

Group Cycling
Yoga & Pilates
Cardio/Strength
Cardio
Children's Classes
Young at Heart 50+

AT&T Sports Center Group Exercise Schedule

Fall Schedule

Begins September 07, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Cycling 5:15-6:10 Kristi		Group Cycling 5:15-6:10 Kristi		Group Cycling 5:15-6:10 Morgan	
	Stroller Strides 9:30-10:30 (on court)		Stroller Strides 9:30-10:30 (on court)		Stroller Strides 9:30-10:30 (on court)	
					Yoga 9:00-9:55 Narina (AT&T Room)	
	Body Blast 9:30-10:25 Kelly (court 4)		Body Blast 9:30-10:25 Kelly (court 4)		Body Blast 9:30-10:25 Kelly (court 4)	
	Young at Heart 9:30-10:25 Cherie (Group Ex)	Zumba Fitness® 9:30-10:25 Kelly	Young at Heart 9:30-10:25 Cherie (AT&T room)	Zumba Fitness® 9:30-10:25 Kelly	Young at Heart 9:30-10:25 (Group Ex)	
		Group Cycling 9:30-10:25 Vanessa	Yo Rock 9:30-10:25 Narina	Group Cycling 9:30-10:25 Vanessa		Strength Revolution 9:30-10:25 Jenni H (cycling room)
	Pilates 10:40-11:35 Lesley		Yoga for Relaxation 10:30-11:25 Narina	Pilates Body Workshop 10:30-11:25 Jennifer M		Body Blast 10:30-11:25 Jenni H (group x room)
		Intro to Running 10:30-11:25 Kate (meets on track)		Intro to Running 10:30-11:25 Kate (meets on track)		Zumba Fitness® 11:30 - 12:25 Peggy P
Power Yoga 12:30-1:25 Jill		Panda Pals 11:30-12:20 Hailee (registered only)	Koala Kids 11:30-12:20 Hailee (registered only)			
			Tumble Buddies 12:30-1:20 Hailee			
			Tiny Dancers 3:30-4:20 Hailee (registered only)			
			Cheerleading 4:30-5:20 Hailee (registered only)			
	Youth Sports and Conditioning For ages 7 to 13 yrs 5:30-6:25	Youth Sports and Conditioning For ages 7 to 13 yrs 5:30-6:25	Youth Sports and Conditioning For ages 7 to 13 yrs 5:30-6:25	Youth Sports and Conditioning For ages 7 to 13 yrs 5:30-6:25	Youth Sports and Conditioning For ages 7 to 13 yrs 5:30-6:25	
	Turbo Kick 5:30-6:25 Laurie	Beginning Group Cycle 5:00-5:25 Richel ----- Group Cycling 5:30-6:25 Richel	Turbo Kick (Fusion) 5:30-6:25 Laurie	Beginning Group Cycle 5:00-5:25 Kristi ----- Group Cycling 5:30-6:25 Kristi	Turbo Kick 5:30-6:25 Glory	
	Circuit Training 5:30-6:25 Jenni H (track)	Body Blast 5:30-6:25 Glory (group x room)	Circuit Training 5:30-6:25 Jenni H (track)	Zumba Fitness® 5:30pm-6:25pm Jenni H (group x room)		
	Pilates Body Workshop 6:30-7:25 Jennifer M	Zumba Fitness® 6:30-7:25 Glory	Floor Core & More 6:30-7:25 Jenni H	Pi Yo 6:30-7:25 Jenni H		
	Group Cycling 6:30-7:25 Jill					
	Yoga 7:30-8:25 Jill		Yoga 7:30-8:25 Heidi			

Class Descriptions

Zumba Fitness: Fun and energetic full body work out using great music and dance movements. Shake your groove thing!

Yoga: Strengthen, Tone, Stretch, Relax, Rejuvenate

Yo Rock: Fun and fast paced Yoga style workout to energize your mind and body

Yo Fit: Fun and fast paced Yoga style workout with cardio intervals for optimization of calorie burn, muscle tone development and flexibility.

Pi Yo: A fusion class combining the mind/body practices of Pilates, Yoga, sports stretch, strength training, and dynamic movement that will burn calories, build muscle, increase flexibility and transform your body! Class is easily modified to fit all fitness levels but having experience with Yoga or Pilates will work to your advantage. Come let your mind/body be rejuvenated, refreshed and transformed!

Turbo Kick: Cardio workout/ kickboxing style/kicks /punches. All levels are welcome (Fusion portion is a hip hop twist to your Turbo Kick workout to keep you funky and in shape).

Intro to Cycle: Shorter version of cycle class for beginning cyclists, thorough warm-up and cool down included for safety and endurance building.

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

Strength Revolution: Group cycling class formatted for stationary bikes; guided by motivational instructors with energizing music & band resistance training. 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.

***Young at Heart:** Caring instructors will lead a total body workout, incorporating cardio, strength, balance, and flexibility training in a safe, fun, and inclusive environment. Perfect for the mature adult, new participant, pre-natal and the post-natal exerciser.

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.
Core Basics: Learn the fundamentals of core stabilization with Pilates Mat exercises. Focus on alignment, posture, breathing, and correct positioning. Perfect for rehabilitation from an injury, an introduction to Pilates, or fine tuning for a Pilates enthusiast.

***Floor Core and More:** Full body core training designed to strengthen your powerhouse & increase flexibility & balance.
Core Basics: Learn the fundamentals of core stabilization with Pilates Mat exercises. Focus on alignment, posture, breathing, and correct positioning. Perfect for rehabilitation from an injury, an introduction to Pilates, or fine tuning for a Pilates enthusiast.

Stroller Stride Moms: Bring the Stroller and children. AT&T Sports Center tract and outside when weather permitting!

***Circuit Training:** Full body work-out using band resistance and conditioning techniques with cardio intervals to keep your motivation high.

Intro to Running: Running technique and conditioning for the new to running or returning runner, great for building up endurance and weight loss. All levels welcome. Class meets upstairs on the Track.

Tumble Buddies: Organized play with and emphasis on motor skill development, introductory tumbling and 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. For ages 7 to 13 years.

*** 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 (although we will try to NEVER do this).

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.

Thank you and enjoy our new schedule!