

Group Exercise Schedule

Begins Monday, January 4 | Revised Monday, January 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM SPIN Barb	5:45-6:45AM SPIN Carol	5:45-6:45AM SPIN Barb	5:45-6:45AM MUSCLE PUMP Sue	7:00-8:00AM MUSCLE PUMP Sue	★ 7:00-8:00AM STRENGTH & TONE Jamie
6:00-7:00AM DEFINITIONS Maya		6:00-7:00AM DEFINITIONS Maya			7:00-8:25AM ★ THE RIDE Kris & Barb	7:25-8:25AM SPIN Judy
8:00-9:00AM SPIN Debbie		8:00-9:00AM SPIN Mary		8:00-9:00AM SPIN Mary	8:30-9:30AM SPIN Jodi	8:15-9:15AM ZUMBA Melissa
8:30-9:30AM HYDRO SPLASH Amy	8:30-9:30AM AQUANASTICS Hilli	8:30-9:30AM HYDRO SPLASH Judy B.	8:30-9:30AM AQUANASTICS Hilli	★ 8:30-9:30AM HYDRO SPLASH Judy F	8:30-9:30AM HYDRO SPLASH Lisa	8:30-9:30AM SPIN Jennifer
8:30-9:25AM ZUMBA Kathy	8:30-9:25AM BODY SCULPT Jacey	8:30-9:25AM CARDIO MIX & CORE Judi	8:30-9:25AM STRENGTH & TONE Amy	8:30-9:30AM YOGA FLOW (L1/L2) Debbie	8:30-9:30AM CARDIO MIX & CORE Judi S.	
9:30-10:30AM CARDIO KICKBOXING Dana Gym	★ 9:30-10:30AM CARDIO CIRCUIT CHALLENGE Jennifer Gym	9:30-10:30AM ZUMBA Melissa Gym	9:30-10:30AM ★ ZUMBA Kathy Gym	9:30-10:30AM TBC Dana Gym		9:15-10:15AM TBC Dana Gym
9:30-10:30AM SPIN Mary	9:30-10:30AM SPIN Amy	9:30-10:30AM SPIN Kris	9:30-10:30AM SPIN Carol	9:30-10:30AM SPIN Jennifer	9:35-10:35AM ★ SPIN Amy	9:35-10:35AM SPIN Mary
9:30-10:30AM BODY SCULPT Jacey	9:30-10:30AM POWER PILATES (L2/L3) Maya	9:30-10:30AM SCULPT & TONE Judi	9:30-10:30AM CARDIO KICKBOXING Michelle	9:35-10:30AM PILATES (AL) Maya	9:30-10:30AM SCULPT & TONE Judi S.	9:30-10:30AM HYDRO SPLASH Judy B.
10:35-11:50AM YOGA STRETCH (AL) Kaye	★ 10:35-11:35AM CARDIO SCULPT Sue	10:35-11:50AM YOGA STRETCH (AL) Kaye	10:35-11:50AM YOGA (L1/L2) Laurie	10:00-11:00AM AQUA PILATES Anita		9:30-10:45AM YOGA STRETCH (AL) Kaye
Noon-1:00PM BETTER BONES ★ Judy	11:00-11:45AM ARTHRITIS Anita	Noon-1:00PM CHAIR YOGA Jerry	11:00-11:45AM HYDRO LIGHT Lisa	10:35-11:35AM ★ ZUMBA Melissa Begins Jan 15	10:45AM-Noon YOGA (L1/L2) Andy	10:45AM-Noon YOGA FLOW (L2/L3) Kaye
1:15-2:15PM STRENGTH & TONE Amy	★ 1:15-2:15PM YOGA SCULPT (AL) Sue	1:15-2:15PM MUSCLE PUMP Sue	★ Noon-1:00PM HI/LOW Judi	Noon-1:00PM BETTER BONES ★ Amy		
		4:30-5:30PM ★ TEEN SPIN Carol	★ 1:15-2:15PM PILATES (AL) Judi	1:15-2:15PM STRENGTH & TONE Amy		
4:30-5:00PM ROCK HARD ABS Dana	5:00-6:00PM BOOT CAMP Bill	5:00-6:00PM CARDIO KICKBOXING Michelle	5:00-6:00PM BOOT CAMP Bill		3:30-4:30PM SPIN Carol	
5:05-6:05PM TBC Dana	6:00-7:00PM HYDRO SPLASH Winni	6:00-7:00PM ULTIMATE KICKBOXING Justin MP Room	6:00-7:00PM HYDRO SPLASH Lisa			
6:30-7:30PM SPIN Amy		★ 6:15-7:15PM WOMEN ON WEIGHTS Judy	★ 6:15-7:15PM FUSION Jamie			
7:00-8:30PM YOGA (AL) Jerry		6:30-7:30PM SPIN Jodi	7:00-8:00PM SPIN Kris			

★ NEW class, time or instructor

Spin Classes

Aquatic Classes

Yoga/Pilates Level Key

AL= Appropriate for all levels

L1= Never taken a yoga/pilates class before or been a while.

L2= A regular for yoga/pilates. Knows all the basic moves.

L3= Advanced participant. A student for many years.

Group Fitness Fees

	Single Class	10-Pass
Member	\$4	\$30
Resident Nonmember	\$9	\$70
Nonresident Nonmember	\$11	\$90

Please see reverse side for class descriptions & group fitness etiquette.

Please email jolson@pdhp.org to be included on the weekly group exercise newsletter highlighting upcoming changes to the schedule.

