



September 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 Teri	9:00-9:45am Bollywood Dance Workout Julie	9:00-9:30am On the Ball Pam	9:00-10:00am Serious Strength Julie	9:00-9:45am Interval Training Pam	9:00-10:00am Cardio Blast Jennifer / Kristi
		10:00-11:00am Chair Yoga Pam	9:30-10:30am Zumba Julie		9:45 – 10:45am Yoga Pam	10:00-10:15am Beginner Fitness Jennifer / Kristi
	7:00-8:00pm Yoga Pam					

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

Aqua Zumba will be the Class of the Month on Tuesdays from 5:30-6:30pm in October!

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.

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.

SERIOUS STRENGTH-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

YOGA – Improve flexibility, strength, and balance in a calming environment. This class includes flowing yoga poses, balance, stretch, and relaxation. Beginners welcome modifications shown for all participant levels.

Class of the Month

Bollywood Dance Workout - If you're mesmerized the Indian culture and dance moves of the Bollywood atmosphere then this workout is the class for you!

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.