

# NEW GROUP FITNESS SCHEDULE WINTER 2010

January 11th-April 15th 2010

HOURS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
CLUB		5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 9:30pm	7:30am - 5:30pm		7:30am - 5:30pm
CHILDCARE		9:00-2:15/4:30-9:15	9:00-1:15/4:30-8:30	9:00-2:15/4:30-8:30	9:00-1:15/4:30-8:30	9:00-1:15/4:30-8:30	8:30am-3:30pm		8:30am-3:30pm
MORNING	6:30am	<b>BOOTCAMP Circuit</b> <i>María</i>	6:00am - <b>Studio Cycle Tech Ride</b> <i>Kevin</i>	<b>Total Body Muscle</b> <i>María</i>		<b>Studio Cycle Cardio Power Ride</b> <i>María</i>	8:30am	<b>AQUA Cardio H2O</b> <i>Sharon</i>	
	9:15am	<b>Step Strength Circuit</b> <i>Rick</i>	<b>Body in Balance</b> <i>Sarah</i>	<b>Total Body Definition</b> <i>Jenn</i>	<b>Boot Camp Circuit</b> <i>Rick</i>	★ <b>ZUMBA Skye</b> <i>Wrist band required</i>	8:45am	<b>Boot Camp Circuit</b> <i>Linda</i>	<b>Total Body Muscle</b> <i>María</i>
	9:15am		☺ <b>Studio Cycle Cardio Power Ride</b> <i>Rick</i>				9:00am	<b>Studio Cycle Combo Rides</b> <i>Carolyn/Rachael</i>	
	9:30am	☺ <b>AQUA Cardio H2O</b> <i>Sharon</i>	☺ <b>AQUA Muscle H2O</b> <i>Brad</i>	☺ <b>AQUA Cardio H2O</b> <i>Sharon</i>	☺ <b>AQUA Muscle H2O</b> <i>Yvette</i>	☺ <b>AQUA Cardio H2O</b> <i>Sharon</i>	10:00am	<b>Step &amp; Core</b> <i>Mary/Sue/Skye</i>	<b>Core Yoga</b> <i>Jay</i>
	10:20am				<b>Pilates</b> <i>Sarah</i>	<b>Core Yoga</b> <i>Maithili</i>	10:00am		
LUNCH	12:00pm	<b>Step &amp; Strength</b> <i>Rick</i>	<b>Boot Camp Circuit</b> <i>María</i>	<b>Total Body PT Blast</b> <i>Joanna</i>	<b>Studio Cycle Cardio Power Ride</b> <i>Linda</i>	<b>Total Body Muscle Circuit</b> <i>Linda</i>	11:00pm	<b>Pilates Plus</b> <i>Mary</i>	
	1:00pm	☺ <b>Pilates Fusion</b> <i>Sarah</i>		<b>Sunrise Yoga</b> <i>Jay</i>			1:00pm	<b>Ballet /Jazz Kids \$\$\$</b> <i>Cindy</i>	<b>Taekwondo 6-13yrs</b> 3:00-4:00 <i>Vera\$\$\$</i>
EVENING	5:00pm		<b>Total Body Muscle</b> <i>Catherine</i>		<b>Total Body Muscle</b> <i>Libby</i>		<p>Enjoy our monthly feature class, <b>Turbo Jam</b> or <b>Drums Alive</b> Register your children for <b>Ballet/Jazz</b> on Saturday at 1:00. <b>Taekwondo</b> on Sunday from 3:00-4:00</p> <p><b>Group Fitness Coordinator - Maria Galati</b> mgalati@deltahotels.com</p> <p><b>Consulting Master Trainer - Libby Norris</b></p> <p>As space is limited in the following classes, all members need to pre-register for: Yoga, Pilates, Cycling, Aqua &amp; Zumba ☺ Babies Welcome</p>		
	6:00pm	<b>Boot Camp Circuit</b> <i>Linda (ADV)</i>	<b>Pilates Plus</b> <i>Mary</i>	<b>Flexible Fusion</b> <i>Libby</i>	<i>Strength, Abs, Sweat, Stretch</i> <b>S.A.S.S.</b> <i>Joanna</i>				
	6:00pm	<b>Studio Cycle Cardio Calorie Blast</b> <i>Carolyn</i>	6:10-7:00 <b>Cycle X &amp; Stretch</b> <i>Rachael</i>	<b>Studio Cycle Cardio Calorie Blast</b> <i>Carolyn</i>	6:10-6:40 <b>Cycle X - Express</b> <i>Libby</i>				
	6:30pm	☺ <b>AQUA Muscle H2O</b> <i>Jacqui</i>							
	7:00pm	★ <b>ZUMBA SKYE</b> <i>wrist band required</i>	<b>Step Strength Circuit</b> <i>Mary</i>	<b>Stretch &amp; Power Abs</b> <i>Joanna</i>	★ <b>Warm Yoga</b> <i>Jay</i>				
8:00pm	<b>Bliss Yoga</b> <i>Rachelle</i>								

