



February

This exciting training program utilizes motivation & mental training techniques & simulates cycling situations encountered on the road. Most classes are 40 min. and are appropriate for all fitness levels as you can complete the workout at your own pace. First come first serve basis. Sign-up begins 1/2 hour prior to class time. Reserve your space the day before at the front desk for a \$2 fee. For your safety, no late entry permitted. You must be on your bike 5 minutes prior or forfeit your place in class.

Better Bodies Spin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15a- Jane- <i>Interval</i> 4:45p- Andy 6:00p- Dan- <i>Ins. Choice</i>	6:00a- Julia 9:15a- Lana- <i>Ins. Choice</i> 5:45p- Kimmi- <i>Strength</i>	5:45a- Sue- <i>Spin & Yoga</i> 9:15a- Valerie- <i>Endurance</i>	8:15a- Stephanie 9:15a- Valerie 10:15a- Marcella <i>Strength</i>
5	6	7	8	9	10	11
9:30a- Bobbie 10:45a- Bobbie <i>Ins. Choice</i>	5:45a- Sue- <i>Spin & Lift</i> 9:15a- Kim 4:45p- Julia 6:00p- Mary- <i>Endurance</i>	6:15a- Garrett 9:15a- Kimmi- <i>Strength</i> 6:30p- Lana- <i>Fat Burn 1</i>	9:15a- Marcella- <i>Ins. Choice</i> 4:45p- Valerie 6:00p- Dan- <i>Strength</i>	6:00a- Julia 9:15a- Lana- <i>Endurance</i> 5:45p- Kimmi- <i>Interval</i>	5:45a- Sue- <i>Spin & Yoga</i> 9:15a- Valerie- <i>Strength</i>	8:15a- Stephanie 9:15a- Lana 10:15a- Molly <i>Hill Training</i>
12	13	14	15	16	17	18
9:30a- Bobbie 10:45a- Bobbie 60 Min. Ride	5:45a- Sue- <i>Spin & Lift</i> 9:15a- Kim 4:45p- Julia 6:00p- Mary- <i>Strength</i>	6:15a- Garrett 9:15a- Kimmi- <i>Intervals</i> 6:30p- Lana- <i>Fat Burn 1</i>	9:15a- Jane- <i>Strength</i> 4:45p- Valerie 6:00p- Dan- <i>Interval</i>	6:00a- Julia 9:15a- Lana- <i>Endurance</i> 5:45p- Kimmi- <i>Hill Training</i>	5:45a- Sue- <i>Spin & Yoga</i> 9:15a- Marcella- <i>Ins. Choice</i>	8:15a- Stephanie 9:15a- Lana 10:15a- Dan <i>Endurance</i>
19	20	21	22	23	24	25
9:30a- Bobbie 10:45a- Bobbie <i>Ins. Choice</i>	5:45a- Sue- <i>Spin & Lift</i> 9:15a- Kim 4:45p- Julia 6:00p- Mary- <i>Strength</i>	6:15a- Garrett 9:15a- Kimmi- <i>Interval</i> 6:30p- Lana- <i>Fat Burn 1</i>	9:15a- Valerie- <i>Endurance</i> 4:45p- Andy 6:00p- Dan- <i>Endurance</i>	6:00a- Julia 9:15a- Lana- <i>Ins. Choice</i> 5:45p- Kimmi- <i>Ins. Choice</i>	5:45a- Sue- <i>Spin & Yoga</i> 9:15a- Marcella- <i>Strength</i>	8:15a- Stephanie 9:15a- Lana 10:15a- Andy <i>Ins. Choice</i>
26	27	28	29			
9:30a- Bobbie 10:45a- Bobbie 60 min. Ride	5:45a- Sue- <i>Spin & Lift</i> 9:15a- Kim 4:45p- Julia 6:00p- Mary- <i>Ins. Choice</i>	6:15a- Garrett 9:15a- Kimmi- <i>Strength</i> 6:30p- Lana- <i>Fat Burn 1</i>	9:15a- Jane- <i>Endurance</i> 4:45p- Andy 6:00p- Dan- <i>Strength</i>			

Spinning Safety Guidelines Always sign-in at the front desk prior to class. Arrive at least 10 min prior to class start time to set up your bike. Water bottle required. Towel required. Wipe down your bike after class. Forfeit your bike if not on bike 5 minutes prior to class. For your safety, no late entry. Bike use during instructor led classes only. Classes are subject to cancellation based on instructor availability.

