

Group Exercise Schedule - MAY 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T'ai Chi Yvette 8 am—9 am	Amazing Step Jessica 8:45 am—9:45 am	Fitness Boxing Jennifer 8:15 am—9:15 am	Amazing Step Jessica 8:45 am—9:45 am		Amazing Step Jessica 8:30 am—9:30 am	On the Ball Steve 8 am—9 am
Yoga Yvette 9 am—10 am		Zumba Veronica 9:15—10:15am		Guts & Butts Veronica 9 am—10 am	Jazzercise (In Gym) 9:15 am—10:15 am	Step Aerobics Veronica 9:15 am—10:15 am
Pop Pilates/ Sculpt Cassey 10:15am -11:15am	On the Ball Steve 10:15 am—11:15 am	Silver Sneakers Steve 10:30 am—11:30 am	Senior Yoga Fitness Steve 10:30 am—11:30 am	Silver Sneakers Steve 10:30 am—11:30 am	Zumba Keisha 10 am—11 am	Pilates Veronica 10:30 am—11:30 am
Dance Party Fitness Tian 11:30 am—12:30 pm	Zumba Keisha 12:15 pm—1:15 pm		Silver Sneakers II Carmen 12:30 pm—1:30 pm	Afro Belly Boogie Angel 12:15 pm—1:15 pm	Silver Sneakers II Carmen 12:30 pm—1:30 pm	Fitness Boxing Jennifer 11:45 am—12:45 pm
	Interval Sculpt & Tone Shandy/ Sub 5:15 pm—6:15 pm	Total Body Fit Veronica 5:30 pm —6:30 pm	Guts & Butts Shandy/ Sub 5:15 pm—6:15 pm	Yoga Su 5:30 pm—6:30 pm	Interval Blast Veronica 5:30 pm—6:30 pm	
	Zumba Veronica 6:30 pm—7:30 pm	Pop Pilates Cassey 6:30 pm—7:30 pm	Zumba Monica 6:30 pm—7:30 pm	Turbo Kickboxing Trena 6:30 pm—7:30 pm	Afro Belly Boogie Angel 7:15 pm—8:15 pm	
	Bollywood Burnout Reetu 7:45 pm—8:45 pm	Yoga Su 7:30 pm—8:30 pm	Dance Party Fitness Tian 7:45 pm—8:45 pm	Spin Veronica 7:30 pm—8:30 pm		



CLASS SCHEDULE SUBJECT TO CHANGE * Please note: Class additions or time changes.
Holiday Hours on Monday May 28th, open 8 am to 1 pm NO CLASSES or CHILDCARE

Silver Sneakers (Senior Fitness) - This class offers a multi-level equipment based strength and conditioning exercises. The class is easy on your joints and appropriate for individuals who exercise regularly as well as those new to exercise or who may not have exercised in years. The exercises are designed to improve your strength, flexibility, and the ability to perform functional activities such as getting in and out your car or lifting your grandchildren.

Senior Yoga Fitness—This class utilizes chair based yoga, breathing techniques and light weights to improve strength, balance and range of motion. Join in the fun while enjoying the music of the 50's and 60's.

ZUMBA — Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

Pop Pilates— Core strengthening moves that will tone and sculpt every muscle in your body while performed on a mat. These are Pilates and Pilates-inspired moves that are set to fun and upbeat music.

Fitness Boxing - Learn basic contact boxing skills for a fantastic and fun core workout. Your workout will be as easy or intense as you make it. This workout incorporates a cardio warm up, strength training, boxing and abs.

Jazzercise - Jazzercise is a 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, kick-boxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome. You'll feel comfortable once you step into class.

Bollywood Burnout - Show off your Bollywood moves or learn some new grooves through this intense total body fitness class. This exhilarating, heart pumping dance will use upbeat Bhangra, Giddha and Filmy songs for an addictive cardio dance workout.

Afro Belly Boogie— Fulfilling Abundant Body, Mind and Spiritual Fitness through natural and beneficial nutritional solutions!

Interval Blast - Mixture of intense cardio for short periods of time and combining different props for ex- weights, bands, medicine ball, ball, weight bar to get maximum fat burning during a 60 minute period. It is for all levels.

On the Ball - It's never too soon to start getting ready for your summer wardrobe. The primary focus of this class will be core strengthening but will also include cardio and strength training.

Guts & Butts- This is a class targeting the abdominal and the lower back muscles, and the buttock muscles, hips and thighs. It is not a cardiovascular class but a muscular endurance workout. Guts & Butts makes a great supplement to your cardio routine.

Total Body Fit - This class will build resistance in body parts you forgot were there. We will target arms, shoulders, abdominal, legs, back muscles - it is a great muscular endurance workout and a great way to cross train.

Cardio Fun - Cardio Fun is a combination of intense cardio workout for members who enjoy cycling to build strength in their legs and who enjoy different music rhythms such as in Zumba to move the body and have fun. Designed for all levels.

Dance Party Fitness - This is a cardiovascular class that combines dance moves with music from old school & disco to the latest hip hop and club bangers. The moves are hot, fun and easy to follow. Walk in and be ready to bust a move. Walk out wet from sweat.

Monday and Wednesday Night Zumba Reservation Policy

Please note that due to the popularity of our Monday and Wednesday night ZUMBA class at 6:30 pm a reservation card system is in effect. Reservation tickets will be handed out 60 minutes prior to class start, typically 5:30 pm. Members with valid membership IDs will have first priority. Drop in participants will receive reservation tickets 15 minutes before class if vacancies still remain. **This class is first come, first served and no saving places in line or in class.** Please see front desk if you have any questions about our reservation policy.

RESERVE NOW FOR CHILDCARE

Jr. Gymsters provides child care for parents who are utilizing the fitness programs at the Union City Sports Center. Parents **MUST** stay on the premises. Children will enjoy recreational activities in a safe and secure environment. There is a 2 hour time limit for child care per visit. **Reservations must be made at least 48 hrs. prior. Spots can be reserved either in person or by phone call. A minimum of 2 children must be committed to attend or the childcare session will be cancelled for that day.**

Equipment Orientation

Not feeling motivated, need a change of pace, or want to learn what all the knobs & buttons do on the fitness equipment? Take the first step to getting a better workout! We offer a FREE equipment orientation class with one of our Personal Trainers. Certain restrictions apply, see fitness desk for details

UP COMING CLASS SCHEDULE
Friday, June 1 @ 10 am