

Aerobic Schedule

AUGUST 2010

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	Cycling All Terrain (FIP) Yvonne	PT Prep (FIP) Angie Held on Schwebke Track		Cycling Power Ride (FIP) Gary		
9:00 am						Cycling Heart Rate Zone Training
9:30 am	Step/Sculpt (FIP) Lori					
1000am						Muscle Hour (FIP) Elssy
11:00 am		Cycling Power Ride (FIP) Mack		Cycling All Terrain (FIP) Mack		
12:00 pm	Muscle Hour (FIP) Elssy		Muscle Hour (FIP) Mack		Yoga Power Mix Marcy	
3:00 pm			Basic Training (FIP) Angie Held in Court B			
3:30 PM		Cycling Heart Rate Zone Training		Cycling Heart Rate Zone Training		
5:00 pm	Cycling Power Ride (FIP) Jessica	Zumba Toning Clarissa ----- Cycling Heart Rate Zone Training		Zumba Toning Clarissa ----- Cycling Heart Rate Zone Training		
5:30	Zumba Linda		Zumba Linda			
6:00 pm		Yoga Stretch & Strengthening Cassandra				
6:30 pm	Zumba Boot Camp Clarissa <u>Pay per Class</u>		Zumba Boot Camp Clarissa <u>Pay per Class</u>			

CLASS DESCRIPTIONS

INDOOR CYCLING (FIP):

- 101+ Cycling** Learn the basics of indoor cycling to include proper bike setup, positioning, and technique while training aerobically in your fat burning zone.
- INTERVAL** Speed and agility training, while developing the ability to explode and recover more quickly.
- ALL TERRAIN** This class formats all terrains, to include team drills and visualization rides.
- CADENCE** Focus on developing a smooth and efficient pedal stroke while improving your cardiovascular endurance.
- POWER RIDE** Higher resistance training to improve strength, stamina and power.

PT/Prep (FIP): A 60 minute functional total body workout incorporating cardiovascular, strength, balance, push ups, core, speed & agility, and partner drills. PT/Prep is for those who want to improve their PT scores, or want to take their fitness to the next level. All fitness levels .

BASIC TRAINING (FIP): A 60 minute functional total body workout incorporating CrossFit style training. This class will incorporate cardiovascular, strength, endurance, balance, push ups, core, speed & agility, as well as partner drills. Instructors will push you to your optimum fitness potential and take you to the next level.

MUSCLE HOUR (FIP): Integrate balance with strength while using the barbells, heavy bars, and dumbbells to sculpt your body. BOSU and fit balls may be incorporated from time to time. All fitness levels.

STEP AND SCULPT (FIP): This class combines cardiovascular step movements and low impact aerobics, with a variety of resistance training using dumbbells, bands, bars and fit balls. Finish with strong core conditioning and a relaxing stretch.

YOGA STRETCH AND STRENGTHENING: A level 1 class combining traditional yoga postures with deep stretching, breathing exercises, and meditation. Great for beginners and the more physically fit, resulting in increased flexibility, strength and stress reduction."

YOGA POWER MIX: This class fuses strength training, core and abdominal work with the traditional yoga practices. Experience the unique blend of styles from Hatha, Jivamukti, Ashtanga and Flow Yoga. All fitness levels.

ZUMBA : Zumba fuses hypnotic Latin & International musical rhythms with tantalizing moves to create a dynamic workout that is fun and easy to do. Routines also include varied resistance training intervals to super sculpt your body. Add some Latin flavor and International zest, and you've got ZUMBA!

PAY CLASSES

* **(NEW) CYCLING HEART RATE ZONE TRAINING:** Classes are \$5.00 each or you may purchase a card at the front desk for \$30.00 good for 10 classes.

ZUMBA TONING WITH CLARISSA: Classes are \$5.00 each or you may purchase a card at the front desk for \$30.00 good for 10 classes. an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! Zumba Toning Sticks are available to purchase , see instructor for details.

ZUMBA BOOT CAMP WITH CLARISSA: Pay per class; It's all ZUMBA but kicked up a notch. You can handle it!!

***ALL CLASSES SHADED IN GREY ARE CLASSES THAT HAVE A MONITARY CHARGE. See Front desk for details.**

**Class schedule can now be downloaded on our website at:
<http://www.kirtlandforcesupport.com/fitnesscenter.htm>**