

Winter 2010

Group Exercise Schedule

	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>
12:00- 1:00pm	Pilates Jennifer	Cardio Extra Cagney	•Yoga Jim •Sports Conditioning + Ab Lab Leno	Strength Lab Cagney	Pilates Jennifer

Group Exercise Class Descriptions

•**Strength Lab:** Improve your muscle tone and increase your metabolism! Simple, safe and effective exercises designed to increase your muscle strength and endurance. Using dumbbells, resistance tubing and body weight, participants perform high repetitions of strength exercises for each major muscle group. Meet in the Group Exercise Room Building #5335, lower level/parking garage.

•All fitness levels encouraged.

Pilates: Based upon exercises developed by Joseph Pilates, this mat-based Pilates class is designed to improve core strength as well as flexibility. Meet in the Group Exercise Room, Building #5335, lower level/parking garage.

•All fitness levels encouraged.

•**Yoga:** Take the knots out of those tight shoulders, strengthen your back and abdomen, and loosen up your legs in a fun and relaxing way with yoga instructor Jim Gillen. Meet in the Group Exercise Room, Building #5335, lower level/parking garage.

•All fitness levels encouraged.

• * Fee Class

•**Sports Conditioning:** Challenge your limits and have fun at the same time. Class blends high intensity cardio intervals with strength conditioning intervals, then finishing out the class with the best core workout (Ab Lab) known to man. Dress for an outdoor workout as this class is held outside year-round in the lower level parking area near the gym. Meet at The Club.

•Designed for intermediate to advanced fitness levels.

•**Cardio Extra:** This low impact Floor and Kickboxing exercise class will get your blood pumping without the aerobics class atmosphere. You'll sweat, but you won't be tripped-up by complex moves. This full body work out wraps up 10 minutes of cool down stretching. Meet in the Group Exercise Room, Building #5335, lower level.

classes coming soon -- inquire at the front desk if you are interested.