body-energizing, awe-inspiring hour of FUN!!	Increase cardiovascular conditioning, strength and toning.	All Levels

- **All Classes are on a first come-first serve basis**
- **For safety reasons, no one will be allowed to enter class after the first 5 minutes**
- **We ask everyone to cool down appropriately before leaving all classes early**
 - **Please notify all instructors of any special needs or concerns**
 - **Please bring a water bottle and towel to class .**