

Group Exercise Schedule August 30 – January 3, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
<i>6:00 am</i>	Body Sculpting (30) Steve	Spinning (30) Marcy	Circuit Training (30) Steve	Spinning (30) Marcy	Power Yoga (60) Patrick			
<i>6:30 am</i>	Body Sculpting (30) Steve	Spinning (25) Marcy	Circuit Training (30) Steve	Spinning (25) Marcy				
<i>7:00 am</i>	Foam Roller (30) Steve	Yoga (55) Angie	Foam Roller (30) Steve	Yoga (55) Angie		Saturday		Sunday
<i>7:30 am</i>						Body Sculpting (60) Rotation		
<i>8:00 am</i>		Circuit Training (55) Steve		Circuit Training (55) Steve				
<i>8:30 am</i>						Core Challenge (25) Rotation		
<i>9:00 am</i>	Body Sculpting (30) Marcy	Spinning (30) Patrick	Body Sculpting (30) Marcy	Zumba (55) Emily	Sports Conditioning (55) Amy	Zumba (55) Emily		
<i>9:30 am</i>	Spinning (25) Marcy	Yoga (25) Patrick	Spinning (25) Marcy					
<i>10:00 am</i>	Power Yoga (60) Shelley	CG - Forever Fit (30) Amy L	Yoga (60) Patrick	CG - Forever Fit (30) Amy L	Spinning (60) Steve	Spinning (60) Rotation		
<i>10:30 am</i>		CG - Chair Yoga (30) Amy L		CG - Chair Yoga (30) Amy L				
<i>12:10 pm</i>	Pilates (40) Tasha	Body Conditioning (40) Steve	Spinning (40) Linda	Body Conditioning (40) Amy S	Sports Conditioning (40) Amy S			
<i>2:00 pm</i>	CG - Forever Fit (60) Elise		CG - Forever Fit (60) Elise					
<i>5:00 pm</i>		Circuit Training (55) Elise		Circuit Training (55) Amy S				
<i>5:30 pm</i>			Pilates/Yoga (30) Patrick					
<i>6:00 pm</i>	Body Conditioning (30) Miguel	Spinning (30) Steve	Spinning (30) Amy S	Power Yoga (60) Shelley				
<i>6:30 pm</i>	Body Conditioning (30) Miguel	Body Sculpting (30) Steve	Body Sculpting (30) Amy S					

Fitness Center Hours	
Monday – Thursday:	5:30 am — 9:00 pm
Friday:	5:30 am — 8:00 pm
Saturday:	7:00 am — 5:00 pm
Sunday:	7:00 am — 5:00 pm

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*Schedule is subject to change without notice.

*Shaded areas indicate when Kidz Club is available



08-19-10

Group Exercise Class Description

Toning/Strength

Body Sculpting

This athletic-based workout uses barbells with adjustable weight to work every major muscle group. You'll build lean muscle and increase muscular strength and endurance by choosing your weight and working at your own level.

Body Conditioning

Total body conditioning with nothing being off limits. Classes may consist of boxing, circuits, sports drills, weight training, Pilates, BOSU, FreeMotion and/or anything else your instructor can think of!

Toning/Cardio Combo

Circuit Training

This class is a combination of high intensity aerobic and resistance training, designed to challenge every muscle in your body. Join in to improve your cardiovascular endurance, muscular strength, and flexibility.

Sports Conditioning

Get ready to take your workout to the next level. This innovative class will take your body through plyometrics, circuits, and whatever else your instructor can come up with.

Cardio

Spinning

All levels of cyclists, from novice to experienced road racers, are welcome to join us. Instructors will incorporate the use of a heart rate monitor to better improve your performance in class and to truly help you work at your own level. Be sure to remember your towel and water bottle.

Zumba

This class uses a combination of high energy and motivating music with unique moves and dance combinations to help increase your cardiovascular and muscular endurance. Come prepared to sweat and have fun!

Club Gold (CG)

Forever Fit

Designed to keep the body active and moving, this class will incorporate strength training, flexibility and endurance exercises, through the use of FreeMotion, free weights, bands and other fitness toys. Join us today and continue to add life to your years.

Club Gold (CG) cont.

Chair Yoga

This half hour class will focus on restoring and rejuvenating the mind and body, enhancing energy levels, productivity, and overall health with gentle yoga techniques. EveryBODY, regardless of experience, will benefit from this gentle and effective class.

Mind/Body/Core*

**Please refrain from wearing perfume and entering class after the start time to*

Core Challenge

Core, Yoga, Pilates and other exercises will be used to challenge muscles in your midsection that you never knew you had. Equipment such as FreeMotion machines, BOSU, Swiss and medicine balls or resistance bands may be used.

Pilates

Develop your core body strength for everyday activities in this non-intimidating class. With a focus on coordination and precision through flowing movements, breathing techniques, and resistance band-assisted stretches.

Pilates Stretch

Lengthen and strengthen your body with active stretching of the legs, back, shoulders, neck and core. This class is a great compliment to your strength training and a valuable way to complete your exercise experience.

Yoga

This flow yoga class brings in alignment, focus, balance, strength, openness, and union. This is an all-level class, keeping in mind that you know your body best, so modifying and skipping postures as needed is highly encouraged. An ability to easily get up and down off the floor is necessary. Experienced students may also advance their poses.

Power Yoga

Power yoga is a class similar in nature to our yoga class, but designed to challenge our more advanced students. Although it may be tougher at times, all levels are still welcome.

Foam Roller

Release tension, muscle knots, and fascia with this introduction to foam roller therapy. We will focus on rolling the hips, IT bands, and spine; then we will perform some light stretching to loosen tight muscles. Great recovery class or therapy for those with knee, hip or back issues.