

# GROUP EXERCISE SCHEDULE

August 30 - November 28, 2009

Monday	Tuesday	Wednesday	Thursday	Saturday
8:30am-9:30am Step Nancy (Studio 1)	6:00am-7:00am Cycle Challenge Sheila (Studio 1)	<b>New Class!</b> 8:30am-9:30am Cardio Jam Nancy (Studio 1)	6:00am-7:00am Cycle Challenge Sheila (Studio 1)	8:00am-9:00am Cycle Challenge Rachel (Studio 1)
<b>New Class!</b> 9:00am-10:00am Total Body Toning Rachel (Studio 2)	8:30am-9:15am ZUMBA! Elise (Studio 1)	9:00am-10:00am Total Body Toning Sandy (Studio 2)	8:30am-9:30am Mat Pilates Suzie (Studio 1)	8:30am-9:30am Total Body Toning Paulie (Studio 2)
9:30am-10:30am Pilates Reformer Suzie (Sports Perf.) Registration required	9:30am-10:45am Flow Yoga (L1/L2) Paul (Studio 2)	9:30am-10:30am Pilates Reformer Suzie (Sports Perf.) Registration required	9:30am-10:45am Power Yoga (L1/L2) Paul (Studio 2)	<b>New Format!</b> 9:45am-10:30am Exercise Basics Rachel (Studio 2)
9:45am-10:30am Step 101 Nancy (Studio 1)	9:30am-10:15am Cycling 101 Dena (Studio 1)	10:30am-11:45am Gentle Yoga (L1) Gennie (Studio 2)	9:15am - 10:00am High Intensity Training Dena (Gym)	9:30am-10:00am Pilates Reformer Preview 9/12, 10/3, 11/7 Sign up required. Please call or see reverse for more details.
12:00pm-1:00pm Cycle with Core Dena (Studio 1)	12:00pm-1:00pm Total Body Toning Paulie (Studio 2)	<b>New Format!</b> 12:00pm-1:00pm Cycle/Strength Rachel (Studio 1)	<b>New Class!</b> 4:30pm-5:15pm BOSU Jessica (Studio 2)	10:00am-11:00am Pilates Reformer Suzie (Sports Perf.) Registration required
12:30pm-1:00pm Sit & Get Fit Pilates Suzie (Studio 2)	4:30pm-5:25pm Mat Pilates Suzie (Studio 1)	4:30pm-5:30pm Cycle Challenge Sandy (Studio 1)	<b>New Class!</b> 5:30pm-6:30pm Total Body Toning Jessica (Studio 2)	10:15am-11:15am ZUMBA! Elise (Studio 1)
4:30pm-5:30pm Cycle Challenge Sandy (Studio 1)	5:30pm-6:30pm Total Body Toning Paulie (Studio 2)	<b>New Class!</b> 5:30pm-6:15pm Exercise Basics Irene (Studio 2)	5:30pm-6:30pm Pilates Reformer Suzie (Sports Perf.) Registration required	10:15am-11:00am High Intensity Training Fitness Staff (Gym)
5:45pm-6:25pm Interval Training Irene (Studio 2)	6:00pm-6:45pm High Intensity Training Fitness Staff (Gym)	5:45pm-6:45pm Cycle Challenge Beth (Studio 1)	6:00pm-6:45pm High Intensity Training Fitness Staff (Gym)	11:30am-12:30pm Power Yoga (L2) Paul (Studio 2)
5:45pm-6:45pm Cycle Challenge Sandy (Studio 1)	<b>New Format!</b> 6:30pm-7:30pm Cycle/Strength Rachel (Studio 1)	6:00pm-7:15pm Tai Chi Nancy (Open) Registration required	6:30pm-7:15pm ZUMBA! Terri (Studio 1)	
6:00pm-7:00pm Pilates Reformer Suzie (Sports Perf.) Registration required		<b>New Time!</b> 6:30pm-7:45pm Flow Yoga (L2) Jenni (Studio 2)	<b>Friday</b>	<b>Sunday</b>
6:30pm-7:45pm Serenity Yoga (L1) Jenni (Studio 2)		7:30pm-8:30pm Stretch, De-Stress & More Nancy (Studio 1)	<b>New Time!</b> 9:00am-10:00am Total Body Toning Sandy (Studio 2)	9:00am-10:00am Cycle Challenge Sheila (Studio 1)
7:00pm-7:45pm Cycling 101 Paulie (Studio 1)			9:00am-9:45am Zumba Gold Elise (Studio 1)	4:00pm-5:15pm Gentle Yoga (L1/L2) Nancy (Studio 2)
			<b>New Time!</b> 10:15am-11:15am Total Body Toning Sandy (Studio 2)	
			12:00pm-1:00pm Cycle with Core Dena (Studio 1)	

