

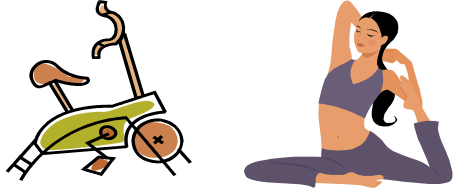



Winter

Group Cycling, Yoga and Pilates

Schedule: January Through April 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45 a.m. Group Cycling		6:00 - 6:45 a.m. Group Cycling		7:30 - 8:15 a.m. Group Cycling	≥ 2 ≤ new classes
	6:45 - 7:00 a.m. Abworks		6:45 - 7:00 a.m. Abworks	≥ new day ≤		1:30 - 3:30 p.m. ADVANCE CYCLING
8:30 - 9:15 a.m. Pilates			9:30 - 10:30 a.m. Yoga	8:30 - 9:15 a.m. Pilates	8:30 - 9:15 a.m. Group Cycling	4:00 - 4:45 p.m. BEGINNER YOGA
9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	12:15 - 1:00 p.m. Group Cycling	9:30 - 10:30 a.m. Yoga	9:30 - 10:30 AM Yoga	Meets every 1st and 3rd wk in group ex. studio
	12:15 - 1:00 p.m. Group Cycling		5:00 - 5:45 p.m. Group Cycling		  FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	
6:00 - 6:45 p.m. Group Cycling	5:00 - 5:45 p.m. Group Cycling	6:00 - 6:45 p.m. Group Cycling	6:00 - 7:00 p.m. Yoga/lates			
	6:00 - 7:00 p.m. Yoga		7:15 - 8:45 p.m. ADVANCE CYCLING new class			

Purchase a FAST PASS to reserve your Group Cycling bike. Passes are \$10 for 5 reservations.

Class Description

Group Cycling: Group Cycling is an exercise class with bikes available on a first come, first serve basis. Ask an instructor or the service desk for a copy of Group Cycling policies. Cycling is an instructor-lead class on specialized stationary bikes. Different riding positions and varying the wheel resistance gives you a great cardio workout!

Yoga/lates: This class combines Yoga & Pilates. Yoga gives you the stretching and flexibility and Pilates works on strengthening of core muscles. Each portion is 30mins.

Yoga: Promotes control of the body and mind. Our yoga classes feature strength, cardiovascular conditioning and flexibility components using music to enhance the experience. Many people take Yoga for the sense of well-being and peace it brings.

Pilates: Is a exercise approach using the proper body mechanics, movements, truncan and pelvic stabilization , coordinated breathing, and muscle contractions to promote strengthening. Attention Is paid to the entire musculoskeletal system.

Advance Cycling: This cycling class is high intensity, interval training on the bike. Geared to get you ready for out door riding. (This class is seasonal)