

MAY 2012

# GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TAKE NOTE!
5:30a <b>BOOT CAMP</b> FF Kay	5:30a <b>X-TRAINING</b> FF Matt	5:30a <b>BOOT CAMP</b> FF Jay	5:30a <b>X-TRAINING</b> FF Matt	5:30a <b>YOGA</b> YS Therese	8:30 <b>CYCLE FUSION</b> CS Kim/Kay	<p><b>NOW IN THE CYCLE STUDIO!!!</b>                      THE <b>LEMOND FITNESS™</b>  <b>REVMASTER PRO</b>                      The next generation of indoor cycling bikes.</p>
6:00a <b>BODYPUMP</b> GF Marcie	5:30a <b>ROCKIN BOXIN</b> GF Steve	5:30a <b>CORE &amp; MORE</b> GF Jay	5:30a <b>ROCKIN BOXIN</b> GF Steve	6:00a <b>BODYPUMP</b> GF Marcie	9:00a <b>\$REFORMER</b> MS Gaby	
8:20a <b>BODYPUMP</b> GF Tara	7:00a <b>CARDIO SCULPT</b> GF Sue	8:20a <b>BODYPUMP</b> GF Paula	7:00a <b>CARDIO SCULPT</b> GF Sue	8:00a <b>\$TRX</b> MS Lisa	9:00a <b>BODYPUMP</b> GF Sue	
9:00a <b>\$TRX</b> MS Lisa	7:00a <b>X-TRAINING</b> FF Matt	9:15a <b>CIRCUIT TRAINING</b> GYF Amy	7:00a <b>X-TRAINING</b> FF Matt	8:20a <b>BODYPUMP</b> GF Marcie	9:15a <b>YOGA FLOW</b> YS Sherry	
9:15a <b>POWER YOGA</b> YS Carrie	8:30a <b>CRT TRAINING</b> GYF Alex	9:15a <b>CYCLE</b> CS Franne	9:00a <b>\$TRX</b> MS Lisa	8:45a <b>GLIDING</b> MS Gaby	10:15a <b>ZUMBA FUSION</b> GF Gaby	
9:30a <b>\$REFORMER</b> PS Natasha	8:45a <b>\$REFORMER</b> PS Gaby	9:30a <b>YOGA/PILATES</b> YS Julie	9:30a <b>BEAMING</b> MS Lisa	9:15a <b>YOGA</b> YS Marjorie-75m		
9:30a <b>\$TOWER CIRCUIT</b> FF Gaby	9:15a <b>YOGA</b> YS Marjorie-75m	9:30a <b>HEART&amp;SOLE</b> GF Sue	9:30a <b>YOGA</b> YS Denise	10:30a <b>MAT PILATES</b> MS Gaby <i>NEW!</i>		
9:30a <b>CYCLE</b> CS Kim	9:30a <b>POWER HOUR</b> GF Lisa	9:30a <b>\$REF. BARRE</b> PS Gaby	9:30a <b>BODYPUMP</b> GF Sue	9:30a <b>ZUMBA</b> GF Staff		
