

GROUP FITNESS

WELLNESS TRACK Spring 2006 / Effective April 3–May 29, 2006



NORTH 700 South Bragaw • 278-3621

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30pm		Tai Chi Jessica		Tai Chi Byron			KEY
6 - 7pm	Basic Step Dawn B.		Basic Step Dawn B.				Group Fitness Room
6:35 - 7:35pm		Spring Training* Vicky		TurboKick Crystal			

STEP

Basic Step **60 min.** 1-2 N
Cardiovascular workout utilizing the step bench with simple, yet effective moves.

MIND BODY

Tai Chi **60 min.** 1-3 N
Basic principles of ancient martial arts to coordinate the mind's intent with the body's movements providing an increase in strength, balance and endurance.

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SOUTH 10931 O'Malley Centre Drive • 344-6567

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am			YogaFit Cindy		Yogalates Cindy		KEY
6 - 7am							Group Fitness Room
6 - 7am		H2O Power Cyndi		H2O Power Cyndi			Pool
7 - 8am			Masters Swim Form Julie				Youth
9:15 - 10:15am		Step Combo Joanne	Yoga Yianna	Step Combo Joanne			Cycle Room
9:30 - 10:20am			10:30 - 11:20am Group Cycle Yianna				
9:30 - 10:30am	H2O Cardio Debbie		H2O Cardio Linda Sh.		H2O Cardio Antonia/Rachel		
10:30 - 11:30am	Yoga Yianna				YogaFit Barb		
3:35 - 4:20pm	PowerFlex Exp. Debbie		PowerFlex Exp. Debbie			12:40 - 1:40 pm Yogalates Cindy	12:15 - 1:15pm PowerFlex Plus Jackie
4:30 - 5:30pm		PowerFlex Kim		PowerFlex Kim	Youth Yoga Marina/Sheilagh		
5:30 - 6:30pm	H2O Cardio Cindy		H2O Cardio Cindy		H2O Cardio Gretchen		
5:40 - 6:40pm	PowerFlex Britta		PowerFlex Gretchen				
6:45 - 7:45pm			Cardio Fusion Jennifer				

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EAST 5201 East Tudor Road • 377-9550

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am		Group Cycle Robin		Group Cycle Robin			KEY
6 - 7am		YogaFit Jeannie		YogaFit Jeannie			Upper Group Fitness Room
6 - 7am	H2O Cardio Dawn		H2O Combo Dawn		H2O Combo Dawn		Lower Group Fitness Room
7 - 8am							Pool
9 - 10am	H2O Cardio Ann	H2O Combo Linda St.	H2O Cardio Ann	H2O Combo Linda St.	H2O Cardio Ann		Group Cycle Upper Group Fitness
9:30 - 10:30am	Pilates Phyllis	9 - 10:30am A.B.L.A.S.T Ann	Pilates Phyllis	9 - 10:30am A.B.L.A.S.T Ann			
9:30 - 10:30am			Step Circuit Jane		Pilates on the Ball Phyllis		
10:40 - 11:40am		YogaFit Lite Debbie	10:40 - 11:10am Core Conditioning Jane	YogaFit Lite Debbie			
Noon - 12:45pm	Group Cycle Janet				Group Cycle Ginny	11:15am - 12:15pm YogaFit Britta	
12:50 - 1:10pm	Core Conditioning Janet		Core Conditioning Janet		Core Conditioning Ginny		
5:15 - 6:15pm	Dance Cardio Carol		Dance Cardio Carol		Dance Cardio Tracy		
6 - 7pm		H2O Cardio Joan		H2O Cardio Brenda			
6:30 - 7:30pm	Basic Step Lisa		Basic Step Lisa				

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MIDTOWN 630 East Tudor Road • 562-2460

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 10:30am	Pilates Tina	PowerFlex Mary M.	Pilates Tina	PowerFlex Hanan			KEY
12:10 - 1pm	PowerFlex Exp. Hanan		PowerFlex Exp. Deenie/Janelle		PowerFlex Exp. Gail		Group Fitness Room

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WEST 1400 West Northern Lights Boulevard • 264-2720

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30am	Yogalates Russell		PowerBall Dena		Pilates on the Ball Jolie		KEY
6 - 6:50am	Group Cycle Janelle						Group Fitness Room
9:30 - 10:30am	PowerFlex Heidi V.		PowerFlex Emily		PowerFlex Linda S.		Cycle Room
10:40 - 11:40am	Pilates on the Ball Emily	Vinyasa Yoga Adriana	Pilates on the Ball Emily	Vinyasa Yoga Adriana			
5:45 - 6:35pm	Group Cycle Susie		Group Cycle Shelly				
6:45 - 7:45pm	YogaFit Katey		Yoga David				

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CLUB FOR WOMEN 1450 West Northern Lights Boulevard • 264-2700

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 - 9:15am		Pilates Phyllys		Pilates Phyllys			KEY
1:10 - 2pm	YogaFit Cynthia	YogaFit Lite Bernadette	YogaFit Niki	YogaFit Lite Bernadette			Group Fitness Room
4:30 - 5:30pm		Pilates Sheri		Yogalates Jennifer M.			

