



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 AM						
6:15-7:15						
9:00-10:00 AM						Saturday Special <i>Rotating Instructors</i>
12:05-12:45PM	Upper Body Weight Training <i>Nikki</i>		Lower Body Weight Training <i>Nikki</i>	Step or Kickboxing <i>Marci</i>	Interval Traing/Kickboxing <i>Nikki</i>	
4:00-5:00 PM	Athlete Enhancement	Athlete Enhancemnt	Athlete Enhancement	Athlete Enhancement		
5:30-5:45 PM	Amazing Arms <i>Jean</i>	Boot Camp <i>Amy</i> 5:30 - 6:30	Interval Step <i>Jean</i> 5:30- 6:30	Absolutely Abs <i>Nikki</i>		
5:45-6:30 PM	Step <i>Jean</i>			Weight Training <i>Nikki</i>		
6:30 - 7:15 PM	Butts & Guts <i>Tina</i>	Pilates <i>Sheila</i>	Pilates/Yoga <i>Sheila</i>			
7:30- 8:30 PM	Athlete Enhancement	Athlete Enhancement	Athlete Enhancement	Athlete Enhancement		

Group Fitness Class Descriptions

Class Schedule Starting November 2007

Healthways offers over 20 classes a week! All of our group fitness classes are designed to challenge the intermediate/advanced participant and encourage the beginner participant. Whether you are an advanced athlete or novice exerciser come join us for a great workout in a comfortable atmosphere.

Root Camp – Stuck in a rut? This 60 minutes class is the ultimate challenge. Root camp will challenge your agility, speed, strength and

Boot Camp – Stuck in a rut? This 60 minute class is the ultimate challenge. Boot camp will challenge your agility, speed, strength and endurance. If you prefer little or no choreography then this is the class for you! Various drills, stations and intervals will take your training to a new level.

Floor & More – This high energy, high intensity cardio class is filled with liveliness, enthusiasm and lots of fun! The first half of class is made up of floor aerobics and the second half is always something different! This ensures you get the most out of your workout. All levels welcome!

Step & Tone – Want a great workout? This class is the one for you. Step and Tone is going to build in choreography and intensity with the idea of toning upper body one day and lower body the other. This class is designed for the beginner to intermediate stepper.

Pilates – Are you looking for a killer ab workout? Then this class is for you! Through the combination of Basic 7 Pilates and the beginner's side leg series this class is designed to meet any level of Pilates practice.

Step & Slide – Come try this intense workout using the step & slide for all around training. This class is designed with the step & slide enthusiast in mind.

Cardio & Core- Cardio & Core is a 40 minute class (little or no choreography) that applies approximately 30 minutes of various cardio drills, intervals &/or stations with the remaining 10 minutes focused on core training & stretching.

Weight Training – Rev up your lunch hour with this total body workout! This class uses dumbbells, bands, physioballs, tubing, etc. to challenge all the major muscle groups. Appropriate for all fitness levels.

Absolutely Abs – This workout targets the abdominal muscles. Learn the proper form and technique for targeting the abs and obliques. Come join us in the studio for this 15-minute class!

Amazing Arms – This workout targets the biceps, triceps, and shoulders. Come check out this NEW 15-minute class that will tone and strengthen all the muscles in the arms!

Mix it up! - Something different every time! Class will always include some type of cardio(step, kickboxing, plyometrics floor aerobics and/or other various exercises) along with toning and strengthening exercises.

Butts & Guts – Get ready to “feel the burn” during this great lower body workout! This class focuses on the buttocks, inner and outer thighs, hamstrings and abdominals. Resistance bands, balls, weights and slides may be used. All levels welcome!

Saturday Special – Look for something new each week! The Saturday morning class & instructor will be posted on the black board behind the Fitness Centers front desk each week to inform members of the upcoming Sat. class.

Interval/Weight Training - This class uses dumbbells, bands, physioballs, tubing, etc. to challenge all the major muscle groups. Appropriate for all fitness levels. This class will also challenge you with additional interval training.

Yoga – This class integrates body and mind for a total performance featuring strength, conditioning, and flexibility. Emphasis on yoga positions, breathing, and correct posture. Both beginner and advanced versions of movement will be demonstrated.