



## FALL GROUP FITNESS AND SPIN SCHEDULE

Effective Sept. 8, 2008

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:45 am	JumpStart Cardio 4 TD	SPIN 4 KD	Cardio Flex 4 TV SPIN 4 JC	SPIN 4 JC	JumpStart Cardio 4 TV	
7:15 am					7:30 SPIN 4 JC	Body Flex* 4 TD
8:30 am	Step Interval 4 TD	Lift* 4 CB	Cardio Challenge 4 TD	Lift* 4 CB	Zumba 4 TD	SPIN 4 JL/DW Cardio Challenge 4 TD
8:45 am	SPIN (9:00) 4 TV		SPIN 4 JL		SPIN 4 JL	
9:35 am	Step Energy 4 AM	Jump, Jab, Jam 4 TV	Body Flex* 4 TV	Jump, Jab, Jam 4 AM		
9:40 am	Stott Pilates I 4 JS Pilates Studio				Yoga Stretch 4 TD	Yoga Stretch 4 JL/TD (60 Minutes)
12:15 pm	Body Flex Express 4 TD	SPIN 4 JC	Body Flex Express 4 TD	Yoga For Lunch 4 TD SPIN 4 HM		
4:15 pm	SPIN 4 JC	SPIN 'n Sculpt 4 AM	SPIN 4 HM	Body Flex* 4 KD		
5:30 pm	Cardio Challenge 4 TV	Step Interval 4 KB/TBF	Zumba 4 TD	SPIN 4 DB		
5:45 pm	SPIN 4 DW		SPIN 4 DW	Heavy Bag Cardio 4 KC		
6:35 pm	Body Flex Express 4 TV	Heavy Bag Cardio 4 KC Stott Pilates I 4 JS Pilates Studio	Yoga Stretch (6:40) 4 TD			

**All Spin Classes are held in Studio B. All other classes are in Studio A unless otherwise noted.**  
**Level 1: Beginner Level 2: Intermediate Level 3: Advanced Level 4: All levels**

Please Note: If you are 50 plus and a member of Evergreen Commons, you qualify for a special deluxe membership with a low monthly rate of \$35. This entitles you to take any of the classes that are offered at Evergreen Commons. There are over 40 classes on land and in the pool. Check out the schedule at [www.evergreencommons.org](http://www.evergreencommons.org)  
 Also: There are a select number of classes that are open to those 18—49 years old for a low fee of \$5.00 per class.

## Class Descriptions:

**Body Flex:** A total body barbell workout done to the beat of the music that will improve body tone and muscle definition. Class utilizes special barbell equipment as the primary resistance tool and is designed to accommodate a wide range of fitness levels. Class is limited to 20 participants. (60 min.) Level 4

**Body Flex Express:** Same class as described above only 45 minutes in length.

**Cardio Challenge:** Always different. This class covers all the bases. Step, Aerobics, and Kickboxing (or any combination of these formats) will be offered. Followed by a strength conditioning segment and final stretch, this class is a great cross training workout. (60 min.) Level 4

**Cardio Flex:** A class using the barbell equipment to improve muscle tone and muscle definition with segments of Boot Camp style cardio. (Hey Guys!! A choreography free class.) (45 min.) Level 4

**Heavy Bag Cardio:** A unique blend of fitness and authentic kickboxing using dynamic kick—punch combinations on heavy bags. A cardio workout that will increase your stamina and overall conditioning. Gloves are required (available for purchase). (60 min.) Level 4

**JumpStart Cardio:** Why not start your day out on a high energy note? The instructor will make sure you get a great cardio workout using one of the formats available on our group fitness schedule. A sculpting, abdominal, and flexibility segment will complete the class. (60 min.) Level 4

**Jump, Jab, Jam:** A great combination sure to maximize your workout time. The instructor will lead you through Cardio kickboxing moves combined with hi-lo aerobics. Add in intervals of strength conditioning with weights and tubing and a great core segment for a fun, full body workout. (60 min.) Level 4

**Lift:** A strength training class format designed to teach you proper weight lifting techniques while increasing muscle tone, trimming inches and giving your metabolism a jump-start. (60 min.) Level 4

**Stott Pilates I:** Designed to increase flexibility and improve posture, balance and coordination, Pilates focuses on strengthening the body's core or midsection through a series of exercises using different Pilates equipment. Limited to 10 participants. (45 min.) Level 4

**Step Energy:** A step class for you intermediate to advanced step lovers. Designed to really target lower body muscle groups, this class is loaded with fun-to-do choreography, utilizing one, two, or three steps. A segment for the upper body and core will finish off the class. (60 min.) Level 2, 3

**Step Interval:** A class that targets your heart and your muscles! Alternating segments of step combinations and toning work will keep you interested as you work out every area of your body. (60 min.) Level 4

**Yoga Stretch & Yoga For Lunch:** A dynamic non-cardio, mind-body workout that develops muscular strength, flexibility and balance through focused breathing and posturing techniques. Optional moves given to accommodate all levels of fitness. Bring along a sweatshirt to keep your muscles warm for the workout. A yoga mat is recommended but not necessary. (45 min.) Level 4

**Zumba:** Feel The Beat! Roll your hips, shimmy, shake, snap, kick, and get down low to the beat of Salsa, Meringue, Cumbia, Reggae and more. Put it together with easy to follow moves for a fun, Zumba aerobic fitness style workout. Shake your booty!! (60 min.) Level 4

## SPINNING Class Descriptions:

**\*SPIN:** A cutting edge program that uses a stationary bicycle as an incredible tool to help individuals of all ages and levels of ability achieve their goals of being physically fit and healthy. In this class, your instructor will guide you on a cycling journey that will build physical strength and endurance. Your instructor has carefully selected music to help motivate you during the ride. Add to that the ability to burn up to 500-600 calories per session and you've got a dynamic workout that's tough to beat! Reservation recommended. See Reservation Procedure below. (40-45 min.) Level 4

**\*SPIN 'n Sculpt:** The same workout as a regular spin class, but the spin segment will be 30 min. with a 15 min. abdominal and sculpting segment. (45 min.) Level 4

**REMEMBER: ALWAYS BRING A WATER BOTTLE TO CLASS.**

**\*Reservation Procedure:** You may pre-register for class at the service desk up to 24 hours in advance of the regularly scheduled class time. This can be done in person or on the phone. There is no charge for class **HOWEVER, IF YOU RESERVE AND DO NOT SHOW OR CANCEL LESS THAN ONE HOUR BEFORE CLASS, \$3.00 WILL BE CHARGED TO YOUR ACCOUNT.** You must be in your seat (or in class) 5 minutes before the start of class or Family Fitness Center reserves the right to give your spot away to another member.

**NOTE: Family Fitness Center reserves the right to cancel any class averaging less than 5 participants.**

### Instructors:

CB	Claudina Brinks	TB	Tammi Brummel-Fee	KB	Kortney Burgess	JC	Jim Cech
KC	Kris Chersh	TD	Tammy Dockins	KD	Karen Draeger	KG	Kim Garza (sub)
PH	Pam Houck (sub)	JL	Julie Lamer	AM	Alison Maat	HM	Heather Meirick
JS	Jenny Shoemaker	TV	Tammy VanderPloeg	DW	Dale Wine		
HW	Heather Winia (sub)						