9:30a <b>THE MIX</b> GF Julie	9:00a <b>BEG'S CYCLE</b> CS Sue	10:30a <b>ZUMBA</b> GF Lauren	9:30a <b>TBC</b> GYF Amy	9:30a <b>CYCLE</b> CS Kim		
10:30a <b>GLIDING</b> MS Gaby	9:45a <b>\$REFORMER</b> PS Gaby	10:30a <b>GENTLE YOGA</b> YS Denise	9:45a <b>\$REFORMER</b> PS Gaby	10a <b>\$CL PILATES</b> PS Geeny		
10:30a <b>GENTLE YOGA</b> YS Denise	10a <b>STRETCH &amp; REL</b> MS Sue <i>45m!</i>	10:30a <b>MAT PILATES</b> MS Gaby	10:30a <b>STRETCH &amp; REL</b> MS Sue <i>45m!</i>	10:30a <b>GENTLE YOGA</b> YS Denise	<b>SUNDAY</b>	
10:30a <b>ZUMBA GOLD</b> GF Laja	10:30a <b>\$WOW</b> FF Denise	4:30p <b>CYCLE</b> CS Shawn	10:30a <b>\$WOW</b> GF Denise		8:10a <b>PRENATAL YOGA</b> YS Sierra	
4:00p <b>\$JR KIDS BALLET</b> MS Gaby*	10:45a <b>GLIDING</b> MS Gaby	5:15p <b>BEAMING</b> MS Lisa <i>NEW!</i>	10:45a <b>SENIORCISE</b> YS Alan		8:30a <b>BODYPUMP</b> GF Donna/Marcie	
5:00p <b>\$ADULT BALLET</b> MS	10:45a <b>REST. YOGA</b> YS Sherry	7:00p <b>YOGA</b> YS Therese	6:00p <b>\$TRX</b> MS Noel		8:30a <b>\$TRX</b> MS Denise	
6:00p <b>\$REFORMER</b> PS Gaby	10:45a <b>SENIORCISE</b> GF Alan		6p <b>CYCLE</b> CS Shawn		9:00a <b>BEAMING</b> MS Denise <i>NEW!</i>	
6:00p <b>BODYPUMP</b> GF Marcie	12p <b>GENTLE YOGA ADV</b> YS De-		6:30p <b>BALLET BARRE</b> MS Steph <i>NEW!</i>		9:15a <b>CYCLE</b> CS Shawn/Sue	
7:30p <b>YIN YOGA</b> YS Lis	6:00p <b>\$TRX</b> MS Noel				9:15a <b>YOGAFLOW</b> YS Marj-75m	
	6:00p <b>POWER YOGA</b> YS Julie				9:15a <b>CIRCUIT TRAINING</b> FF Alex	
	6:30p <b>ZUMBA</b> GF Laja				9:45a <b>ZUMBA</b> GF 75m	
					<b>ZUMBA SUNDAY STAFF ROTATION:</b> 5/6 THOMASA; 5/13 THOMASA; 5/20 LAJA; 5/27 KARI	
					10:30a <b>CYCLE</b> CS Shawn	
					10:30a <b>YOGA FLOW</b> YS Sierra-75m	
					11:15a <b>SENIORCISE</b> GF Alan	

