

July 2010

Group Exercise Schedule



MVe Pilates Chair Orientations

Now being offered the third Saturday every month from 10:30 to 11:15 a.m. Please sign up for your free orientation in the lobby area. For more information call 624-3450.

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Room	Saturday	Sunday
5:30 a.m.	A	F. I. T.	Body Bar Challenge		Body Bar Challenge	<i>Zumba</i>				2:00 p.m. Spinning Room B
	B	Spinning	Spin - N - Core	Spinning	Spin - N - Core	Spin Circuit				
6:30 a.m.	A	Senior Fitness		Senior Fitness		Senior Fitness	7:30 a.m.	A	Flex-N-Tone	
	B	MVe*		MVe*			8:30 a.m.	A	<i>Zumba</i>	
7:00 a.m.	A		Yoga*		Yoga*		B	Spinning		
8:30 a.m.	A	Step	F. I. T.	Circuit Step	F. I. T.	<i>Zumba</i>	9:30 a.m.	A	F. I. T.	
	B						B			
9:30 a.m.	A	Low Impact	Beginning CWLD	Low Impact	Beginning CWLD	Low Impact	<p>Manage Your Energy Before You Burn Out</p> <p>Energy management will be to the '00s what time management was to the '90s. You may be organized five times over, but if you're lethargic when you show up for work, what's the point? Here are a few tips on using your energy appropriately.</p> <ul style="list-style-type: none"> • Go to bed early and wake up early. • Go to sleep and wake up consistently at the same times each day. • Eat five or six small meals daily. • Eat breakfast every day. • Eat a balanced, healthful diet. • Minimize simple sugars. • Drink at least 64 ounces of water a day. • Take short breaks every 90 minutes during your workday. • Get some physical activity daily. • Do at least two cardiovascular interval workouts and two strength-training workouts a week. <p>And, finally, ask yourself this question every six months: Why am I doing this job? If you don't know the answer, you're most certainly living life without the most significant energy source of all: the energy of the human spirit.</p> <p>—adapted from <i>Men's Health</i></p>			
	B	Maternity-N-Motion	MVe*	Maternity-N-Motion	MVe*	Spin Circuit				
10:30 a.m.	A	Senior Fitness	<i>Osteo - Pilates*</i>	Senior Fitness	<i>Pilates Mat*</i>	Senior Fitness				
	B	Breathing Easy		Breathing Easy		Breathing Easy				
11:00 a.m.	A									
	B		Sit-N-Be Fit		Sit-N-Be Fit					
11:30 a.m.	A		Intro / Adv CWLD		Intro / Adv CWLD					
	B									
12:00 p.m.	A	<i>Beginning Yoga*</i>		<i>Beginning Yoga*</i>						
	B		12:15 p.m. Spinning	Steady Steps	12:15 p.m. Spin Circuit					
2:00 p.m.	A	Healthy Heart		Healthy Heart		Healthy Heart				
	B									
4:00 p.m.	A									
	B									
4:30 p.m.	A	Low Impact	TLC Kidz Klub	Low Impact	TLC Kidz Klub	Low Impact				
	B	Spin Circuit	Spinning	Spin Circuit	Spinning					
5:30 p.m.	A	<i>Zumba</i>	F. I. T	<i>Zumba</i>	Body Bar Challenge	<i>Zumba</i>				
	B	Box - N - Kick	Body Bar Challenge	Box - N - Kick	Kids Karate	Spinning				
6:30 p.m.	A	MVe*	Pilates*	MVe*	Pilates*					
	B	Spinning	Beginning Karate	Spinning	Beginning Karate					
7:30 p.m.	A	Yoga*	Arms/Legs/Core	Yoga*	Arms/Legs/Core					
	B	Tai Chi	Advanced Karate		Advanced Karate					

* For your safety, you will not be permitted to participate in Yoga or Pilates if more than 5 minutes late for class. You must be pre-registered to participate in the MVe series.