



Exercise Schedule

Sports Club

434.972.2235

Exercise Class Inquiries

434.244.2421

January 2 - February 29, 2012

For inclement weather, call 244-2421 for class cancellations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 AM Fit Yoga STUDIO 3, ALY	6:15 - 7:15 AM Cycle Interval STUDIO 2, ASHLEY	6:15 - 7:15 AM Boot Camp STUDIO 1, SHANNON	6:15 - 7:15 AM Cycle STUDIO 2, ALY	6:15 - 7:15 AM Cycle STUDIO 2, ASHLEY		
7:00 - 8:00 AM High Intensity Training STUDIO 1, LISA	7:00 - 8:00 AM Mix & Match STUDIO 1, LISA			7:00 - 7:50 AM Intervals STUDIO 1, LISA		
8:15 - 9:00 AM Step/Strength STUDIO 1, HALLIE		8:00 - 9:00 AM Total Body Fitness STUDIO 1, HALLIE		8:00 - 8:50 AM Intervals STUDIO 1, HALLIE		
	8:30 - 9:00 AM Have a BALL! STUDIO 1, JEREMY		8:30 - 9:00 AM Lift It STUDIO 1, JEREMY	9:00 - 9:45 AM Fit Yoga STUDIO 1, SUZANNE		
9:05 - 10:20 AM Intermediate Yoga STUDIO 3, TRACEY	9:00 - 10:00 AM Beginner Yoga STUDIO 3, RA	9:05 - 10:20 AM Multi-Level Vinyasa Yoga STUDIO 3, TRACEY	9:00 - 10:00 AM Beginner Yoga STUDIO 3, SUSAN	9:05 - 10:20 AM Intermediate Yoga STUDIO 3, RA	9:00 - 10:00 AM Step/Strength STUDIO 1, NOEL/STAFF	
9:15 - 10:15 AM Cycle STUDIO 2, SUZANNE	9:15 - 10:15 AM Power Pump STUDIO 1, SUZANNE	9:15 - 10:15 AM Cycle 'n Circuits STUDIO 2, TORI	9:15 - 10:15 AM Power Pump STUDIO 1, SUZANNE		9:15 - 10:00 AM Cycle STUDIO 2, SUZANNE	
9:30 - 10:30 AM Zumba! STUDIO 1, GRETA				9:45 - 10:30 AM Zumba! STUDIO 1, GRETA	10:15 - 11:00 AM Power Pump STUDIO 1, SUZANNE	
10:35 - 11:35 AM Zumba Toning STUDIO 1, KATHLEEN	10:30 - 11:30 AM Fit & Fiasty STUDIO 1, WENDY	10:30 - 11:30 AM Step/Strength STUDIO 1, SUZANNE	10:30 - 11:30 AM Fit & Fiasty STUDIO 1, WENDY	10:35 - 11:35 AM Low Impact/Strength STUDIO 1, SUZANNE	10:15 - 11:30 AM Multi-Level Yoga STUDIO 3, JULIE/SARAH	
10:30 - 11:30 AM Mat Pilates STUDIO 3, LAURA	12:00 - 12:45 PM Cycle Class STUDIO 2, FRANK	10:30 - 11:30 AM Mat Pilates STUDIO 3, LAURA		12:00 - 12:45 PM Cycle STUDIO 2, FRANK	11:30 AM - 12:15 PM Beginner Mat Pilates STUDIO 3, TEAL	2:00 - 3:00 PM Cycle STUDIO 2, ALY
12:00 - 1:00 PM High Intensity Training STUDIO 1, PAT	12:15 - 1:30 PM Power Vinyasa Yoga STUDIO 3, MARY LEWIS	12:00 - 1:00 PM High Intensity Training STUDIO 1, JEREMY	12:15 - 1:30 PM Power Vinyasa Yoga STUDIO 3, ANNIE	12:00 - 1:00 PM High Intensity Training STUDIO 1, JEREMY		3:00 - 4:15 PM Flow Yoga (multi-level) STUDIO 3, TRACEY
5:45 - 7:00 PM Boot Camp STUDIO 1, VANESSA	5:00 - 5:45 PM Fit Yoga STUDIO 1, ALY	5:45 - 7:00 PM Boot Camp STUDIO 1, VANESSA	5:00 - 5:45 PM Fit Yoga STUDIO 1, ALY			
6:00 - 7:00 PM Cycle STUDIO 2, JOHN	5:50 - 7:05 PM Vinyasa Yoga STUDIO 3, JULIE/SARAH	6:00 - 7:00 PM Cycle Intervals STUDIO 2, JOHN	5:50 - 7:05 PM Multi-Level Yoga STUDIO 3, RA			

Free for Members | \$200 per Session | \$15 Drop-In Fee

Purchase of exercise classes entitles user to participate in classes only.