**JOIN US FOR THE LEMOND KICKOFF PARTY... CINCO DE MAYO STYLE!!**  
**Sunday May, 6th 9:15-11:15am**  
 Hosted by Kim and Shawn

\*\*Reserve your bike at the Welcome Desk\*\*  
 Great music, refreshments and an amazing workout on the new bikes!

**STUDIO KEY**  
 GF: Group Fitness  
 YS: Yoga Studio  
 CS: Cycle Studio  
 MS: Movement Studio  
 PS: Pilates Studio  
 GYF: Gym Floor  
 FF: Fitness Floor

**MAY 2012 CLASS DESCRIPTIONS**

CARDIO TRAINING	STRENGTH TRAINING	YOGA	CARDIO/STENGHT COMBO	PILATES/ MIND,BODY,SPIRIT	CYCLE	Group Exercise Class Tips
<p><b>POWER HOUR</b> Power and explosive moves dominate this class with a fusion of kickboxing, resistance work and cardio intervals! This is a total-body, high intensity class.</p> <p><b>GLIDING</b> Boost your fat burning ability with Gliding™ Discs! The sliding and gliding moves will increase your cardio level while leaning out and shaping your legs.</p> <p><b>ZUMBA</b> Heat things up with hot Latin music and rhythms as you get energized with red-hot international dance. You will get hooked on its infectious music, easy-to-follow dance moves.</p> <p><b>ZUMBA FUSION</b> Improve your dance skills as well as fitness, agility, coordination and stamina with this fun class. It blends various dance and music styles (hip hop, jazz, world, funk, Latin, tribal, bollywood and more.</p> <p><b>ZUMBA GOLD</b> Zumba for all ages and abilities. Low impact dancing with the same energy and excitement that Zumba has to offer. Baby Boomer tunes mixed in this format spice up the latin tracks!</p>	<p><b>BODYPUMP</b> The ORIGINAL barbell class!! Endurance strength training where muscle and music collide! Suitable for all levels...The fastest way to get in shape!</p> <p><b>SENIORCISE</b> This class is specifically geared for the needs of mature adults. Flexibility and strengthening exercises for the entire body are incorporated, with special care given to avoid impact to the joints.</p> <p><b>\$ TRX</b> Born in the U.S. Navy Seals, TRX is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, side by side with a Certified TRX Trainer. 30m class.</p> <p><b>\$ WOMEN ON WEIGHTS</b> Get the results you've been working for--small group training environment with a dynamic personal training team. Learn proper safety and technique to build strength, endurance and stability.</p>	<p><b>GENTLE YOGA</b> Gentle yoga class is suited anyone wishing to maintain and improve flexibility, balance, &amp; mobility. Stretch, strengthen, and relax! <i>Advanced level now offered!</i></p> <p><b>POWER YOGA</b> This class is for those who consider themselves advanced in the practice of yoga. You will delve into more intense cardiovascular movements and continue to build strength.</p> <p><b>PRENANTAL YOGA—NEW!</b> Doing prenatal yoga can be a wonderful way to put time aside for yourself and your baby. Women will learn specific poses and breathing techniques to help maintain a healthy pregnancy.</p> <p><b>RESTORATIVE YOGA</b> A rejuvenating class for students with reduced mobility, recovering from injury, or those simply wanting a deeply relaxing experience. The postures are fully supported by props, allowing the body to open.</p> <p><b>YOGA FLOW</b> A mix of traditional and contemporary yoga styles linked to the breath and upbeat music. This class builds strength, stamina, balance, aerobic capacity, suppleness and confidence.</p> <p><b>YIN YOGA</b> This is a passive practice with the primary focus on the lower half of the body. Postures that are typically held for three to five minutes and build on one another. Yin will open your body, quiet your mind and increase your overall well being.</p> <p><b>YOGA/PILATES FUSION</b> A powerful mix of yoga and mat Pilates training that will improve core strength, flexibility and posture</p>	<p><b>BOOT CAMP</b> High intensity strength and cardio exercises designed to challenge your strength and endurance while burning lots of calories. The workout moves quickly, taking you from one exercise to the next with little or no rest. Designed for quick results!</p> <p><b>CARDIO SCULPT</b> Jump start your heart with this 55-minute total body workout designed to improve your heart fitness and strengthen and tone your muscles. First half of class may include low impact cardio and dance. The second half includes sculpting with weights, bands and/or body weight.</p> <p><b>CIRCUIT TRAINING</b> A great way to tone up while shedding body fat. We combine the benefits of weight training and cardiovascular exercise for a complete workout. You'll NEVER be bored as your instructor finds new ways to challenge your body.