

# GROUP FITNESS SCHEDULE Winter 2006

Effective January 9 - April 2, 2006

**VALLEY** 1720 East Parks Highway, Wasilla 376-3300

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 7am		Group Cycle Anya	Gentle Yoga Pat	Group Cycle Anya			<b>KEY</b>
9:30 - 10:30am					Group Cycle Juanita	Group Cycle Camie	Group Fitness Room 1
9:30 - 10:30am		Step Circuit Christie	Step Annique	Step Circuit Annique		Step Amy/Jean	Group Fitness Room 2
10:35 - 11:35am	YogaFit Linda		Pilates Anya		Yogalates Anya		Group Cycle Room
Noon - 1pm		YogaFit Rebecca		YogaFit Joanne			
4:30 - 5:30pm	Step Jean		Step Circuit Angela		Step Julie		1:30 - 2:30pm YogaFit Joanne
5:30 - 6:30pm	Group Cycle Robin		Group Cycle Kristi	Yogafit Choi			
5:35 - 6:35pm	Dance Cardio Jackie	Cardio KB Robin	Dance Cardio Jackie	Step Donna	Cardio KB Jackie		
6:40 - 7:40pm		Step Donna	6:40 - 8pm Tai Chi Wendy				

## CLASS DESCRIPTIONS

### STEP

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

**Step Circuit** 60 min. 2-3 E, S, V  
Adds upper and lower body strength/endurance training between intervals of step training.

**Step Combo** 50/60 min. 2-4 S, W, D, ER, V  
A choreographed step routine presented in layers of intensity and variations of movements. Challenging and fun for intermediate to advanced steppers.

### CARDIO

**Cardio Kickboxing** 60 min. E, M, ER, V, W  
Cardiovascular workout using various punches and kicks as well as boxing training drills.

**Dance Cardio** 60 min. 2 E, V, ER  
Dance exercise for cardiovascular training followed by muscle and flexibility conditioning.

### GROUP CYCLE

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

### MIND BODY

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

**Tai Chi** 60 min. 1-3 N, W, V  
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.

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

**Yogalates** 60 min. 1-3 S, L, V  
Fusion of yoga practice and pilates mat exercise.