TYPE	DESCRIPTION	BENEFIT	LEVEL
<b>CARDIO H2O</b>	A high-energy, low impact workout that blends fitness & fun for a total body workout.	Will enhance both muscular and cardiovascular fitness. All AQUA focuses on the abdominal wall and legs.	All fitness levels.
<b>MUSCLE H2O</b>	A total body workout using fitness principles using water for resistance, support & core training		
<b>BODY IN BALANCE</b>	A great way to incorporate pilates & balance training with muscle conditioning	Works balance and stability with focus on core – abdominals, back, glutes and hamstrings – for total body conditioning.	Great for all levels. <i>Developed at and unique to Club Meadowvale!</i>
<b>BOOT CAMP CIRCUIT</b>	Take your training to a whole new intensity with this circuit challenge that takes traditional interval workout & blends it with new fitness trends & traditional army-based training!	One-two-three-four...don't quit now let's do some more! Boot Camp Circuit gives you the power and the motivation to keep moving – even when you want to quit – for a dynamic total body workout.	Intermediate to advanced. However, if you're just starting off, let the instructor know so they can offer comfortable modifications.
<b>STUDIO CYCLE</b>	Cycle classe range from 30-60 minutes. Each includes drills, power and endurance but each "brand" has it's own style and focus.	One of the best ways to optimize your cardio workout time, burn calories, fat along with working and sculpting your legs.	Great for all levels. If you're just starting off, let the instructor know so they can assist with set up and modifications.
<b>ZUMBA</b>	Dance your way to a fitter you and exciting and unique latin moves and rhythms, This is a pay for 8 week program	Great cardiovascular workout. Always an amazing FAT & CALORIE burner	All fitness levels.
<b>FLEXIBLE FUSION</b>	Slow motion stepping with Yoga breathing & postures blended together with stability & functional conditioning to create a fun and inspiring workout	Great cardio conditioning and a change in patterns for your body and your brain!	All fitness levels. NO step experience is required! <i>Developed at and unique to Club Meadowvale!</i>
<b>S.A. S.S</b>	A unique combination – 20 minutes low impact; 20 minutes slow & low with light dumbbells (1-2 lb.); 20 minutes conditioning & core.	Wonderful for increasing both flexibility and strength while focusing on the breathing base for cardiovascular training.	All fitness levels. <i>Developed at and unique to Club Meadowvale!</i>
<b>INTEGRATED STRENGTH</b>	Great aerobic workout working with 1- 2 lb weights for added calories burned and total body conditioning. Low impact	Great for strength , balance and core and incorporating proper breathing.	All levels, particularly for those who prefer non-impact workouts.
<b>PILATES or PILATES WITH WEIGHTS</b>	A total body workout based on core control & conditioning using Joseph Pilates	Improves overall balance and core , Great for strengthening the abdominals and back	Great for all levels. Improves overall core and back strength
<b>KIDS CLUB</b>	Get your kids active . New fitness class for children 7 -12 years of age	Our objective is to assist children in getting physically fit and creating lifestyle changes	All fitness levels.
<b>STEP</b>	Cardio conditioning using the step working with combinations, progressions and options to increase or decrease intensity and complexity.	Excellent for strength, muscle definition, cardio vascular endurance, and posture. Low impact	All fitness levels. Please note - some classes are marked ADV - advanced.
<b>STEP &amp; SCULPT</b>	Cardio conditioning using the step working with combinations, progressions and options to increase or decrease intensity and complexity.	Excellent for strength, muscle definition, cardio endurance, and posture. Low impact with weight training	All levels. Weights are available for all levels
<b>STRETCH &amp; ABS</b>	An entire class focused on flexibility and abdominals.	Lengthens all the muscles and strengthens the abdominal wall	All fitness levels.
<b>TOTAL BODY</b>	All total body classes work you head-to-toe, but each "brand" has it's own unique focus and approach to keep it fun and challenging.	Excellent for strength, muscle definition, endurance, and posture.	All levels, particularly for those who prefer weight training in a group setting
<b>BLISS YOGA</b>	A gentle style of Hatha Yoga to help you de-stress by emphasizing breath and body awareness through Pranayama (Breathing) and meditation. Learn different breathing techniques, benefits and knowledge of Chakras (Centers of energy) and the importance of proper alignment and relaxation.		All fitness levels.
<b>CORE YOGA</b>	Postures and exercises arranged in a flowing systematic sequence to build flexibility, strength and balance in abdominals, back muscles and the glutes. <i>Challenging routine helpful for all</i>		All fitness levels.
<b>WARM YOGA</b>	A challenging and interesting routine of asanas and exercises completed in a warm studio. Let's turn up the heat!		All fitness levels.
<b>SUNRISE YOGA</b>	Surya Namaskar (Sun Salutation) is a graceful sequence of positions performed as one continuous exercise for energy. A great cardio routine that brings flexibility and strength to your spine and joints and will help trim your waist.		All fitness levels.
<b>TAI CHI</b>	Tai chi is a noncompetitive, self-paced system of gentle physical exercise that reduces stress, increases flexibility and improves your muscle definition, energy and endurance while creating a sense of well-being.		All fitness levels.
	Classes where babies under six months may be in the aerobic room while mom is participating in the class.	<i>To accommodate new moms and help create healthy habits for a lifetime!</i>	Babies must be in a car seat