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APRIL 2012

New class times/days starting the week of April 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-6:45AM BOOT CAMP	9:30AM – 10:15AM STABILITY BALL				10:00AM – 11:00AM ZUMBA
9:30AM – 10:30AM STEP AEROBICS	4:30PM - 5:30PM GYMSTICK			10:00AM – 11:00AM PILATES (Basic Beginner)	11:00AM-12:00PM POWER YOGA
5:00PM - 6:00PM HATHA YOGA	6:00PM – 7:00PM CARDIO KICKBOXING	5:00PM - 6:00PM PILATES (Level 2*)	4:30PM - 5:30PM THE TOTAL BODY WORKOUT		
7:00PM - 7:45PM BALL/ BOSU BOOT CAMP	7:00PM-8:00PM PILATES* (Basic Beginner)	7:00PM-7:45PM BOOT CAMP			

Hatha Yoga (Instructor: LISA KMIEL) **BRING YOUR OWN MAT, bolster/pillow and blanket!**

This class introduces traditional Hatha postures (asanas) and breathing techniques (pranayama). A great class for all ages and fitness levels! Relieve your stress, relax and enjoy, while you gently stretch your body.

Step Aerobics (Instructor: LORI-ANN SEGUIN)

Get your heart pumping and your body moving with this traditional Step Aerobics class. Leave your leg warmers at home, you won't need them! Lori Ann will show you how to tone your body, using only free weights and a step.

Boot Camp (Instructor: BECKY LANGSTAFF)

This class of cardio & muscle conditioning will have you sweating in no time! Use various fitness tools, to get your heart pumping and your muscles burning. Be prepared to work HARD!

Pilates (Basic Beginner) (Instructors: SANDRA PARMELEE & *CYNTHIA HURLEY **No Experience Required**)

Very easy! Learn how to coordinate core exercises with breath. A must have for everyone's fitness tool belt. Three (3) classes are recommended, to give Pilates a "fair shake". **Level 2*** - Must have a minimum of 3 previous Basic Pilates sessions before this class.

Cardio Kick-Boxing (Instructor: LORI-ANN SEGUIN)

This non-contact, fun, fitness class works everything, while side-tracking your mind with up-beat, energizing music and killer moves!

The Total Body Workout (Instructor: SANDRA PARMELEE)

The Total Body Workout is a combination of 20 minutes of intense cardio - interval training, step aerobics or circuit, with 20 minutes of strength training and 20 minutes of core and Pilates work.

Ball/BOSU Boot Camp (Instructor: BECKY KELLY)

Learn new exercises, to tone the body, improve your balance and co-ordination and challenge your cardiovascular system using a stability ball, B.O.S.U., weighted balls and free weights.

Zumba (Instructor: DIANE WATSON)

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves, to create a one-of-a-kind fitness program that will blow you away! Join in on the latest fitness craze! This exciting hour of calorie-burning, body-energizing fun will leave you pumped and wanting more!

Stability Ball (Instructor: BECKY KELLY)

Learn how to use the stability ball to improve many components of fitness including but not limited to cardio, muscle conditioning and flexibility.

Gymstick Muscle (Instructor: BECKY KELLY)

Shape up your body, using the latest fitness tool on the market! Tone those problem areas, move your body and get your sweat on!

Power Yoga (Instructor: MELANIE KRETZSCHMAR) **BRING YOUR OWN MAT & bolster**

A vigorous, athletic style of yoga, where clients are encouraged to work at their 'edge'. This fun and challenging class will have you moving, sweating and breathing like you never have before. Classes are designed to build your strength, stamina and flexibility. Discover muscles you didn't know you had.

** Classes change periodically. A class may be cancelled if less than 6 participants commit on the chalkboards 24 hours before the class is scheduled.**