



**SHAPE SHOP**

FITNESS & WELLNESS CENTER

**Group Exercise Schedule – Summer 2010**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>5:30 AM</b>	Instructor's Choice with Tammy		Instructor's Choice with Kelly		Instructor's Choice with Kelly	
<b>8:00 AM</b>	Young At Heart With Virgi	Step Workout with Christie	Young At Heart with Virgi	PowerSculpt/ Cardio Strength with Christie	Young At Heart with Virgi	
<b>9:00 AM</b>	Interval Training with Anna	9:30 AM SilverSneakers® MS-ROM with Kristy/Christie	Step Workout with Anna	9:30 AM SilverSneakers® MS-ROM with Crystal/Christie	Instructor's Choice with Anna	1 <sup>st</sup> Saturday of the month: <b>9:00 AM</b> Pilates with Joyce 3 <sup>rd</sup> Saturday of the month: <b>10:00 AM</b> ZUMBA with Yanny
<b>10:30 AM</b>	SilverSneakers® Cardio Circuit		ZUMBA with Yanny			
<b>4:30 PM</b>	Step Workout with Christy		Instructor's Choice with Christy			
<b>5:00 PM</b>		PowerSculpt/ Cardio Strength with Karen		Interval Training with Christy		
<b>5:30 PM</b>	Yoga with Virgi		Yoga with Virgi			
<b>6:00 PM</b>		ZUMBA with Yanny		ZUMBA with Yanny		

***Class Descriptions***

***Young At Heart: (50 min.)*** A low impact aerobic floor workout incorporating strength training and flexibility.

***Interval Training: (55 min.)*** Periods of moderate to high intensity exercises followed by less intense exercises. Heart rate is elevated to the anaerobic threshold, followed by an active recovery period. Toning, ab work and stretching included.

***Power Sculpt& Cardio Strength: (55 min.)*** Tone your body from head to toe. Building muscle increases bone density and causes calories to burn at a higher rate.

***Step Workout: (55 min.)*** Step combinations that will get you moving. Heart rate remains elevated at a steady state. Toning, ab work and stretching included.

***Yoga: (45 min.)*** Build strength and flexibility while integrating your mind, body, and spirit.

***Instructors Choice: (55 min.)*** The format of this class will be up to the instructor each week. Various cardiovascular and strength moves will be included.

***Pilates (45 min.)*** Strengthen your core and achieve a total body workout through your own body weight and light weights.

***Video Workout: (55 min. anytime)*** This class is self-instructed through videos. We have a wide variety of videos to choose from...step, toning, yoga, kickboxing...You choose!

***ZUMBA: (60 min.)***A Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting, and effective fitness system.

***SilverSneakers® Muscular Strength & Range of Movement (45 min.)*** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

***SilverSneakers® Cardio Circuit (45 min.)*** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.