



WINTER 2012 GROUP FITNESS SCHEDULE

Portsmouth

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 A.M.	ZUMBA/TONING Shelly		ZUMBA/TONING Shelly		ZUMBA/TONING Shelly	
7 A.M.						
8 A.M.						SUNRISE CYCLE Julie
8:30 A.M.		ZUMBA® Debbie		ZUMBA® Debbie		
9 A.M.	CARDIO MIX Cindy		CARDIO MIX Cindy		CARDIO MIX Cindy	YOGA Julie
9:35 A.M.		KETTLEBELL BASICS Lucas		KETTLEBELL BASICS Lucas		
10 A.M.	BODY FLOW Cindy		BODY FLOW Cindy		BODY FLOW Cindy	ZUMBA® LeAnne
12 P.M.	TRAINER'S LIST Lucas	TRAINER'S LIST Lucas	TRAINER'S LIST Lucas	TRAINER'S LIST Lucas	TRAINER'S LIST Lucas	
1 P.M.		BEGINNER'S ZUMBA® Lynsi		BEGINNER'S ZUMBA® Lynsi		
1:30 P.M.	SILVER SNEAKERS® MSROM		SILVER SNEAKERS® MSROM		SILVER SNEAKERS® MSROM	
4 P.M.	FUNCTIONAL FUSION™ Debbie	4:15 P.M. CARDIO RIDE Julie	FUNCTIONAL FUSION™ Debbie	4:15 P.M. CARDIO RIDE Julie		
5:05 P.M.		KETTLEBELL BASICS Lucas	LEARN THE MOVES ZUMBA FITNESS Debbie	KETTLEBELL BASICS Lucas	KETTLEBELL 2 Lucas	
5:30 P.M.	ZUMBA® Debbie		ZUMBA® Debbie	ZUMBA® Shelly		
5:40 P.M.		BODY FLOW LeAnne		BODY FLOW LeAnne		
7 P.M.	SUN DOWN RIDE Julie	6:45 P.M. KETTLEBELL 2 Lucas				

HIGH IMPACT/CARDIO
 LOW IMPACT/CARDIO
 BALANCE/STRENGTH/TONING
 CARDIO AND TONING

Wheelerburg

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 AM	BEGINNER'S ZUMBA® Michelle		BEGINNER'S ZUMBA® Michelle		
12:00 PM	SILVERSNEAKERS® MSROM Brittani		SILVERSNEAKERS® MSROM Brittani		SILVERSNEAKERS® MSROM Brittani
5:00 PM	KETTLEBELL BASICS Lucas		KETTLEBELL Lucas		
5:30 PM	FIT Kylie	ZUMBA® Jackie	FIT Kylie	ZUMBA® Jackie	
6:30 PM	YOGA Laura	BODY BLAST Angie	YOGA Laura	BODY BLAST Angie	

Lucasville

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:30 AM	SILVERSNEAKERS® MSROM Laura	SILVERSNEAKERS® MSROM Laura		SILVERSNEAKERS® MSROM Laura
11:30 AM		YOGA GOLD Laura		YOGA GOLD Laura
6:00 PM		ZUMBA® Lynsi		ZUMBA® Lynsi

Class descriptions

Aqua Dynamics – This class covers everything from cardio to muscle conditioning and is suitable for all age and fitness levels. [Beginner level](#)

Aqua Kidz – This seasonal program is for the advanced swimmer. Held in the 25 meter lap pool, participants work on four (4) competitive strokes, Jr. life guarding and conditioning. Must be a good swimmer.

Aqua Power – This class provides highly effective conditioning which develops cardio-respiratory fitness, muscular strength, endurance and flexibility. The class will also improve balance, coordination and posture, with favorable changes in body composition. [Beginner to intermediate](#)

Arthritis Aquatics – This program provides relief for those suffering from arthritis by using slow, full range of motions in our warm hydrotherapy pool.

H2O Aerobics – High intensity water aerobic class combining cardiovascular and toning exercise with minimal impact on joints. (60 min) [Beginner to intermediate](#)

Body Blast- This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. That could mean just about anything!

Body Flow – An athletic blend of Yoga, Ti Chi and Pilates, this class releases stress while you become more flexible and strengthen your core.

