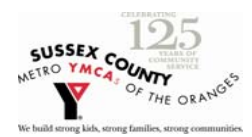




Adult Group Exercise Schedule class descriptions

Spring I
3/1-4/25/2010



Abs Sat 9:30am

30 minute class to strengthen your core.

Active Adult Feeling Fit Thurs 11:00am

A low intensity, low impact class for cardiovascular and muscular conditioning. A great way for Active Adults to keep fit!

***Active Adult Toning Tues 10:15am**

Stretching and toning for increased flexibility, range of motion and strength.

Aerobic Dance Wed 11:00am Thurs 7:30pm

A choreographed aerobic class that incorporates different styles of dance that all levels can learn. Great fun!

\$ Aikido Wed 7:00pm

Learn the dynamic flowing martial art of Aikido where the emphasis is on using your opponents energy to gain control.

Balance V.S. Strength Thurs 5:30pm

Put your strength and balance to the test with a variety of challenging strength exercises while maintaining core balance.

Bars and Bells Fri 11:00am

A class that utilizes dumbbells and body bars for a overall resistance workout.

\$ Boot Camp Sun 9:00am

Experience all types of training in a diverse circuit training class that helps weight loss and increase your overall fitness level.

Body Blast Thurs 10:00am

A thorough sculpt class utilizing different types of resistance equipments as well as your own body weight finishing with some serious ab work.

Cardio Kickboxing Mon 6:30pm

A fun and upbeat cardio workout blending kicks, punches, jabs and calisthenics. This class will improve your endurance, balance and your muscle tone.

Cardio Step Mon 9:00am, 4:30pm Wed 10:00am

Improve cardiovascular endurance, coordination and balance during Cardio Step classes.

Cardio Pump Tues 9:00am Sun 10:00am

A full body workout that combines intervals of cardiovascular conditioning with strength training exercises. Use of weights, tubing, bars, steps and balls are incorporated into this energizing class.

Chair Yoga Mon 11:15am

Yoga modified for those who find getting on and off the floor difficult, these poses are done while sitting in a chair.

\$ Contact Kickboxing Tues 7:30pm Thurs 7:30pm Sat 7:30pm

Combines elements of boxing, martial arts, and aerobics in an intense workout to provide overall physical conditioning and toning. You will also learn the proper forms for punches & kicks with the use of professional kick pads.

cYcle Mon 10:00am, 7:30pm Tues 8:00am, 7:00pm, 8:00pm Wed 9:00am, 6:30pm Thurs 8:00am Fri 10:00am Sat 7:30am, 8:30am Sun 8:00am

Improve your cardiovascular endurance by cycling. Instructors use a wide variety of music to create a ride that will keep you motivated and your heart pumping. Class sizes are limited; bikes are first come, first serve, tickets available 30 minutes prior to the start of each class at the Welcome Center.

Dynamic Yoga Wed 6:00pm Thurs 10:00am

Intermediate level yoga class focusing yoga postures flowing from one yoga posture into another. Modification are included

***Gentle Yoga Tues 10:00am**

Slow gentle stretching using modified yoga poses for all to be able to participate in.

\$ Kettlebell Sat 11:00am

Join in on the newest craze using kettlebells for a great total body workout. Class space is limited. Register at the Welcome Center.

***Low Impact Cardio Tues 5:30pm**

Enjoy a mix of low-impact, high-intensity toning and cardiovascular conditioning exercises for your whole body.

*All fitness levels can participate in group exercise classes. However, an * marks classes are recommended for beginner.*

Mat Pilates Tues 9:00am Thurs 9:00am

A mat based class that focuses on strengthening your core muscles through disciplined movements and controlled breathing.

***Midsection Meltdown Tues 6:30pm**

Includes abdominal, oblique, upper and lower back strengthening exercises. Increases flexibility, stability and balance. Great for all levels of fitness.

Raise the Bar Wed 5:30pm

Take your fitness to a new level using body bars for a full body workout.

Sculpt Mon 5:30pm Wed 7:30pm

A full body workout using resistance to strengthen your muscles.

***Step and Tone Wed 4:30pm**

A low impact class that incorporates cardio step and resistance training for toning muscles.

20/20 Thur 9:00am

20 minutes of spin followed by 20 minutes of cardio.

Teen Fitness Sat 1:00pm

High energy class with diverse format targeting different styles of exercise while having fun.

Triple Threat Fri 9:00am

Hard core circuit class including sculpting and cardio.

\$ Y Weight Challenge Mon 7:00pm Sat 12:00pm

A ten week program that helps you loose weight while working out in a supportive group. Call Alma Dhuyvetter for more information. (973)209-9622 ext 208

Yoga Mon 10:00am, 7:00pm Wed 10:00am Thurs 6:30pm Fri 9:00am

A stretching class which includes learning technical Yoga postures, breathing, and complete relaxation at the end of each session. Great for mind, body and soul.

***Yoga / Pilates Mon 9:00am Tues 6:30pm Sat 10:00am**

Pilates and Yoga combined to build a strong core with the benefits of flexibility.

Vinyasa Yoga Sun 9:00am

A high energy cardio paced Yoga class that moves through a series of Yoga postures.