

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: *No Classes Sat, Sept. 4 & Mon, Sept. 6 for Labor Day *Cardio/Muscle Mix starts again on Sept. 18 th *Kid Zone at CRFC opens on September 15 th . Mon-Thurs 4-8pm and Fridays 4-7pm.			1 12:15 Noon Cycle -Li 4:30pm Group Cycling -F 5:15pm TNT - M 5:30pm Butts-n-Guts -R	2 12:05pm Group Cycling -F 12:15pm Pilates Express -Lo 5:30pm Pilates -Shan	3 12:15 Cycling Express -F	4 No Classes
5	6 NO CLASSES! LABOR DAY!	7 12:05pm Group Cycling -F 12:15pm Pilates Express-Lo 5:30pm Trim-n-Tone -Shan 7:00pm Plyos - M 7:30pm 6 Pack Abs - M	8 12:15 Noon Cycle -Li 4:30pm Group Cycling -F 4:30pm: Deep Water-Li 5:15pm TNT - M 5:30pm Butts-n-Guts -R 6:45pm Cycle+Abs - T	9 12:05pm Group Cycling -F 12:15pm Pilates Express -Lo 5:30pm Pilates -Shan 7:00pm: Plyos - Li 7:30pm 6 Pack Abs - Li	10 12:15 Cycling Express -F	11 10:00am: Pilates - Lo
12	13 12:15 Noon Cycle -Li 4:30pm: Deep Water-Lo 5:15pm TNT - M 5:30pm Group Cycling -R	14 12:05pm Group Cycling -F 12:15pm Pilates Express-Lo 5:30pm Trim-n-Tone -Shan 7:00pm Plyos - M 7:30pm 6 Pack Abs - M	15 12:15pm Noon Cycle -Li 4:30pm Group Cycling -F 4:30pm: Deep Water-Li 5:15pm TNT - M 5:30pm Butts-n-Guts -R 6:45pm Cycle+Abs - T	16 12:05pm Group Cycling -F 12:15pm Pilates Express -Lo 5:30pm Pilates -TBA 5:30pm-Kids Fitness - Lori 7:00pm: Plyos - Li 7:30pm 6 Pack Abs - Li	17 12:15 Cycling Express -F	18 9:15am Cardio/Muscle Mix - J 10:00am: Pilates - Lo
19	20 12:15 Noon Cycle -Li 4:30pm: Deep Water-Lo 5:15pm TNT - M 5:30pm Group Cycling -R	21 12:05pm Group Cycling -F 12:15pm Pilates Express-Lo 5:30pm Trim-n-Tone -Shan 7:00pm Plyos - M 7:30pm 6 Pack Abs - M	22 12:15pm Noon Cycle -Li 4:30pm Group Cycling -F 4:30pm: Deep Water-Li 5:15pm TNT - M 5:30pm Butts-n-Guts -R 6:45pm Cycle+Abs - T	23 12:05pm Group Cycling -F 12:15pm Pilates Express -Lo 5:30pm Pilates -Shan 5:30pm-Kids Fitness - Lori 7:00pm: Plyos - Li 7:30pm 6 Pack Abs - Li	24 12:15 Cycling Express -F	25 9:15am Cardio/Muscle Mix - J 10:00am: Pilates - Lo
26	27 12:15 Noon Cycle -Li 4:30pm: Deep Water-Lo 5:15pm TNT - M 5:30pm Group Cycling -R	28 12:05pm Group Cycling -F 12:15pm Pilates Express-Lo 5:30pm Trim-n-Tone -Shan 7:00pm Plyos - M 7:30pm 6 Pack Abs - M	29 12:15pm Noon Cycle -Li 4:30pm Group Cycling -F 4:30pm: Deep Water-Li 5:15pm TNT - M 5:30pm Butts-n-Guts -R 6:45pm Cycle+Abs - T	30 12:05pm Group Cycling -F 12:15pm Pilates Express -Lo 5:30pm Pilates -Shan 5:30pm-Kids Fitness - Lori 7:00pm: Plyos - Li 7:30pm 6 Pack Abs - Li		

KEY: blue=BSC AWC red=CRFC J=Jean Li=Lindsey Lo=Loretta F=Fawn Sh=Sheila M=Micah R= Reyne SL=Shannon L. Shan=Shannon *= teacher TBD

Group Fitness Descriptions-BSC AWC

NOON CYCLE – 45 MIN Take a break from the hustle and bustle - cycle your way to a brighter day with a total body cardio bike routine that is sure to make you sweat!

DEEP WATER– 45 MINUTES A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. **Comfort in Deep Water required.**

TNT (TONE - N - TIGHTEN) - 50 MIN Free weights, balls, resistance bands, mats, and more will be utilized as we firm up our bodies. Get the tight, toned, sculpted look you want.

PILATES/PILATES EXPRESS - 45 MIN/30 MIN You will move smoothly from one body part to the next in 30 or 45 minutes using core-based movements to help you improve your balance, core stability and muscle conditioning. Be prepared for a full range-of-motion experience.

PLYOS - 30 MINUTES—Give your fitness a jumpstart with plyometrics, the training technique used by athletes to increase muscle power and strength with jumps, bounds and other explosive movements. Also called jump training, Plyos will not only add intrigue to your current exercise ennui, they will help you boost your fitness level, burn calories and get results.

6 PACK ABS—15 MINUTES A 15-minute workout that works everything through the core region of the body.

CYCLE+ABS - 55 MINUTES A fusion of two great classes! Begin your workout with a fun, 40 minute ride and finish with an abs workout that will leave you feeling energetic and ready for anything!

Notes:

- All Cycle classes limited to 14 people.
- Class size will be monitored for participation. If the class size averages five or less for a month, we will hold the right to cancel that class.
- Every class is designed for all fitness levels. If you feel your level has not been taken into consideration, please make us aware.

Group Fitness Descriptions-CRFC

BUTTS-N-GUTS - 1 HOUR Just as it states, a workout focusing on toning those problem areas; abs & glutes.

CARDIO/MUSCLE MIX - 75 MINUTES This class offers you the perfect “weekend warrior” cardio training combined with strength training...get it all done in one workout. Cardio intervals will be alternated with challenging muscle work in this fast-paced class. Top it off with abs and stretching and you'll have worked yourself head to toe, inside and out! This class will jump start your weight loss and fitness goals by developing lean muscle mass and incorporating calorie-burning cardio into one all-inclusive workout.

GROUP CYCLING - 50 MIN/1 HOUR *Small group setting; all levels welcome.* A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class! Get toned, get fit, and have a blast!

CYCLING EXPRESS - 30 MINUTES Been to cycling class before? Now imagine a shorter, more challenging version. Everything you need to kickstart your metabolism into high gear! All levels welcome.

KIDS FITNESS - 30 MINUTES Catered to children of all ages. The instructor will conduct a half hour of fun, creative and invigorating activities for the children to enjoy. In the class for the 3-7 year olds, the kids will enjoy such activities as Leap Frog and Red Light/Green Light. The 8-12 year olds will jump rope, and learn basic step and kickboxing moves and much more. (The 3-7 year old class will be held from 5:30-6:00pm and the 8-12 year old class will be held from 6:00-6:30pm once a week, on Thursdays).

PILATES - 1 HOUR Pilates focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

TRIM N' TONE - 1 HOUR This class incorporates muscle strengthening and conditioning using bands, tubing, hand weights and your own body weight for resistance. You will work your major muscle groups from head to toe.