</p> <p><b>HEART &amp; SOLE</b> A low impact workout for all fitness levels. This class will improve your cardiovascular endurance, balance, strength and flexibility with a variety of exercise equipment and great music.</p> <p><b>ROCKIN' BOXIN'</b> Get ready to sweat! Get in shape while challenging yourself with agility drills, boxing rounds and cardiovascular conditioning. The ultimate total-body workout.</p> <p><b>THE MIX</b> A high energy fusion class that combines different formats—time will fly by!!</p> <p><b>TBC-TOTAL BDDY CONDITIONING</b> If you are looking to improve your physique, this is the class for you... Increase muscle tone while burning fat from head to toe.</p>	<p><b>**BEAMING—NEW!</b> Barefoot training on a specialized foam beam will provide cushioning for your feet, ankles, knees, hips and back to improve balance, core strength and overall flexibility.</p> <p><b>**BALLET BARRE—NEW!</b> Total body workout using a stationary barre, to strengthen, lengthen, and stretch the body from top to bottom, from inside out.</p> <p><b>\$ BALLET FOR ADULTS &amp; KIDS</b> Classical dance training, based on ballet principles, Pilates strength &amp; movement.</p> <p><b>\$ CLASSICAL PILATES REFORMER</b> This class focuses on traditional Pilates moves. The framework of the class is designed by the STOTT progression and method of pilates.</p> <p><b>MAT PILATES—NEW!</b> A series of controlled movements for the abdomen, back, and hips. Designed to create long, lean muscles while enhancing strength, flexibility, balance and posture.</p> <p><b>\$ REFORMER</b> This class utilizes the STOTT reformer and is taught by one of the Pilates trainers. This is a fee-based class.</p> <p><b>\$ REFORMER BARRE TONE</b> Complete mix of cardio and reformer incorporating the jump board to firm legs and abs.</p> <p><b>STRETCH &amp; RELEASE—NEW!</b> With a deep concern for helping people move through daily life, this 45m class will help create more energy, less pain, release excess tension and balance the body.</p> <p><b>\$ 360 TOWER CIRCUIT</b> Work in a pilates, small group setting on the tower and focus on flexibility, alignment, &amp; elongation.</p>	<p><b>ALL TERRAIN CYCLE</b> You will never be bored with this ever-changing class! Rolling hills, tough steep climbs, flat roads for and high speed interval training... anything goes!</p> <p><b>BEGINNER'S CYCLE</b> This class will teach you the basic fundamentals of indoor cycling as you get a great workout. It suitable for beginners or those who have never participated in an indoor cycling class. Great music and a motivated teaching environment!</p> <p><b>INTERVAL CYCLE</b> Interval training involves increasing and decreasing your heart rate by following periods of intense activity with active recovery. In recent years, interval training has been proven responsible for the body's ability to efficiently burn fat.</p> <p><b>STRENGTH CYCLE</b> This class will focus on steady, resistance work. Expect hills to build muscle, strength and power. Get ready to get those legs and heart pumping!</p> <p><b>CYCLE FUSION</b> This cycling specific class will focus on interval training combined with exercises off the bike to strengthen and tone the core and lower body. 10-12 minute cycling intervals mixed in with several cycle specific exercises; planks, lunges, squats, shoulder dips, tricep dips, bicycle crunches, push-up's and many more.</p>	<p>⇒ Instructors and classes are subject to change.</p> <p>⇒ Feel free to bring a towel and water bottle to class.</p> <p>⇒ Please silence all cell phones during class.</p> <p>⇒ All group fitness studios are climate controlled. Please dress accordingly.</p> <p>⇒ Group Fitness classes are intended for members who are 13-years-old and older, unless otherwise noted.</p> <p>⇒ Please respect your fellow members and arrive to class on time. For safety reasons, instructors have the right to refuse participants should they arrive to class more than 10-minutes late.</p> <p>⇒ ** Indicates specialty, small-group for mats, which require no-more than one-week advanced registration at the welcome desk x1230. These classes are limited to 6 participants.</p> <p>⇒ \$ Indicates fee-based specialty class, that requires advanced reservation and payment at the welcome desk x1230.</p> <p>⇒ For additional information, please feel free to call Lisa Robins, Group Fitness Manager at 480.483.7121 x1281</p>



LISA ROBINS

**HAPPY MEMORIAL DAY!!!**



**WE ARE OPEN FROM 5:30am-2pm— HOLIDAY GROUP FITNESS SCHEDULE, MONDAY May 28th**

- 8:30am BODYPUMP with TARA**
- 9:00am CYCLE with Kim**
- 10:00am GENTLE YOGA**
- 9:30am \$TOWER TRAINING with Gaby**
- 10:30am GLIDING with Gaby**



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