## Class Descriptions

<b>BOSU</b>	This class combines the elements of core stabilization, balance, and strength using the BOSU balance trainer. Challenge your muscles in a whole new way while increasing your balance and flexibility.
<b>Cardio Jam</b>	This class uses high and low impact moves and multiple cardio conditioning tools including the Step, athletic combinations and drills, dance movements, and more. Aerobic segment is followed by toning exercises. All levels welcome.
<b>Cycle Challenge/ Cycle With Core</b>	An indoor cycling class that consists of cardio challenges, resistance levels, climbs, sprints, and more. This class uses modifications for less experienced and advanced riders. Moderate to high fitness levels are encouraged to attend. (Cycle With Core includes 15 minutes of core work in addition to a 45 minute ride.) Please call in the day of the class to reserve your bike!
<b>Cycling 101</b>	This class is for those interested in beginning an indoor cycling program. Practice proper form & cycling techniques that simulate hill climbs, sprints, and endurance work. Modifications provided for advanced riders. Geared for the beginner, however, all fitness levels are welcome. Please call in the day of class to reserve your bike and arrive a few minutes early to allow for set up!
<b>Cycle/Strength</b>	If you love cycling and are looking for a great way to change things up by adding a strength component, or are hesitant to cycle for 40-50 minutes straight, try this fun new class format! Short cycling segments followed by strength segments make this a well rounded workout. Perfect for those just beginning an exercise program or those looking for an interesting alternative to a basic cycling class.
<b>Exercise Basics</b>	Designed for those new to exercise or just getting back to it, who are looking for ways to incorporate both cardiovascular and strength exercises into their lifestyle. This class is a great way to safely increase activity with simple low-impact movements, light resistance training & flexibility exercises. Appropriate for beginning to moderate fitness levels and for those with special considerations.
<b>High Intensity Training</b>	This class is for those who want to take their workout to the next level. H.I.T. involves plyometrics, speed training, drills, strength training, and much more. This class is recommended for those who have been on a consistent workout program for at least 3 months.
<b>Interval Training</b>	This class format offers basic cardio movements (nothing complicated!) on the floor and step to drive the heart rate, alternating with muscle conditioning segments, using free weights and resistance tubing, to give your body an overall challenge and great workout. All fitness levels welcome.
<b>Mat Pilates</b>	A non-impact workout, working primarily from the floor, that focuses on skills and techniques designed to improve posture, strengthen back and abdominal muscles, and provide overall core conditioning. All fitness levels are welcome.
<b>Pilates Reformer Preview</b>	Join us at the beginning of each month at 9:30am for a free 25 minute preview of the benefits of Pilates Reformer Training. (See Below) Sign up at the front desk or call for more details. <b>Fall dates: Saturday 9/12, Saturday 10/3, Saturday 11/7</b>
<b>Pilates Reformer</b>	No other exercise system is so gentle to your body while giving it a challenging workout. Many of the exercises are low-impact. Pilates exercises can train several muscle groups at once in smooth, continuous movements. By developing proper technique with the Pilates Reformer, you can actually re-train your body to move in safer, more efficient patterns of motion. <b>Pre-registration is required.</b>
<b>Power/Flow Yoga</b>	A challenging class with sun salutations intertwined with vigorous poses, linking breath and movement. Includes back bends, inversions and arm balances. Excellent for developing strength, endurance, flexibility, focus and breath awareness. ( <b>L1 -Gentle: a well rounded, basic yoga practice for beginners or for those wishing to review the fundamentals. Emphasis on breathing and healthy alignment. L2 -Moderate: an intermediate, moderately paced class which builds strength, flexibility, and concentration. Continued emphasis on breathing and healthy alignment.</b> ) Open to non-members with registration and Yoga Pass.
<b>Serenity/ Gentle Yoga</b>	Learn the basics of Yoga at a slower pace. Focus is on basic postures, yogic breathing and proper alignment. Designed for students who are new to yoga as well as more experienced students who want a gentler class. ( <b>L1 -Gentle: a well rounded, basic yoga practice for beginners or for those wishing to review the fundamentals. Emphasis on breathing and healthy alignment. L2 -Moderate: an intermediate, moderately paced class which builds strength, flexibility, and concentration. Emphasis on breathing and healthy alignment.</b> ) Open to non-members with registration and Yoga Pass.
<b>Sit and Get Fit Pilates</b>	This class is designed for those new to fitness or for someone looking for a guided 30 minute core workout. Sit and Get Fit Pilates emphasizes core strength and flexibility while improving posture and body awareness, from a seated position.
<b>Step</b>	This class uses an elevated platform (the step), which enables a more vigorous workout than can be achieved in a basic aerobics class. The intensity of the workout can be tailored to individual abilities by inserting or removing risers to increase or decrease the height of the step. All levels welcome.
<b>Step 101</b>	Never taken Step before or need to refresh your basic Step skills? Join us for this basic/beginning Step workout. Geared for the beginner or those who would like a less intense Step class.
<b>Stretch, De-Stress, and MORE</b>	This class is a combination of solo and partner stretches, yoga postures, balance and toning exercises, self-massage techniques, acupressure, Polarity's "energy exercises" and Qigong breathing. Come for an hour of relaxation and relief from your day. All fitness levels are welcome.
<b>Tai Chi</b>	Tai Chi is a soft-style martial art. Its sequence of rounded fluid, balanced movements are played slowly. All fitness levels are welcome. <b>Pre-registration required</b>
<b>Total Body Toning</b>	This class works all the major muscle groups, including arms, back, chest, legs, shoulders, abdominals and buttocks. Expect a full strength workout in this hour long class and include 48 hours of rest prior to taking another TBT class or completing another strength workout. All fitness levels are welcome.
<b>ZUMBA</b>	Zumba combines Latin dance themes with aerobic intervals and body sculpting movements to create a dynamic, exciting, and effective workout! All fitness and ability levels are welcome.
<b>ZUMBA GOLD</b>	Zumba Gold is a latin dance aerobic workout designed for the active adult population, the true beginner, or the deconditioned participant. It provides the same energy, latin rhythms and dances as Zumba, but addresses the anatomical and physiological needs specific to those just beginning. Come see what Zumba is all about!
<p><b>Classes with less than four participants may be subject to cancellation. The Summa Wellness Institute reserves the right to adjust the schedule, class formats, and instructors when necessary, based on attendance, or otherwise.</b> To ensure the safety and enjoyment of participants, class is on a first come-first serve basis. Class size is determined by format. There is a 10 minute grace period after which class participation is closed to ensure a safe warm up. The Group Exercise Schedule is subject to change. Abbreviated schedules of classes may be offered during holidays and the summer.</p>	