

April Updates

- Catherine's classes will all be covered thanks to Osondu, Ali, Martha & Linda
We are all wishing her a speedy recovery!

The schedule is subject to change monthly based on class attendance, and overall response.

Water Fitness: Splash your way to greater fitness! Increase joint mobility, improve cardiovascular conditioning, and increase total body strength in this fun, challenging, no-impact water workout. Open to all ages and fitness levels!

Triathlete Challenge: Challenge your body and/or train for that upcoming race in this cutting edge class. With 3 20-minute segments of different styles of workouts including, but not limited to, biking, running, spin and circuit training.

AquaBurn: Feel the burn in the water as we take you through a fun, high intensity water workout!

Pilates Mat: A combination of exercises that stretch, balance, and align with grace and power. Performed in a non stop series of exercises, Pilates teaches body awareness and good posture while increasing core strength, flexibility, and agility.

Yoga Flow: Vinyasa slow flow practice that focus on quality transition between posture and awareness of breath and mind.

TAI-CHI: Ancient Chinese Exercise great for all ages and physical conditions.

Body Blast: (From the ground up!) Say goodbye to those problem areas in this 45 minute abdominal/lower body attack.

Cardio Tennis: A fun, group activity on the tennis courts! Featuring tactical drilling and games to give people of all ages and abilities an ultimate high energy workout and competitive edge.

Qigong: A practice that combines various Chinese systems of physical and mental training for health, martial arts, and self-enlightenment.

Sculpt & Sweat: Challenge yourself safely in this dynamic workout that targets every major muscle group, blasting fat away while sculpting and defining muscles! Modifications are available, opening this class to all ages and levels of fitness!

Candy Man Workout: A fun work out that tones and strengthen the entire body using varying equipment (bands, d-bells, body-bars, balls). Made for everyone from the novice to the advanced, get your luscious legs and your sweet sculpted arms in no time.

Red Carpet Ready: This workout includes cardio, PLYometrics, alignments, core strength and targeted toning. Get ready for a real work out with real results!

Pilates Reformer: Challenge and strengthen your body on the Pilates Reformer in a small semi-private group. Reserve your spot at the Front Desk today! **Fee Class.**

Urban Warrior Bootcamp: Check out the ultimate fat burning workout! Cardio and Strength training roll into one in this class taken directly from the hardest sport in the world!

Gentle Stretch: Start your day lithe and limber, as this class will take you through a series of stretches to lengthen and relax your muscles. All levels and ages welcome.

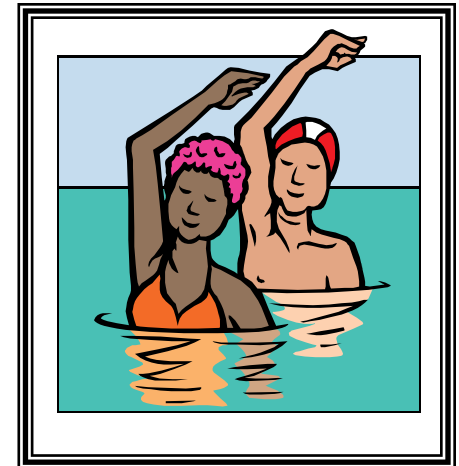
Stability Core Blast: Unleash the power in your core muscles as you work through a full body workout entirely on the stability ball.

Flexibility Fusion: A complete flexibility workout incorporating elements from all types of flexibility workouts (Yoga, Pilates, dynamic & static stretching)

Full Body Blast: Blast away the calories and challenge yourself with this invigorating and high intensity class!

Group Exercise Calendar

April
2012









TCR

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April Group Exercise Calendar

MON	TUE	WED	THU	FRI	SAT
	6:15 – 7:15 AM Rise & Shine Yoga Patrick	8:00 – 8:45 AM Tai Chi David	6:15 – 7:15 AM Rise & Shine Yoga Patrick		10:00 – 11:00 AM Power Step Interval Susan
9:00 – 10:00 AM Gentle Stretch Susan		9:00 – 9:45 AM Qigong David	9:00-10:00AM \$ Cardio Tennis \$ Richard 	9:00AM - 10:00AM Strength & Tone Osondu	11:00 – 12:00 PM Advanced Pilates Mat Susan
10:00 – 11:00 AM Candy Man Workout Susan	8:00 – 9:00 AM Pilates Mat Linda	9:00 – 10:00 AM Spin Ali	9:00 – 10:00 AM Total Body Workout Susan	9:30 – 10:30 AM Spin Susan	12:00 – 1:00 PM ZUMBA Susan
12:15 – 1:15PM Water Fitness Osondu	9:00-10:00AM \$ Cardio Tennis \$ Richard 	10:00 – 11:00 AM Body Blast Ali	10:00 – 11:00 AM ZUMBA™ Susan	10:00AM - 11:00AM Flexibility Fusion Osondu	4:00 – 5:00PM Yoga Basics Patrick
6:30 – 7:30PM Pilates Mat Linda	10:00 – 11:00 AM Yoga Flow Susan	11:00 – 12:00 PM Sculpt & Sweat Ali			
6:30 – 7:30 PM AquaBurn Osondu		12:15 – 1:15PM Water Fitness Ali		12:15 – 1:15PM Water Fitness Linda	
7:30 – 8:30 PM Urban Warrior Boot Camp Osondu	6:30 – 7:30PM Full Body Blast Martha	1:30PM – 2:30 PM \$ Pilates Reformer \$ Linda			8:30-9:30AM \$ Cardio Tennis \$ 
7:30PM – 8:30 PM \$ Pilates Reformer \$ Linda	7:30 – 8:30PM Fitness Yoga Workout Patrick	6:30 – 7:30PM Red Carpet Ready Susan	7:00 – 8:00 PM ZUMBA™ Susan	7:00 PM - 8:00 PM Triathlete Challenge Osondu	9:00 – 10:30 AM Hatha/Vinyasa Patrick
8:00-9:00PM \$ Cardio Tennis \$ Richard 	7:30-8:30PM \$ Cardio Tennis \$ Richard 	6:30PM – 7:30 PM \$ Pilates Reformer \$ Linda	7:30-8:30PM \$ Cardio Tennis \$ Richard 		10:30 – 11:30 AM Better Body Boot Camp Osondu
		7:30 – 8:30 PM Spin Susan	8:00PM – 9:00 PM Stability Core Blast Osondu		11:30AM – 12:30 PM Spin Ali
		7:30 – 8:30 PM Total Body Workout Martha			5:00PM – 6:00 PM \$ Pilates Reformer \$ Linda

 Low Attendance

 Medium Attendance

 High Attendance

 New Class

\$ = Paid Class

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