






# Winter 2012 Group Fitness Schedule

<b>Land Programs</b>						
<b>Most classes are held in the basketball court or on the red carpet in the gymnastics room.</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45-9:45am <b>Pilates Ball</b> Pam	9:00-9:45am <b>Dance Aerobics</b> Julie	9:00-9:30am <b>On the Ball</b> Pam	9:00-10:00am <b>Strength/ Cardio</b> Julie	9:00-9:45am <b>Interval Training</b> Pam	9:00-10:00am <b>Cardio Blast</b> Jennifer
		10:00-11:00am <b>Chair Yoga</b> Pam	9:30-10:30am <b>Zumba</b> Julie		9:45 – 10:45am <b>Yoga</b> Pam	10:00-10:15am <b>Beginner Fitness</b> Jennifer
		6:00-7:00pm <b>Cardio Blast</b> Jennifer		6:00-7:00pm <b>Strength</b> Jennifer		
	7:00-8:00pm <b>Yoga</b> Pam					
<b>Water Programs</b>						
	9:00-10:00am <b>Water Aerobics</b> Jane	5:30-6:30 <b>Deep Water</b> Jane	9:00-10:00am <b>Water Walking</b> Roberta		9:00-10:00am <b>Water Aerobics</b> Roberta	10:00-11:00am <b>Deep Water</b> Jane

**Classes are included with membership. Bring your water bottle and a towel from the locker room.**  
 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.

**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.

**DANCE AEROBICS** – Instructor will incorporate a variety of dance aerobic conditioning. This class will be a different and challenging cardio workout.

**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.

**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.

# Group Water Class Descriptions

**WATER AEROBICS** - 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.