



FALL/WINTER 2011-12 Group Exercise Classes

www.itascayfitnessclasses.wordpress.com

for most current class information

	Morning			Afternoon		
Monday	**5:45-6:30 **5:45-6:45	Step/Strength Yoga	Jen R. Heather	12:15-1:00	Studio Strength	Janessa
	6:35-7:15	Breakfast Club	Heidi	2:00-3:30	Line Dancing	
	8:15-8:55	Studio Strength	Sherry	4:15-5:15	CardioKick	Becky
	9:00-10:00	Step/Yoga	Kris	5:30-6:30	Barbell Strength	Janessa
	10:15-11:00	Cardio Lift	Nita	6:30-7:30	Zumba®	Angela
	11:15-12:00	SilverSneakers@ MSROM	Kris			
Tuesday	5:45-6:45	Cardio Wake up	Lisa H.	12:15-1:00	Pilates/Yoga	Katie
	8:10-8:55	Kettlebells	Beth	4:15-5:10	Zumba®	Katie
	9:00-10:00	CardioKick	Lisa M.	5:15-6:15	Turbo Kick®	Jen R.
	10:15-11:00	Flexible Strength	Beth	6:20-7:30	Gentle Flow Yoga	Jenna
	11:15-12:00	SilverSneakers@ Yoga Stretch	Kris			
Wednesday	5:45-6:30	Cardio Mixx Express	Jen R.	12:15-1:00	Barbell Strength	Janessa
	6:30-7:15	Breakfast Club	Len	4:15-5:10	Kettlebells	Beth
	8:15-8:55	Studio Strength	Nita	5:15-5:45	Cardio Express	Jenny
	9:00-10:00	Step/Weights	Kris	6:30-8:00	Beg. Karate	Devron
	10:15-11:00	Cardio Lift	Nita			
	11:15-12:00	SilverSneakers@ MSROM	Kris			
Thursday	5:45-6:30	Cardio Wake Up	Jen R.	12:15-1:00	Yoga	Katie
	8:10-8:55	Kettlebells	Beth	4:15-5:10	Master Step	Kris
	9:00-10:00	CardioKick	Lisa	5:15-6:25	Mind & Body Yoga	Jenna
	10:15-11:00	Flexible Strength	Beth	6:30-8:30	Karate	Tony/Devron
	11:15-12:00	SilverSneakers@ Yoga Stretch	Kris			
Friday	5:40-6:30	Yoga	Katie	12:15-1:00	Studio Strength	Janessa
	6:35-7:15	Breakfast Club	Heidi	4:15-4:45	Cardio Express	Becky
	8:00-8:55	BootCamp	Deb	5:00-6:00	Barbell Strength	Janessa
	9:00-10:00	Pilates/Yoga	Jenna			
	10:15-11:00	Zumba® Basics	Angie			
	11:15-12:00	SilverSneakers@ Cardio Circuit	Renee			
Saturday	8:00-8:45	Studio Strength	Lisa H./ Beth S.	10:15-12:00	Judo	
	9:00-10:00	Cardio Jam	Rotation			

** Classes alternate every other week!!! Check blog or studio bulletin board for schedule

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.

Barbell Strength - A formatted strength class that targets the entire body and is geared for everyone that wants to get stronger and have fun in the process. The choreographed routine will be the same for a period of time so that participants can get used to the routine and really focus on increasing their barbell weight to maximize their strength training program.

Boot Camp - A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.

Breakfast Club - Early morning, low stress, lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee.

Cardio Express – A 30 minute high intense cardio workout.

Cardio Jam – A cardio class that could include Step, Cardiokick, Zumba®, Intervals or all of these in one great class. Guaranteed a fun workout with excellent cardio benefits!

CardioKick - A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.

Cardio Lift - A 20 minute cardio dance & 35 minutes of strength training in a group setting. Good for all levels.

Cardio Mixx Express – Combine some or all cardio kickboxing, high-impact moves, step, low-impact/dynamic moves along with some strength training and you have one high-energy, tough workout.

Cardio Wake Up - A great way to start your day with this fun cardio class.

Kettlebells- Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. This class may be more intense for the average person if you are new to Kettlebells please come early to class and talk to the instructor.

Master Step - Do you love advanced step choreography? If so, this is the class for YOU! Come join this nonstop step party and enjoy being challenged physically as well as mentally. Previous step experience is recommended.

Pilates/Yoga - Fusion of Pilates and Yoga. Multi-level class will increase core stability and flexibility. Great enhancement to any exercise program.

Flexible Strength – This class works on strength, balance and flexibility. Great for seniors, beginners and injury rehab members.

SilverSneakers® MSROM- A class offered to Active Older Adults geared toward increasing strength and range of motion in daily exercises. Hand held weights, stretch bands and balls are used in seated and standing exercises with a chair for support.

SilverSneakers® Cardio Circuit- Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and a complete relaxation in a comfortable position.

SilverSneakers® Yoga Stretch/Stretch & Balance – This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

Step/Strength- High energy step with strength training the last 15 minutes of class.

Step/Yoga - High energy step following up with soothing stretches and relaxation.

Studio Strength - Sculpt and define your total body using a variety of equipment for resistance training. Weight lifting and resistance training to develop strength, size and endurance.

Turbo Kick® - Combines athletic moves, sports drills, kickboxing and hip hop for an awesome workout!

Yoga, Mind & Body Yoga, Gentle Flow Yoga - Relax, strengthen and soothe the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques. *Gentle Flow Yoga is also a great beginner class for those with no experience with Yoga.*

ZUMBA® - Fusion of Latin dance moves and cardio exercises to create a fun, easy to follow, spicy workout to great Latin music.

ZUMBA® BASICS – All the fun of regular **ZUMBA®** but more basic moves for the beginning **ZUMBA®** participant or very active older adult!!