

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Cycling Unlimited (Stephanie)	6:00am-7:00am Power Sculpt (Linda)	6:00am-6:45am Cross Training (Linda)	6:00am-7:00am Power Sculpt (Stephanie)	6:00am-6:45am Cycling Unlimited (Linda)	8:00am-9:00am Cycling Unlimited (Linda Z.)	
		8:30am-9:30am Mat Pilates HU (Lettie)	8:30-9:00am Beginner Pilates (Lettie)		8:00am-9:00am Rep Reebok (Charlotte)	8:15am-9:00am Cycling Unlimited Charlotte/Emily
8:30am-9:30am Rep Reebok (Lettie)	*8:30am-9:00am Awesome LEGS (Aimee)	9:30am-10:15am Cycling Unlimited (Kari)	9:00am-9:30am Awesome Arms (Emily)	8:00am-9:00am Yoga (Jody)	9:00am-10:00am Cycling Unlimited (Stephanie)	8:30am-9:30am Power Sculpt (Linda Z.)
8:30am-9:15am Cycling & ABS (Kari)	*9:00am-9:30am Awesome ABS (Aimee)	9:30am-10:30am Power Strength (Aimee)		*9:00am-9:30am Awesome Abs (Justin/Vicki)	9:00am-10:00am "Zumba" (Kevan)	9:15am-10:15am Cycling Unlimited (Laura)
9:30am-10:30am Cycling Unlimited (Evie)	9:30am-10:30am Pedal & Pump (Stephanie)	10:30am-11:00am 30 min. Cardio (Aimee)	9:30am-10:30am Zumba Tone (Katie)	9:30am-10:30am Cardio Kickboxing (Justin/Vicki)	10:00am-11:00am Cycling Unlimited (Natalie)	9:30am-10:30am Step Challenge (Linda Z.)
9:30am-10:30am "Zumba" (Katie)	9:30am-10:30am Step Challenge (Kari)	11:00-12:00 Beginner Yoga (Carol) circuit room	9:30am-10:30am Cycling Unlimited (Colleen)	9:30am-10:30am Cycling Unlimited (Colleen)	*10:00-10:30 am Awesome LEGS (Justin/Jill)	10:30am-11:30am "Zumba" (Claudia)
10:30am-11:30am Pilates Fusion (Lettie)	9:30am-10:30am Interval Fit (Kristen) LG Gym	11:15am-12:00pm Strong-n-Balanced (Lettie)	10:30am-11:30am Mat Pilates HU (Lettie)	10:30am-11:30am Rep Reebok (Kari)	*10:30am-11:00am Awesome ABS (Justin/Jill)	
11:30am- 12:15 Strong-n-Balanced (Lettie)	10:30-11:30pm "Zumba" (Kevan)	12:00-12:45 Sculpt Express (Kari)	12:15-1:15pm "Zumba" (Lisa)	11:30am-12:15pm Strong-n-Balanced (Lettie)	KIDS' CLUB HOURS	
12:00-12:45pm Circuit Plus (Kari) circuit room	12:00-1:00 Yoga (Nancy)	12:15pm-12:45pm Senior Yoga (Carol) circuit room			Morning Hours Monday-Friday* 8:30am-2:00pm Weekends 9:00am-1:00pm Evening Hours Monday-Thursday 4:15pm -8:30pm Friday 4:30pm-7:00pm *Reservations Can Be Made 1 Week in Advance	
4:30pm-5:30pm Butts & Guts (Teri)	4:30pm-5:30pm Mat Pilates HU (Vicki)	*4:30pm-5:30pm Butts & Guts (Shayna)	4:30pm-5:30pm Power Sculpt (Vicki)		The Yard Hours	
5:30pm-6:15pm Cycling Unlimited (Teri)	5:30pm-6:30pm step-n-sculpt (Jill)	5:30pm-6:30pm Cycling Unlimited (Emily)	5:30pm-6:30pm Interval Fit (Kristen)	4:30pm-5:30pm "Boot Camp Fusion" (Kristina)	Monday - Friday 4:00pm-8:30pm* *Friday Family Night! Weekends 9:00am-1:00pm The Yard is Open Monday - Friday 8:30am - 2:00pm for Summer Vacation	
5:30pm-6:30pm "Zumba" (Jeremy/Stef)	5:30pm - 6:00pm Kids' Circuit Class (Chris) circuit room	5:30-6:30pm "Zumba" (Jeremy)	5:30pm - 6:00pm Kids' Circuit Class (Chris) circuit room	5:30pm-6:30pm "Zumba" (Stephanie/Katie)		
6:30pm-7:30pm Power Sculpt (Karen)	6:30pm-7:30pm Cycling Unlimited (Justin)	6:30pm-7:30pm Pilates (Justin)	6:30pm - 7:30pm Cycling Unlimited Kristina			
6:45pm-7:45pm Cycling Unlimited (Patti)	6:45pm-7:30pm Tae Bo Turbo (Teri)	6:45-7:30pm Cycling Unlimited (Teri)	6:30pm-7:30pm "Zumba" (Candy)	<p>Classes in BOLD print are NEW! *Sign Up for Cycling Classes 24 Hours in Advance. Must be 12 years or older to take any Group Fitness Class.</p> <p>Shaded Classes take place in Circuit Room. Go Online For Our Current Schedules www.myhealthunlimited.com 301-829-9730 410-795-0793</p>		
7:30pm-8:30pm Yoga (Christina)	7:30pm-8:15pm "Zumba" (Claudia)	7:30pm-8:30pm Yoga (Nancy)				

