



# Studio A – Mind, Body & Wellness



Effective July 11 - August 30, 2008

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Anusara Inspired Yoga 6:00 - 7:00am Brett		Anusara Inspired Yoga 6:00 - 7:00am Brett			
Vinyasa Yoga 9:00 - 10:30am Shannon		Iyengar Yoga 9:15 - 10:30am Melora		Vinyasa Yoga 9:15 - 10:30am Rebecca		Vinyasa Yoga Level II 8:30 - 10:00am Rebecca
	Vinyasa Yoga 12:00 - 1:00pm Rebecca	Zumba (begins 6/10) 12:00 - 1:00pm Mareesa	Vinyasa Yoga 12:00 - 1:00pm Rebecca	Nia Dance 12:00 - 1:00pm Ashley	Vinyasa Yoga 12:00 - 1:00pm Shannon	
	Anusara Inspired Yoga 5:45 - 7:00pm Brett		Zumba (begins 6/10) 5:45 - 6:45pm Mareesa	Anusara Inspired Yoga 5:45 - 7:00pm Brett		
<b>*extra fees for private small group classes. Sign up at the front desk!</b>						<b>Reminder – classes can change or be cancelled at any time due to lack of participation.</b>



# Studio B – Group Fitness & Cycling



Effective July 11 - August 30, 2008

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		Adventure Bootcamp 6:00 - 7:00am Karen		Step 2 It! 6:00 - 7:00am Bob	Cardio, Core & More 6:00 - 7:00am Darcy	
	Cardio, Core & More 11:30 - 12:25pm Tunde	Step Up To The Bar 11:30 - 12:25pm Kim	Cardio, Core & More 11:30 - 12:25pm Tunde	Integrated Intervals 11:30 - 12:25pm Kim	Pilates Mat 11:30 - 12:25pm Tunde	
	Indoor Cycling 12:30 - 1:30pm Kim	Indoor Cycling 12:30 - 1:30pm Will	Indoor Cycling 12:30 - 1:30pm Pam	Indoor Cycling 12:30 - 1:30pm Pam	Indoor Cycling 12:30 - 1:30pm Kim	
	Step & Sculpt 5:30 - 6:30pm Kristen	Tri-Fusion 5:30 - 6:30pm Kim	Pilates Mat 5:30 - 6:30pm Tunde	Tri-Fusion 5:30 - 6:30pm Kim	Step 2 It! 5:30 - 6:30pm Danielle	
<b>*extra fees for private small group classes. Sign up at the front desk!</b>						<b>Reminder – classes can change or be cancelled at any time due to lack of participation.</b>

# Bay Club's Group Fitness, Cycling and Mind, Body Class Descriptions

**Adventure Bootcamp** is an indoor & outdoor program of fitness instruction and motivational training for the total body for all levels of fitness. **Come prepared to work hard, sweat, be inspired and have fun while participating in a fantastic workout led by Certified Trainer Karen McDine at 6 am sharp!**

**Cardio, Core & More - (hand weights & stability balls)** After a dynamic warm-up this functional athletic movement class with cardio components fused with core and strength components will sharpen your endurance, agility, flexibility, balance and core. Informed by the latest findings in exercise science and functional training, focuses on fine tuning your movements to get the most out of the workout.

**Indoor Cycling - (bike shorts are recommended, while bike shoes are not mandatory. Please bring a water bottle to all classes)** You will be guided through an entire cycling adventure cueing form, intensity, and challenging you at every turn. Each class is based on Schwinn techniques, offering you clear instruction, modifications and empowerment. A great way to get ready for your outdoor cycling.

**Integrated Intervals - (hand weights, bars, bands, step & gliding discs)** Pure fun hi/low combos alternating with the use of fitness props. You will be guided through exercises that target every muscle grouping your body. This class will transform classic exercises into innovative fluid motions that challenge your total body.

**Nia - Cardio Fusion** - A fitness and lifestyle practice that uses movements to find health. Through the power of martial arts, the expressiveness of the dance arts and the wisdom of the healing arts, Nia is eclectic in what it has to offer. Using a barefoot technique to increase body awareness and efficiency of movement, the individual will develop flexibility, agility, mobility, strength and stability as well as cardiovascular health.

**Pilates Mat - (You need to bring your own yoga mat)** A flowing, progressive workout that trains the body to move the way it was intended. This non-stop workout uses the versatility of your core, while taking you through all the body's planes of motion, enhancing your body's ability to improve its quality of movement, while enhancing overall strength, flexibility, and physical grace. \* (Private intermediate-level instruction has an extra fee for this program)

**Step & Sculpt - (step & body bar or hand weights)** Follow basic combos to warm you up and get your heart pumping. We then move into a challenging workout using the body bar. This workout allows you to get the most bang for your buck!

**Step 2 It! - (step)** Follow basic combos to warm you up and get your heart pumping. We then move into a challenging workout using the body bar. This workout allows you to get the most bang for your buck!

**Step Up To The Bar! - (body bar & step)** You will lengthen and strengthen at the same time using muscles that stay fully engaged through the full range of movement for each exercise pattern. This is truly a total body workout experience that is unique and fresh.

**Tri- Fusion** - The Best of all worlds! Like a triathlon without the competition. Try this extreme interval training class. Instead of the swim, you will have 20 minutes of strength, conditioning and functional movements, followed by a 20 minute cycling interval format to 20 minutes of jump rope and polymeric drills mixed to create an intense and innovated workout. **Or, You can just ride for the hour and be instructed thru various workouts.**

**Yoga - (Please bring your own yoga mat, we provide blocks, & stretch straps)** Each of the Yoga styles are different. **Vinyasa Flow** Yoga incorporates fluid movements with deep, rhythmic breathing. **Anusara** Yoga poses are considered to be heart-oriented. **Iyengar** Yoga uses props, such as belts and blocks, as aids in performing postures. Yoga is an exercise method that strengthens the mind along with the body due to its meditative nature.

**Zumba** fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

**\*(Small Group Training has an extra fee for this program)**