Spinning Energy Zones **Recovery**- 50%-65% of Max HR, **Interval**- 85%-92%, 70%-75%, recovery of Max HR, **Strength**- 75%-85% of Max HR, **Endurance**- 65%-75% of Max HR, **Race Day**- 80%-92% of Max HR >8 weeks participation required, **Italics**- denotes theme or new class. Please note class time and length, **Fat Burner 1**- 60-minute maximizes fat burning, **Spin & hard CORE abs**- 40 min Spin & 20 min Hard Core Abs. **Spin & Lift**- 30 min spin & 30 min strength, **Instructor's Choice**- Instructor chooses the class theme!



Class Descriptions

ZUMBA– A cardio-based workout with easy to follow dance moves that uses high energy Latin & international music to keep you moving! Guaranteed to make you sweat! 55 minutes

BELOW THE BELT– This class will target your lower body, glutes, hips and thighs along with core-conditioning ab exercises.

RESIST A BALL– Strong focus on balance and building core strength, you will also work your entire body! Improves alignment, stability, strength, and flexibility. Hand weights, resistance tubes and bands may be used.

SIT AND BE FIT– A gentle series of stretch, flexibility, mild cardio and toning (mostly seated, some standing moves). Burn calories, build strength and improve balance and posture. Use light weights, resistance tubes and bands.

KICK BOXING– High intensity total body workout! A combination of hi/low aerobics with martial arts and the fundamentals of boxing, e.g., jabs, uppercuts, kicks (no contact) and basic athletic movements. Focus on cardiovascular endurance, strength, agility and balance. Includes floor work.

CT (Cross Training)- Intermix cardiovascular conditioning with hand weights, bands, tubing, bars and resist-a-balls.

20/20/20– 20 minutes using the step, 20 of muscle toning, and 20 of core strengthening and abdominal work with stretching. It's everything you need to attain that sculpted, well proportioned look.

HL (High/Low Aerobics)- Designed to maximize the benefits of cardiovascular conditioning using low and high impact moves. Complete with strengthening exercises and abdominal work.

ST (Step Aerobics)- A low impact workout to burn fat while you tone and strengthen the complete lower body. Step classes utilize the motion of stepping up and down on a platform for aerobic conditioning. Choose your level by simply adjusting the height of your step. Includes floor work.

ST & BS (Step and Body Sculpting)- This is like 2 workouts in one! 50% step conditioning and 50% resistance training. Includes abdominal work too!

THE MIX– This class has it all. 45 minutes of step intermixed with Hi/Low aerobics. The best of cardio together! Finish with floor work and final stretch.

4 x 4– We start out with a great warm-up and we do 4 minute intervals of High/Low aerobics and free weight muscle toning. You will sweat! Class is complete with ab work and final cool down stretch.

YOGA– This class is based on traditional Hatha Yoga principles. Breathe, pose and stretch yourself to an improved physical and mental state. Improve muscle tone, flexibility and balance while reducing your stress level.

MAT PILATES– This non-aerobic class is based on power yoga movements with intense stretching and isolated strengthening moves. Class is dynamic and active and is also designed to strengthen and tone your core abdominal muscle groups.

LIFT & TONE– Strength training class for all fitness levels. Increase muscle strength, flexibility and endurance. Class uses barbells with 2 1/2 lbs, 5 lbs, and 10 plates. Hand weights, resistance tubes and bands may also be used. This class helps to speed up your metabolic rate and increase your bone density which is a vital factor for avoiding osteoporosis.

ST/LIFT & TONE– Combines the cardiovascular workout of a step class and the strength training of our Lift & Tone class. Heavier weights and shorter reps makes this class intense and challenging. Includes ab work and stretching.

DOUBLE ST AND QUAD ST- Basic step class using MULTI benches instead of one for a fun and challenging workout! Double ST uses two benches and Quad ST uses four benches. No complicated moves. Includes muscle toning and ab work.

MAVITA– Put a little spice into your life! This class uses the hot new Latin/Salsa moves which give you a great, low impact, fat burning aerobic workout! Finally, a class that is so much fun you forget that you are working out! Cha Cha Cha into this class and leave feeling refreshed. Ab work included.

JAMZ– Let's Dance! Come prepare to move, sweat & have a great time! Club mix and top 40 songs with classic dance moves. No experience necessary!