See Pool Schedule for Aquatic Classes

CLASS DESCRIPTIONS

CYCLING - (Bike shorts are suggested)

Cycling & ABS. - Cycling Unlimited with 15 minutes abs at the end.

Cycling Unlimited - *All Levels* - Outdoor cycling in an indoor environment. Work at your own pace.

Pedal & Pump: - 30 min. spin class—30 min. toning with bands. Great full body workout. All levels.

AQUATICS - (Water shoes are recommended) - Great classes for expecting mothers!

See Pool Schedule for Aquatic Class Schedule and Description

LAND - Modifications are shown for all levels.

Awesome ABS – A 30-minute core training class to focus only on the abs and back area.

Awesome Arms – A 30-minute class focusing on your most challenging area – biceps and triceps.

Awesome Legs- A lower body sculpting class for your buns and thighs. All Fitness Levels.

Boot Camp Fusion - Our Boot Camp workout exercises will create a fun and encouraging environment. Boot Camp fusion is a workout composed of various cardio drills, speed and agility training and strength training. Fun for everyone

Butts & Guts – Challenge your ABS and Butts in a whole new way. This class focuses on training the Abs and for trunk & postural stabilization followed by intense Glut work and stretching, to improve flexibility and release stress.

30 min. Cardio – Workout composed of various cardio segments and drills. This high-energy cardio workout will keep you challenged from start to finish.

Cardio Kickboxing – Cardio Boxing and core training combined.

Cross Training: A conditioning class using a variety of exercises great workout.

Circuit Plus: 45 min. Circuit class in the circuit room PLUS Abs.. Great for all levels.

Interval Fit: Fun and exciting class using free weights and cardio training. Great for all levels.

Kick Box-n-Abs- Cardio Box with 15 min/Core

Kids' Circuit Class – This class is exclusively for kids 10-15 years old and utilizes “The Circuit’s” strength training equipment.

In addition to lifting kids will also do a variety of cardiovascular exercises each class. All Fitness Levels

Power Strength/Power Sculpt/Rep Reebok – Whole body strength & conditioning class, combining weights bars, dumb bells & floor work to challenge the entire body. Great for all levels of fitness.

Step Challenge – Challenge your mind and body to a new level in this creatively choreographed advanced step class. The choreography is exciting and the intensity is high to help you improve coordination, body awareness and cardiovascular conditioning. Intermediate to Advanced.

Sculpt Express - 45 min weight training class utilizing multiple muscle groups to get a great workout in a shorter time.

Step-n-Sculpt – Get the cardio challenge and fat burning workout from the step portions of this class, mixed in with strength training intervals that utilize hand-held weights, tubes, or our own body's resistance to shape your body from head to toe.

Tae Bo Turbo - Combines exercise to music and martial arts movements such as kicking, punching, jabbing, interval training, toning, stretching and balance exercises, all moves that are sure to make you sweat!

Zumba – A hi-lo impact dance class with Latin style. Salsa, Meringue and more while getting a great work out.

Zumba Tone – Zumba Tone combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

MINDBODY CLASSES:

Bakii Yoga – Class pays a particular attention to the importance of the spine. A healthy nervous system brings health to all the other systems.

Beginner Pilates: Learn the basic moves in a Pilates class.. Great for Senior and Beginner members.

Beginner Yoga - a slower paced yoga class incorporating more stretching and focusing on good yoga form.

Mat Pilates HU - This class is a total Mind body workout, which focuses on precise concentrated movement using the mind to feel and focus on the body. Movements emphasize building strong abs/lower back to enhance strength, muscular symmetry, alignment, flexibility, grace coordination.

Pilates Fusion: Basic Mat Pilates with light weight training.

Senior Yoga – A Yoga class specifically geared for our more mature members.

Strong-n-Balanced - Ideal for those 50+, this class increases strength and flexibility and improves balance for an improved ability for everyday tasks-and-more!

Yoga - a traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures and breathing techniques. All fitness levels.