If you need any help selecting a class or more information about our class offerings, please ask one of our fitness staff.

Exercise Class Descriptions

Beginner Yoga is great if you have always wanted to practice yoga, but have minimal to no experience. Learn the basics in an unimimidating, slower-paced environment while relaxing your mind.

Boot Camp is a challenging mixture of running & strength exercises designed to give you a workout with attitude. This class offers a total body strength workout using your own weight as resistance.

Cycle Intervals is a cardiovascular, athletic training workout on the cycle that incorporates challenging intervals of spinning sprints and/or strength training for an intense workout!

Cycle Class is a cardiovascular, non-impact, athletic training class utilizing a stationary bike & a variety of music. It is designed to mirror a road bike experience & to provide a terrific workout for all fitness levels. Emphasis is placed on posture, body alignment, & strength. Let's ride!!

Cycle 'n Circuits is guaranteed to make you sweat! This athletic workout starts off with a challenging ride & is followed by circuits to keep the calories burning.

Fit & Feisty is designed for exercisers in their 60's, 70's, & 80's (*beginners are welcome too*). Exercises focus on posture, balance, flexibility, & strength. This class is designed for staying active & fit for many years (*taught by a personal trainer*).

Fit Yoga is designed to be time friendly and user friendly. Great for beginners, for athletes and for those who can't seem to fit yoga into their lives. This hatha style class blends flexibility, balance and strength in a fitness format while potentially reducing the risk of injury, reducing stress, relieving back pain and tension.

Flow Yoga (multi-level) is exactly what it sounds like. Flowing poses that focus on strength, flexibility, balance and the mind-body connection. All levels welcome.

Have a Ball takes core training to the next level with the Bosu Ballast Ball. This workout will challenge your core while incorporating strength moves to improve your balance, flexibility, and overall toning!

High Intensity Training is an athletic, challenging, & intense workout. All classes include strength & cardiovascular challenges while excluding any difficult step sequences or choreography. Join us for an exhilarating workout!

Intermediate Yoga is a more challenging class for students who have been practicing yoga for a few years or for the advanced beginner. It offers training in strength, stamina, flexibility, balance, coordination, & mastering some of the more difficult yoga poses. A total mind, body, & spirit workout. Techniques can be modified to suit all levels.

Intervals offer an intense, high energy, power-packed workout. This class concentrates on agility, coordination, power, timing, & speed. Let's work that body!

Kickbox Express is a 45-minute intense workout influenced by boxing and martial arts skills. Punch and kick your way to fit with this sweat inducing workout!

Lift It is a 30 minute strength class designed to tone your muscles from head-to-toe.

Low Impact/Strength is designed as a moderate intensity, cardiovascular workout that includes resistance work (*beginners are welcome*).

Mat Pilates welcomes newcomers to join *after* their one-on-one sessions have been completed. This class incorporates biomechanical body awareness while focusing on toning & strengthening the abdominals, posture, & back muscles. (*A group setting may exacerbate conditions if you have osteoporosis or certain back and neck injuries. Please see a staff member for more information*).

Mix & Match is the perfect class to add more spark to your workout! This class offers variety by integrating hi/low impact, strength work, step, slide, or a combination so that each week is different & exciting!

Multi-Level Yoga is a class for all levels of yoga participants that offers training in strength, stamina, flexibility, balance, & coordination. A total mind, body, & spirit workout.

Power Pump is a 60 minute, challenging strength class that works all your major muscle groups.

Power Vinyasa Yoga flows from one posture (*asana*) to the next, while the breath keeps the rhythm. It is physically a more strenuous form of yoga that uses power & focuses on the cardiovascular system, muscular flexibility, strength, & balance while achieving a mind-body connection.

Restorative Yoga is a gentle, therapeutic style of yoga that uses props to support the body & deepen the benefits of the poses. It is a soothing & nurturing practice that promotes the effects of conscious relaxation.

Step/Strength combines step for a fun, cardiovascular workout followed by strength training for total body fitness. No matter which you choose, expect an intense, fun workout! Class offerings vary in length from 45 minutes, 60 minutes, or 75 minutes.

Total Body Fitness is a 60-minute strength workout that focuses on upper & lower body exercises, functional movement, core stabilization & balance training. This class is designed to work everything for overall health & fitness.

Zumba! combines high-energy & motivating music with unique moves & combinations that allow participants to dance away their worries. Add some spice & flare to your workout & shake your cha-cha! This Latin-based group exercise class is fun & easy to do. No dance experience required!

For inclement weather, please call 434.244.2421 for class cancellations. If Albemarle County Schools are closed or delayed in opening, all classes prior to 10:30AM will be cancelled. For all other class times, please call the number above for cancellation updates.