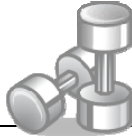






January 2010 Group Fitness Schedule



Classes are included with membership. Bring your water bottle and a towel.

Land Programs						
Most classes are held in the basketball court or on the red carpet in the gymnastics room.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00am Pilates Ball Anne	9:00-9:45 Hula-Jump Julie <i>Class of the Month</i>	9-9:30am On the Ball Anne / Pam	9:00-10:00am Pure Pilates Anne	9:00-9:45am Interval Training Pam	9:00-10:00am Cardio Blast Jennifer / Kristi
		10:00-11:00am Chair Yoga Pam	9:30-10:15am Zumba Julie		9:45 – 10:45am Yoga Pam	10:00-10:15am Beginner Fitness Jennifer / Kristi
6:00-7:00pm Zumba Julie	6:00-7:00pm Cardio Blast Jennifer / Kristi	6:30-7:30 Pure Pilates Anne	7:00-8:00pm Boot Camp Monica (Meet by Track)	6:00-7:00pm Circuit Training Jennifer / Kristi		
	7:00-8:00pm Yoga Pam			6:30-7:30pm Pure Pilates Anne		

Water Programs						
	9:00-10:00am Aquacize Jane	5:30-6:30 Deep Water Jane	9:00-10:30am Water Walking Roberta		9:00-10:30am Aquacize Roberta	10:00-11:00am Deep Water Jane

W.C.A.C. recommends that before beginning this or any exercise program, participants should seek the advice of their physician.

Group Fitness Class Descriptions

BALL CLASS – Improve balance, alignment, flexibility, and strength in this challenging workout. Good for those experienced exercisers as well as any one new to fitness classes.

BEGINNER FITNESS - A class for anyone interested in learning the basics of aerobics including step, floor and strength. This is an excellent class for those beginning aerobics classes.

BOOT CAMP – A fast-paced military style interval training class that will whip your butt into shape. We are going old school with kettle bells, medicine balls, and barbells. Don't be scared, modifications will be given for beginners.

CARDIO BLAST - Instructor will incorporate a variety of methods of aerobic conditioning (floor aerobics, step, interval or kickboxing, etc.). Each class will be a different and challenging cardio workout.

CHAIR YOGA - Learn to use your breath to relax into stretches that will improve flexibility, strength and balance in a calming environment.

INTERVAL TRAINING -This class is a challenging mixture of aerobic & anaerobic exercise that includes simple strength & cardio conditioning.

PILATES/BALL – This all level class combines the ball class with the Pure Pilates class. Great for all fitness levels.

PURE PILATES – Pilates principles are a constant in this ever changing all level class. The use of props such as foam rollers, rings, balls, bands, and weights will add variety to this traditional Pilates mat class. Improve strength, flexibility and alignment.

Strength & Flexibility -Tone and Firm your entire body. Every muscle group is worked using bum bells, bars, balls and tubing. Ending with a full 15 minutes of stretching. All levels

ZUMBA - This Latin inspired dance fitness incorporates Latin and international music and dance movements which create a dynamic, exciting and effective system. Dancers and non-dancers alike immediately and easily master this class. It's exercise in disguise!

Class of the Month – Only here for January

HULA JUMP - An exercise class that uses ropeless jump ropes-so you don't get tangled-up and interrupt your workout AND weighted adult hula hoops that are wider and heavier which makes them easier to spin around.

Hula-Jump works your cardio and core- a whole body workout. It's good for your heart and burns a lot of calories in a short amount of time, without a lot of impact on your knees and ankles. All equipment will be supplied.

AQUACISE - An exhilarating water workout with conditioning segments enhanced by the resistance of the water. All levels.

DEEP WATER - A water workout in deep water using buoyancy devices. Swimming skills are not necessary, but one must be comfortable in deep water. All levels

WATER WALKING - This class involves various walking and running patterns through the shallow water combined with muscle conditioning and stretches. A challenging workout that is easy to follow.



January's Specialty Class

Hula - Jump

Lead by Julie Blakemore

**It's cold outside but inside
Washington Court Athletic Club
it's Hula Season!!!**

Don't worry about getting tangled up in your jump rope. Our ropeless jump ropes will give you great cardio benefits with no tangles.



Hooping is a popular form of aerobic activity using hula hoop exercises to firm, tone and burn body fat. The hoops used aren't the standard toy you played with as a child. These large, customized hoops are weighted.

Benefits of Exercising With a Weighted Hoop

Not only do the larger, weighted hoops give you a good cardiovascular workout but using these hoops also:

- Massages your intestines and organs as it circles your waist
- Allows for meditative time
- Gets your heart rate up
- Increases the fitness level of the entire body
- Increase the flow of blood to the brain
- Increases energy level
- Improves coordination
- Strengthens torso muscles
- Enhances spinal flexibility

