

## GROUP FITNESS CLASS DESCRIPTION

**Cardio Step** – Aerobic and strength training class. Utilization of an aerobic step, exercise ball, mat and free weights, pushing your cardio capacity to the limit.

**Step/Core** – 30 minutes of cardio performed on a bench step and 30 minutes of Abs and Back/Core.

**Circuit Training** - Circuit training is a form of conditioning combining resistance training and high intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete one begins the first exercise again for another circuit. This is a fun and fast way to get into shape. Come check it out.

**Mat Pilates** – This group exercise is designed to work your abs, back, thighs & buttocks. This discipline emphasizes correct form to help develop strength, flexibility, muscle endurance, coordination, balance and good posture. Designed for all levels and benefits everyone.

**Men's Bodies in Balance** – Designed to work your abs, back, thighs & buttocks. This discipline emphasizes correct form to help develop strength, flexibility, muscle endurance, coordination, balance & good posture. Designed for all levels and benefits everyone.

**Power Pump** – Troy Barbell Training System is the fastest way to get into shape and lose body fat. You will love the music and motivation while you squat, curl and press. Intended for all levels and designed to guarantee results.

**Stretch & Strengthen** – Combination of cardio, core conditioning, stretching and light weights with an emphasis on healthful breathing.

**Zumba** – Zumba is a fusion of Latin and international music that creates a dynamic, exciting and effective fitness workout. Ditch the workout, join the PARTY!!!

**Yoga** – Body connection is the purpose of this class. Focus is on your breath and awareness of your body. Flexibility is not necessary and will come in time. Learn some relaxation techniques and tricks to help control your stress.

## WHATCOM FITNESS FALL CLASS SCHEDULE

Fall and Winter Training Schedule Begins Sept.6<sup>th</sup>,2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am Circuit Training *Patty		6:00-7:00am Circuit Training *Patty		
8:30-9:15am Pilates Mat *Patty			8:15-9:15am *Yoga/Sue	8:15-9:15am Men's Bodies in Balance *Patty	8:15-9:15am Power Pump *Rachel
9:30-10:30am Men's Bodies In Balance *Patty	9:30-10:30am Gentle Yoga *Sue	9:30-10:30am Men's Bodies In Balance *Diane	9:30-10:30am Pilates Mat *Patty	9:30-10:30am Pilates Mat *Patty	9:30-10:30am Yoga *Sue
	10:45-11:45a Yoga *Sue/Lucy				
12:15-1:15pm Cardio Step *Patty 	12:15-1:15pm Power Pump *Rachel 	12:15-1:15pm Cardio Step *Rachel 	12:15-1:15pm Power Pump *Patty 	12:15-1:15pm Step/Core *Rachel 	
		2:00 - 3:00pm Stretch & Strengthen *Joni			
5:00-6:00pm Zumba *Tessa		5:00-6:00pm Zumba *Tessa		5:00-6:00 Zumba *Tessa	
		6:00-7:00pm Yoga *Sue			



**Child Care-** Parents: Please arrive 5 minutes early before class to settle your children into play area.

\*You must be 16 or older to join. Under 18 years of age needs to be accompanied by an adult.