



AT&T Sports Center Group Exercise Schedule

Spring

Begins March 01, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Cycling 5:30-6:25		Group Cycling 5:30-6:25		Group Cycling 5:30-6:25	Zumba Fitness 8:30-9:25 Jill
	Body Blast 9:30-10:25 Kelly	Zumba Fitness 9:30-10:25 Jenni H	Body Blast 9:30-10:25 Kelly	Zumba Fitness 9:30-10:25 Kelly	Body Blast 9:30-10:25 Kelly	Intro to Turbo Kick 9:30-10:25 Glory (Family Turbo)
	Koala Kids Mom & Me Gym 9:30-10:20 (Registered Only)	Group Cycling 9:30-10:25 Vanessa	YoRock 9:30-10:25 Narina	Group Cycling 9:30-10:25 Vanessa	Panda Pals Kinder Gym (3-5 yrs) 9:30-10:20 (Registered Only)	Strength Revolution 9:30-10:25 Jenni H (Cycle)
	Stroller Strides Mom's Power Hour 10:00-11:00 Jenni H	Running Club 10:30-11:30 Kate	Stroller Strides Mom's Power Hour 10:00-11:00 Jenni H	Running Club 10:30-11:30 Kate	Stroller Strides Mom's Power Hour 10:00-11:00 Jenni H	Strength and Core 10:30-11:25 Amy
	Pilates 10:30-11:25 Lesley	Body Workshop 10:30-11:25 Jennifer M (Pilates)	Yoga for Relaxation 10:30-11:25 Narina	Body Workshop 10:30-11:25 Jennifer M (Pilates)	Yoga 10:40-11:40 Narina	Belly Dance Boot Camp 11:30-1:30 Krista (Registered Only)
		Tumble Buddies 11:30-12:25 Hailee		Core Essentials Narina 4:00-4:25		
	Tai Chi Fusion 4:30-5:25 Curtis	Little Dragons 3:45-4:30 Sherry & Joshua (Registered Only)	Tumble Buddies 4:30-5:25 Hailee	Yoga 4:30-5:25 Narina	Tiny Dancers 4:00-4:45 Hailee (Registered Only)	
	Turbo Kick 5:30-6:25 Stephanie	Body Blast 5:30-6:25 Krista	Turbo Kick 5:30-6:25 Laurie	Body Blast 5:30pm-6:25pm Krista	Turbo kick 5:30-6:25 Laurie	
	Youth Sports and Conditioning 5:30-6:25	Youth Sports and Conditioning 5:30-6:25	Youth Sports and Conditioning 5:30-6:25	Youth Sports and Conditioning 5:30-6:25	Youth Sports and Conditioning 5:30-6:25	
	Circuit Training 5:30-6:25 Jenni H	Group Cycling 5:30-6:25 Richell	Circuit Training 5:30-6:25 Jenni H	Group Cycling 5:30-6:25 Kristi	Cheer 6:30-7:30 Hailee (Registered Only)	
	Yoga 6:30-7:25 Heidi	Beginning Group Cycling 6:30-6:55 Richell	Floor Core & More 6:30-7:25 Jenni H	Beginning Group Cycling 6:30-6:55 Kristi		
	Group Cycling 6:30-7:25 Jill	Zumba Fitness 6:30-7:25 Kelly		Zumba Fitness 6:30-7:25 Jenni H		
	Body Workshop 7:30-8:25 Jennifer M (Pilates)	Yoga 7:30-8:25 Heidi		Belly Dance 7:30-8:25 Krista (Registered Only)		

Class Descriptions

Zumba Fitness: Fun and energetic full body work out using a fusion of Latin and International music to create a dynamic, exciting and effective fitness system. Come shake your groove thing!

***Tai Chi Fusion:** Tai Chi style foundation with martial arts exercises and conditioning work for a full body work-out.

***Strength and Core:** Full body strength work and core exercise.

Turbo Kick: Cardio workout combining kickboxing style kicks & punches. All levels are welcome!

Group Cycling: Group cycling class formatted for stationary bikes, guided by motivational instructors with energizing music.

Beginning Cycling: A lighter and shorter version of group cycling class. Great for beginning cyclers, rehabilitation or just to get that extra half hour in on top of your regular cycle class. All levels encouraged to participate.

Strength Revolution: Get your heart pumping with some cycling cardio and combine it with strength intervals for the upper body. An all around full body work out.

***Body Blast:** Cardio and strength training workout using intervals for effectiveness and body bars, hand weights, steps and balls for variety.

Yoga: Strengthen, Tone, Stretch, Relax, Rejuvenate

YoRock: Fun and fast paced yoga style work out to energize your mind and body.

Yoga for Relaxation: Peaceful and gentle yoga for beginners, rehabilitation and anyone seeking to improve the foundations of their practice.

Pilates: Core conditioning using proper breathing, alignment, muscle control and intensity. For beginners to advanced.

Body Workshop: Ramp up your metabolism, build muscle and burn fat in this all over conditioning work-out.

Floor Core and More: Full body core training designed to strengthen your powerhouse & increase flexibility & balance.

Core Essentials: 30 minute additions to your other classes. Focus is on core stability, strengthening, and muscle control.

Stroller Stride Moms: (Mom's Power Hour) Bring the Stroller and children or come without them. Enjoy a thorough, full body, interval work-out program. Class held on AT&T Sports Center courts and outside, weather permitting!

***Circuit Training:** Full body work-out using band resistance and conditioning techniques with cardio intervals to keep your motivation high. Classes will be held on the track and out on the courts so check in at the front desk.

Tumble Buddies: Organized play with and emphasis on motor skill development, introductory tumbling with lots of fun, games and music for your 2-5 year old.

Youth Court Sports and Conditioning: Introduction to basic sports played on courts: Basketball, Volleyball, Pickleball, Dodge ball, Badminton etc. Focus is on improving balance, coordination, reaction and strength. Kids are taught proper muscle warm up and cool down technique. Fun activities keep kids active throughout class time and beyond.

*** All classes that incorporate a weight lifting element or have participation number restrictions are for ages 14 and older, no exceptions. Please understand that this restriction is for the safety of your child and is required by our insurance company. For classes not marked above, please request permission from instructor prior to class and understand that you may be asked to remove your youngster if they are disruptive or are not able to perform the class safely.**

Please note: Classes are subject to change or cancellation without notice.

We strive to offer you an exercise schedule that is balanced and provides effective programming to help you succeed with your fitness goals. Please understand that classes are included and maintained based on attendance and that a minimum number of people must be using a class for it to stay on the schedule. If you are attending a class that only has a couple others in it and you want to keep attending that class please tell your friends, or ask for a guest pass at the front desk to bring in someone you think might enjoy coming with you on a regular basis.

We listen to your feedback. If you would like to have a class we currently do not offer, have an instructor you love or have suggestions for how an instructor may improve, we would love to hear about it. Please fill out a comment card located at the front desk, or e-mail our Fitness Director at kgray@attsportscenter.com. Thank you and enjoy our new schedule!