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DOWNTOWN 745 West 4th Avenue • 274-4232

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10 - 1pm	YogaFit Katey		YogaFit Katey		Pilates Conita		KEY
5:30 - 6:45pm	Yoga Karen		Gentle Yoga Karen				Group Fitness Room

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EAGLE RIVER 12001 Business Boulevard • 694-6677

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am						8:10 - 9am PilatesFit Danelle	KEY
9:30 - 10:30am		YogaFit Jan	Cardio Fusion Carmel				Group Fitness Room
5 - 5:55pm		Pilates Jill	YogaFit Mary	Pilates on the Ball Jill			10:45 - 11:45am Cardio Blast Laura H.
7:05 - 8:05pm		YogaFit Becky		Yoga Lisa			

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CLASS DESCRIPTIONS

AQUA

H2O Cardio 60 min. 1-3 E, S
Water workouts that focus on cardiovascular conditioning with strength and interval training.

H2O Combo 60 min. 2-3 E
Combines shallow and deep water exercise for cardiovascular training.

Masters Swim Form 60 min. 1-3 S
Swimming workouts focused on stroke technique and form.

CARDIO

Cardio Blast 60 min. 1-3 E, ER
A hot combination of your favorite cardio formats (Hi/Lo, Step, Kickboxing, etc.) varied throughout the workout to maximize your fitness results and fun.

Cardio Fusion 60 min. 2-4 S, W, ER
Cardio workouts incorporating kickboxing, hi/lo and drills followed with a yoga/pilates strength and stretch. A total mind and body workout.

Dance Cardio 60 min. 1-3 E
Dance exercise for cardiovascular training followed by muscle and flexibility conditioning.

STEP

Basic Step 60 min. 1-2 N
Cardiovascular workout utilizing the step bench with simple, yet effective moves.

STRENGTH & ENDURANCE TRAINING

PowerFlex 55 min. 1-4 M, W, E, S, ER
Group weight training class utilizing barbells and hand-held weights to target each major muscle group. Times listed are the start time to have your equipment ready.

PowerFlex Express 45/50 min. 1-4 S, W, ER, M, E
Condensed and concentrated version of the PowerFlex format.

PowerFlex Plus 50/55 min. 1-4 S, ER
PowerFlex workout incorporating various equipment and exercises to add variety to your weight training.

GROUP CYCLE

Group Cycling 45/50/60 min. 2-4 E, S, W
Cardiovascular training utilizing cycling drills and skills.

MIND BODY

Gentle Yoga 75 min. 1-3 D
A gentle approach to yoga practice for increased flexibility, core strength and stress reduction.

Pilates 40/60 min. 1-4 E, S, L, ER
Mat exercise for core conditioning utilizing controlled movements and specific breathing techniques.

PilatesFit 45/50 min. 1-4 D, M
Pilates and core fitness principles fused into one great workout

Pilates on the Ball 55/60 min. 1-3 E, W, ER
Pilates utilizing the stability ball.

Tai Chi 60 min. 1-3 N
Basic principles of ancient martial arts to coordinate the mind's intent with the body's movements providing an increase in strength, balance and endurance.

Yoga 60/75 min. 1-3 E, W, D, S, ER
Meditative exercise using a series of poses and breathing techniques to lengthen, strengthen and relax muscles.

YogaFit 60 min. 1-4 E, D, S, W, ER
Yoga practice in a flowing presentation with modifications provided; designed to increase muscle endurance, strength, flexibility and relaxation.

YogaFit Lite 60 min. 1-2 E
YogaFit practice for those new on their journey, those honoring health concerns (i.e. pre-natal or post surgery), or anyone seeking a more gentle approach.

Yogalates 45/60 min. 1-3 S, L, W
Fusion of yoga practice and pilates mat exercise.

SPECIALTY

Core Conditioning 20/30 min. 1-3 E, W
Mat exercise utilizing a stability ball designed to increase the endurance and strength of the core muscles.