Group Exercise Descriptions

CARDIO/DANCE/SPORTS

Boot Camp: A workout guaranteed to sculpt and shape your body like no other! Enjoy a maximum workout in minimal time. This class combines the best of Boot Camp Fitness, Pilates, Kickboxing, Yoga, and Bands and Ball workouts.

Cardio Circuit Challenge: A high energy, full body workout that is designed to increase strength and stamina through the use of cardio, weights and bands.

Cardio Kickboxing: A high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. All levels welcome.

Cardio Mix & Core: A combination of cardiovascular exercise (dance, step, kickboxing, circuit moves) to upbeat music. Core strength and overall flexibility will be emphasized. For all levels.

Cardio Sculpt: A blend of cardiovascular and strength exercises designed to challenge the entire body.

Fusion: Cardiovascular and strength training are combined in this class for a total body workout.

Hi/Low: Choreographed movements varying between hi and low intensity where you can choose the level of difficulty.

Sculpt & Tone: A session that will tone and sculpt all of your major muscles using the stability ball, dumbbells, body bars and tubing. Core stabilization and proper posture will be emphasized.

TBC: A total body conditioning workout that will challenge your muscular strength and cardiovascular endurance. For all levels.

Ultimate Kickboxing: A combination of real kickboxing moves used for exercise, self defense and ring sport. Circuit style training designed to chisel your body through exercises such as heavy bag, focus punches and kicks, and footwork drills all taught by a professional kickboxer.

ZUMBA: Burn lots of calories and have fun in this cardio session that will have you dancing merengue, salsa, cha cha, hip hop and more to great music. Dance experience is not necessary.

STRENGTH/FLEXIBILITY/BALANCE

Better Bones: Strengthen your muscles, bones and joints with this class which incorporates strength, balance and conditioning.

Body Sculpt: A challenging strength routine using a different prop weekly. (i.e. bosu, body bar, tubing, etc.) This class incorporates strength, balance and flexibility. All levels welcome.

Definitions: Build strength and endurance in this class that will challenge the entire body.

Muscle Pump: Sculpt your muscles while targeting overall body strength, flexibility and core. All levels welcome.

Rock Hard Abs: Take your core muscles to the next level. Feel strong and balanced with this trunk-focused session. Try it after cardio to maximize your results. All levels welcome.

Strength & Tone: Target overall body strength, balance and flexibility. Exercises improve, strengthen and enhance flexibility for greater general fitness. All levels welcome.

Women On Weights: This full-body workout challenges your muscles, defies your balance and defines your curves. Whether you are a beginner or diehard fitness fan, your hour of work will help turn fat into muscle and increase your metabolism.

MIND & BODY

Chair Yoga: Chair Yoga offers the ability to improve your health with the support of a chair (seated and standing) so you can receive yoga's healing and restorative benefits.

Pilates: A mat session designed to develop core strength and stability as you improve body alignment. All levels welcome.

Power Pilates: A fast-paced version of pilates with more advanced moves designed to challenge your core.

Yoga: An open-level yoga practice. Focus on alignment and continuance of more challenging poses; guided relaxation and meditation will be included.

Yoga Flow: This class is not for the beginner. Although detailed instruction is given, the student should have prior yoga experience. Each asana is linked with the next in an uninterrupted "flow". Be prepared to learn some sanskrit, anatomy and breath work.

Yoga Sculpt: Combine yoga and weights and you end up with YogaSculpt. Combine yoga and weights and you end up with YogaSculpt. Class involves basic level 1 yoga positions with weights added to increase strength. Great for students with little or no yoga experience. Class also involves some pilates and core work.

Yoga Stretch: This class is for the beginner yet is challenging enough for the seasoned practitioner. While gentle on the joints, this class should not be confused with a "gentle class". Use of the wall, blocks, yoga straps and chairs (and other props) help students understand the poses.

SPINNING

Spin: If you can ride a bike, you can spin! Break away from your workout routine to climb hills, sprint flats and everything in between. This high-energy workout is always a cardio challenge. All levels welcome.

Teen Spin: Come experience a custom-designed spin class just for teens. Spin to the latest music hits while getting a high intensity cardiovascular workout. Bring your friends. All levels welcome.

The Ride: Two dynamic instructors will take you on a different 85 minute ride each week that will be updated in the RC Beat. Instructors will guide you through a terrain that could feature horrible hills, treacherous trails or furiously fast flats. One thing is for sure, 'The Ride' will challenge you to the core!

WATER

Aqua Pilates: A non-impact water class involving strengthening and stretching movements that require precise breathing and muscle control. Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture and relieves stress.

Arthritis: This class is great for people with arthritis, fibromyalgia, MS, and people with hip and knee replacements. This is a recreational exercise program with a wellness concept for people to manage symptoms, maintain independence and enjoy life.

Hydro Light: A class for those looking for a lighter working to protect and strengthen bones and joints.

HydroSplash: Our pool workouts incorporate cardio, muscular conditioning and flexibility while maintaining low impact for your joints. Get your heart pumping in this great cross-training option. All levels welcome.

Group Fitness Etiquette

- Check in at the front desk prior to attending class and give your attendance card to the instructor at the beginning of the class session.
- Please be on time to the class and stay until the end, as the warm-up and cool-down are vital components to a successful class.
- We reserve the right to change the schedule at any time, including formats, times and instructors.
- Please return all equipment to its proper storage area.
- Please introduce yourself to the instructor and inform him/her of any medical conditions before class.
- Please wear comfortable clothing and shoes that do not scuff the floors.