



The Boar's Head

800.476.1988

Sports Club

434.972.2235

Exercise Class Inquiries

434.244.2421

Exercise Schedule

July 1 through August 30, 2010

**no classes July 4*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 - 7:15 AM Cycle Class STUDIO 2, SHANNON					
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 Back It Up STUDIO 3, ADRIANNE	8:30 - 9:00 AM Cut Above STUDIO 1, WENDY	8:30 - 9:00 AM Core & More STUDIO 3, ADRIANNE	8:30 - 9:00 AM Buff Up STUDIO 1, WENDY	8:30 - 9:00 AM Ball Core Training STUDIO 3, ADRIANNE		
9:05 - 10:20 AM Intermediate Yoga STUDIO 3, JULIE	9:00 - 10:15 AM Restorative Yoga STUDIO 3, RA	9:05 - 10:20 AM Intermediate 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/KELLY	
9:15 - 10:15 AM Zumba! STUDIO 1, GRETA	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 Kickboxing STUDIO 1, SUZANNE	9:00 - 9:45 AM Zumba! STUDIO 1, GRETA	9:00 - 10:00 AM Cycle Class STUDIO 2, SUZANNE/LAURA	
9:15 - 10:15 AM Cycle STUDIO 2, SUZANNE				9:50 - 10:30 AM Power Pump STUDIO 1, SUZANNE		
10:30 - 11:30 AM Zumba! Gold/Strength STUDIO 1, GRETA	10:30 - 11:30 AM Fit & Fiesty STUDIO 1, WENDY	10:30 - 11:30 AM Step/Strength STUDIO 1, KELLY	10:30 - 11:30 AM Fit & Fiesty STUDIO 1, WENDY	10:35 - 11:35 AM Low Impact/Strength STUDIO 1, SUZANNE/SHANA	10:15 - 11:30 AM Multi-Level Yoga STUDIO 1, JULIA	
11:00 - 11:45 AM Mat Pilates STUDIO 3, ADRIANNE	12:00 - 12:45 PM Cycle Class STUDIO 2, FRANK	11:00 - 11:45 AM Mat Pilates STUDIO 3, ADRIANNE		12:00 - 12:45 PM Cycle Class STUDIO 2, FRANK		1:30 - 2:45 PM Power Vinyasa Yoga STUDIO 3, TRACEY <i>*no class July 4</i>
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, VANESSA	12:15 - 1:30 PM Power Vinyasa Yoga STUDIO 3, ANNIE	12:00 - 1:00 PM High Intensity Training STUDIO 1, VANESSA		
5:45 - 7:00 PM Boot Camp STUDIO 1, VANESSA	5:45 - 7:00 PM Multi-Level Yoga STUDIO 3, JULIA/JULIE	5:45 - 7:00 PM Boot Camp STUDIO 1, VANESSA	5:45 - 7:00 PM Multi-Level Yoga STUDIO 3, RA			
6:00 - 7:00 PM Cycle Class STUDIO 2, HEATHER/SUZANNE						

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

Back It Up is a 30-minute strength class focusing on the backside such as glutes, hamstrings, lats, low back, calves, triceps, & more (*taught by a personal trainer*).

Ball Core Training takes core training to the next level. Enjoy a workout that not only will challenge your core, but improve your balance, flexibility, and overall toning!

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.

Buff Up is a 30-minute strength class focusing on upper body exercises (*taught by a personal trainer*).

Circuits is an energy-packed class designed to keep your heart rate up while incorporating cardiovascular & strength moves into an intense, motivating workout! Expect 5-10 circuit training stations per class to work your entire body!

Core & More is a 30-minute class focusing on strength exercises targeting your glutes & abdominals (*taught by a personal trainer*).

Cut Above is a 30-minute strength class designed to tone your upper body (*taught by a personal trainer*).

Cycle/Strength starts with a cardiovascular, athletic training workout on the cycle & is followed by challenging, traditional calisthenics designed to offer an intense, total body 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*).

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!

Kickboxing is a fun way to punch & kick your way to fitness! Often described as the ultimate interval workout, this class incorporates some favorite boxing & martial arts movements in a group exercise setting.

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!