






July 2010 Group Fitness Schedule



Classes are included with membership. Bring your water bottle and a towel.

Land Programs						
Most classes are held in the basketball court or on the red carpet in the gymnastics room.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00am Pilates Ball Teri	9:00-10:00am Step Connie	9:00-9:30am On the Ball Pam	9:00-10:00am Serious Strength Monica	9:00-9:45am Interval Training Pam	9:00-10:00am Cardio Blast Jennifer / Kristi
 Freedom		10:00-11:00am Chair Yoga Pam	9:30-10:30am Zumba Julie		9:45 – 10:45am Yoga Pam	10:00-10:15am Beginner Fitness Jennifer / Kristi
			6:00-7:00pm Cardio Blast Jennifer / Kristi			
	7:00-8:00pm Yoga Pam			7:00-8:00pm Pure Pilates Kira		

Water Programs						
	9:30-10:30am Aquacize Jane	5:30-6:30 Deep Water Jane	9:30-10:30am Water Walking Roberta		9:30-10:30am Aqua Zumba Julie	10:00-11:00am Deep Water Jane

W.C.A.C. recommends that before beginning this or any exercise program, participants should seek the advice of their physician.

Group Fitness Class Descriptions

BALL CLASS – Improve balance, alignment, flexibility, and strength in this challenging workout. Good for those experienced exercisers as well as any one new to fitness classes.

BEGINNER FITNESS - A class for anyone interested in learning the basics of aerobics including step, floor and strength. This is an excellent class for those beginning aerobics classes.

CARDIO BLAST - Instructor will incorporate a variety of methods of aerobic conditioning (floor aerobics, step, interval or kickboxing, etc.). Each class will be a different and challenging cardio workout.

CHAIR YOGA - Learn to use your breath to relax into stretches that will improve flexibility, strength and balance in a calming environment.

INTERVAL TRAINING -This class is a challenging mixture of aerobic & anaerobic exercise that includes simple strength & cardio conditioning.

PILATES/BALL – This all level class combines the ball class with the Pure Pilates class. Great for all fitness levels.

PURE PILATES – Pilates principles are a constant in this ever changing all level class. The use of props such as foam rollers, rings, balls, bands, and weights will add variety to this traditional Pilates mat class. Improve strength, flexibility and alignment.

STEP - 45 minutes of step aerobics followed by abs and stretching.

SERIOUS STRENGTH-Tone and Firm your entire body. Every muscle group is worked using bum bells, bars, balls and tubing. Ending with a full 15 minutes of stretching. All levels

YOGA – Improve flexibility, strength, and balance in a calming environment. This class includes flowing yoga poses, balance, stretch, and relaxation. Beginners welcome modifications shown for all participant levels.

Class of the Month – Only here July 16th & 23rd

Aqua Zumba - If you love **Zumba**, but want to try something a little different and a little more challenging then Aqua Zumba is the class for you! Julie will be putting her Latin dance moves in the water. Class is offered these two special dates so don't miss out!

AQUACISE - An exhilarating water workout with conditioning segments enhanced by the resistance of the water. All levels.

DEEP WATER - A water workout in deep water using buoyancy devices. Swimming skills are not necessary, but one must be comfortable in deep water. All levels

WATER WALKING - This class involves various walking and running patterns through the shallow water combined with muscle conditioning and stretches. A challenging workout that is easy to follow.