



# GROUP EXERCISE

978-774-2055

## Jan/Feb 2012

### Monday

6:00-7:00am	Boot Camp*	Mike
5:45-6:30am	Cardio Spin	Jeanne
8:30-9:15am	Cardio Spin	Staff
9:00-9:45am	Step Aerobics	Deb M
9:45-10:15am	Muscle/Core	Deb M
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic fitness	Staff
6:00-6:45pm	Cardio Spin	Dawn
6:00-7:00pm	Cardio Kickboxing	Caren
7:00-8:00pm	Masters Swim	Staff
7:15pm	Boot Camp *	Mike

### Tuesday

8:00-8:45am	Water Aerobics	Kathy
8:15-9:00am	Pilates on Ball	Val
8:30-9:15am	Cardio Spin	Dawn
9:00-10:00am	Adult Fitness	Tara
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Water Walking	Staff
5:45-6:30pm	Pilates	Deb B
6:45-7:30pm	Cardio Spin	Terry I
6:30-7:30pm	Zumba	Carmen
7:30-8:15pm	Water Aerobics	Judy
6:30-7:30pm	Ballroom I*	Laurie
7:30-8:30pm	Ballroom II*	Laurie

### Wednesday

5:45-6:30am	Cardio Spin	Terry/Dawn
8:30-9:15am	Cardio Spin	Deb B
9:00-9:45am	Step Aerobics	Deb M
9:45-10:15am	Muscle/Core	Deb M
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic Fitness	Staff
6:15-7:00pm	Cardio Spin	Terry
6:00-7:00pm	Cardio Kickboxing	Caren
7:00-8:00pm	Masters Swim	Staff
7:00 8:15pm	Yoga *	Charlie

Classes free to members. Non members may buy a punch card.

SCHEDULE SUBJECT TO CHANGE!  
CLASSES WILL RUN ACCORDING  
TO CLASS ATTENDANCE!

### Thursday

8:00-8:45am	Water Aerobics	Staff
8:15-9:00am	Pilates on Ball	Val
8:30-9:15am	Cardio Spin	Dawn A
8:45-9:30am	Water Aerobics	Staff
9:00-10:00am	Adult Fitness	Deb M
9:30-10am	Water Walking	Staff
5:45-6:30pm	Pilates	Deb
6:30-7:20pm	Aerobics Step	Deb
6:45-7:30pm	Cardio Spin	Jeannie
7:30-8:15pm	Water Aerobics	Judy
7:15pm	Boot Camp *	Mike

### Friday

6:00-7:00am	Boot Camp *	Mike
5:45-6:30am	Cardio Spin	Dawn
8:30-9:15am	Cardio Spin	Val
9:00-9:30am	Cardio Mix-Up	Deb M
9:30-10:00am	Muscle/Core	Deb M
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic Fitness	Staff
6:30-7:30pm	Zumba	Carmen

### Saturday

7:15-8:00am	Cardio Spin	Jeanne
8:30-9:15am	Step Aerobics	Deb
8:30-9:15am	Cardio Spin	Terry I
9:15-10:00am	Adv. Pilates	Deb

### Sunday

Cardio Spin	9:15-10am	Terry/Jeannie
Gliding	9:15-10am	AnnMarie
Extreme Boxing	Try again in January	

### Sign up for a Bike

<u>Sign-up</u>	<u>Class</u>
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday
Sunday	Tuesday

\* Punch Card: 16 Classes for \$95 (one time only). After Punch card is completed you must take out a membership and we will waive the joiners fee. The other option is to pay \$10 per class.

# **Group Exercise Class Descriptions**

**Water Walking:** Using the deep end of the pool wearing a floatation waist belt; while exercising.

**Aquatic Fitness:** A recreational exercise program for those with arthritis. With the purpose of reducing pain and stiffness.

**Water Aerobics:** This class combines an aerobic workout with strengthening exercises in a non-weight bearing environment.

**Step Aerobics:** Step aerobics for all levels

**Muscle Conditioning & Core:** This class will include weights, and bands to strengthen the whole body.

**Adult Fitness:** Class for the Active Older Adult (or beginner exercisers). Stretching, toning and light aerobics are included in this popular class.

**Pilates on the Ball:** Pilates moves using a dyna-ball. Hand weights will be included.

**Pilates:** Mat based class designed to increase core strength and stability. Hand weights and dyna balls will be used.

**Cardio Kickboxing:** Aerobic boxing, jumping jacks, are just a few of the moves used in the fast paced class designed to improve muscular strength and cardio endurance.

**Co-Ed Aerobics:** Just basic step.

**Zumba:** Cardio workout to Latin music and moves. High/lo impact has something for all fitness levels.

**Yoga:** In this class you will learn how mind-body workouts and using the weight of you body can reshape your torso and leave you feeling centered and revitalized.

**Cardio Spin:** Instructor lead stationary bike workout is set to motivating music for a challenging bike ride with hills, varying speeds and recovery periods.

**Gliding:** Aerobic workout using disks under your feet for gliding.

**ML Athletics Boot Camp:** Contact Mike LoColle for more information. Web: [www.mlathletics.com](http://www.mlathletics.com)

**Email:** [Fitnesscoach.michael@gmail.com](mailto:Fitnesscoach.michael@gmail.com) or 978-269-4070

**Extreme Fitness Boxing:** Boxing equipment will be set up at different stations. Learn how to train like a boxer safely and effectively.

**Martial Arts:** Open House in Jan.