Cardio Mix- A mix of cardio options, this class is excellent for those who are limited on time. This class allows you to get a total body workout. [Beginner to intermediate levels.](#)

Cardio Pump - Get a total body workout all in one class. Cardio training and muscle-conditioning are combined using a variety of equipment including steps, exercise balls, and weights. [All Fitness Levels Encouraged.](#)

Cardio Ride – A beginner cycling class that uses low tension with high tension intervals for a great calorie burning workout. (45 min.) [Class is limited to 15 students.](#)

Extreme Circuit- A circuit class combining strength and toning exercises with cardio, speed, agility and core work. (1hr). [Beginner to Advanced levels.](#)

Extreme Fit- A bootcamp style of workout. Fitness evaluations at the beginning and the end of 6 weeks. Instructed by a certified personal trainer. Call for dates and times. [Sign up and extra cost is required.](#)

FIT! - Get your heart pumping and your muscles burning with high intensity cardio alternating with with weight training. This class will increase the amount of calories you burn during and after class. [Beginner to intermediate \(60 min.\)](#)

Functional Fusion™- Traditional weight lifting and toning exercises fused with non-traditional exercises to enhance body appearance, awareness & function. Learn proper form & safe weight lifting techniques. This workout promises to target all of those desirable body parts and then some. [Beginner to intermediate \(60 min.\)](#)

Kettlebell Basics – Learn the basic movements of a Kettlebell workout using proper technique. (30 min.) [Beginner](#)

Kettlebell 2 – Participation in the Kettlebell basics class is a “required” prerequisite for this class. High intensity workout with the kettlebells. (30 min.) [Intermediate](#)

Learn the Moves/Zumba Fitness – This is a 20 -25 min session for beginners to novice Zumba Fitness students. You will learn the basic moves to the Zumba fitness program/ routines. Zumba fitness styles of Beto Shuffle, Merengue, Salsa, Cumbia, Hip-Hop/Reggatone, Bellydance etc. A great refresher for those who have been taking Zumba for awhile! (20-25 min.)

Aquatics

MONDAY

10 A.M. [ARTHRITIS – SUSIE](#)
11 A.M. [AQUA DYNAMICS – CINDY](#)
5:30 P.M. [H2O – TONYA](#)
6:30 P.M. [AQUA KIDS \(SEASONAL\)](#)
[ARTHRITIS – SUSIE](#)

TUESDAY

9:45 A.M. [AQUA POWER – NANCY](#)
5:30 P.M. [H2O – TONYA](#)
6:30 P.M. [ARTHRITIS – SUSIE](#)

WEDNESDAY

10 A.M. [ARTHRITIS – SUSIE](#)
11 A.M. [AQUA DYNAMICS – CINDY](#)
5:30 P.M. [H2O – TONYA](#)

THURSDAY

9:45 A.M. [AQUA POWER – NANCY](#)
5:30 P.M. [H2O – TONYA](#)
6:30 P.M. [ARTHRITIS – SUSIE](#)

FRIDAY

10 A.M. [ARTHRITIS – SUSIE](#)
11 A.M. [AQUA DYNAMICS – CINDY](#)

Silver Sneakers® MSROM/Stretch & Tone – A low intensity class providing flexibility exercises for all joints and light toning exercises for major muscle groups. Most exercises are performed in a chair. Bring a towel and bottle of water with you to class. (30-45 min) [Designed for the senior participant.](#)

Sundown Ride – Enjoy a late evening ride after a hard day at the office! [Beginners to Intermediate students are welcome. \(60min.\)](#)

Sunrise Cycle – Travel on a riding adventure as the instructor interweaves low tension with high tension intervals for a great calorie burning workout. (45 min.) [Beginner. Class is limited to 15](#)

Trainer's List – A work at your own pace class, Trainer's List offers a variety of real functional training, muscular strength and endurance, core work and cardio. There is a new workout everyday. (45 min.) [Intermediate.](#)

Yoga– This Yoga class will integrate the body and mind through a series of basic poses that will allow you to gain increased flexibility, strength, and endurance while energizing yourself for the day ahead. (45-60min). [Beginner to intermediate.](#)

Yoga Gold- This traditional yoga is modified to fit the lifestyle of the less active individual. Increase your range of motion, relieve stress and help manage pain. (60 min.)

Zumba® - A Latin inspired cardio dance class that infuses dances from all over the world together in one fun, high energy, session. It's easy enough that “anyone” can learn how to do it. (60 min.)

Zumba® for Beginners - This course is designed for the active, older population and de-conditioned beginners. It provides participants with a safe and effective total body workout.

Zumba®/Toning - This session begins with 30 minutes of Zumba Fitness & changes to a total body toning session using light hand weights & tubing during the last 30 minutes. Take the hr & choose the part you like best. (60 min.)