

# GROUP FITNESS MENU

Classes are subject to change without notice.

Drop-in Rates = \$10 per class

Effective November 1, 2009

30-Day Pass Rate = \$45

## CYCLING ROOM (unless otherwise indicated are 45 minutes)

6 & 12 Month Passes are available

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00:a		Cycling		Cycling			
9:30		Cycling		Cycling			
10:00							
10:15						Cycling	
11:00							
6:00			Cycling	Cycling			
7:00:p	Cycling						

## MULTI PURPOSE ROOM

(unless otherwise indicated are 55 minutes)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a	FITT		FITT				
8:00						Zumba	
8:30		Afrobrazilian					
9:00						Body Flex	
9:15	Zumba			Zumba	Zumba		
9:30		Yogilates	Kickboxing				
10:15				Total Strength			
10:20	Pilates						
10:30		Total Strength			Gentle Yoga	Yoga	
11:00		Fit for Life	Gentle Yoga	Fit for Life			
11:30	Gentle Yoga				Fit for Life	Zumba	
12:45			Gravity 101- <sup>30</sup>				
1:00	Gravity 101- <sup>30</sup>						
1:15			Gravity Strength- <sup>45</sup>				
1:30	Gravity Strength- <sup>30</sup>						Gravity 101- <sup>30</sup>
1:45							
2:00							Gravity Strength- <sup>30</sup>
4:00							Zumba
5:30	Step	Body Flex	Tri-Fit	Gravity 101- <sup>30</sup>			
6:00				Gravity Strength- <sup>30</sup>			
6:30	Pilates		Pilates		Zumba		
7:00		Yoga		Yoga			
7:30	Zumba		Zumba				
8:00:p				Zumba			

# WATER CLASSES

(unless otherwise indicated are 45 minutes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:10:a	Ak-Wa-Fit	Hydra-Pump	Ak-Wa-Fit	Hydra-Pump	Hydra-Pump		
8:55						Ak-Wa-Fit	
9:00	Hydra-Pump	Deep Water	SeaStride	Deep Water	Ak-Wa-Fit		
9:45						Deep Water	
9:50	Deep Water		Deep Water	Zumbaqua	Deep Water		
9:50	SeaStride		Ak-Wa-Fit		SeaStride		
10:40	Liquid Stretch- <sup>30</sup>		Liquid Stretch- <sup>30</sup>		Liquid Stretch- <sup>30</sup>		
10:45		MS Class**			MS Class**		
6:30	Ak-Wa-Fit	SeaStride	SeaStride	Ak-Wa-Fit	Ak-Wa-Fit		
7:15	Deep Water	Deep Water	Deep Water	Deep Water			
7:20:p		Prenatal**		Prenatal**			
<b>**EXTRA FEE – SEE LEISURE MAGAZINE FOR DETAILS AND COSTS.      Effective November 1, 2009</b>							

**Land Class Descriptions**

<b>AFROBRAZILIAN</b>	Hi-energy class melding African, Brazilian and Caribbean dance moves.
<b>BODY FLEX</b>	A class that strengthens the entire body using barbells.
<b>CYCLING</b>	An endurance, strength and intensity class on cycling bikes.
<b>FIT FOR LIFE</b>	A functional training class for older adults, improving balance, strength and flexibility.
<b>FITT</b>	Frequency, intensity, time, and type of activity is incorporated in this early morning high energy class.
<b>KICKBOXING</b>	Elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning.
<b>GENTLE YOGA</b>	Created especially for those just learning or who need modification of basic Yoga poses.
<b>GRAVITY 101</b>	Orientation to GRAVITY equipment. - <b>30 minute class</b>
<b>GRAVITY CORE</b>	Core conditioning class using GRAVITY equipment. - <b>30 minute class</b>
<b>GRAVITY STRENGTH</b>	Full body workout using GRAVITY equipment. - <b>30 minute class/45 minute Wednesdays</b>
<b>GRAVITY BLAST</b>	Concentrated high intensity workout focusing on a specific muscle group. - <b>15 minute class</b>
<b>PILATES</b>	Core training at its best. Time-tested exercise techniques.
<b>TRI-FIT</b>	Cardio, resistance and flexibility training.
<b>TOTAL STRENGTH</b>	Resistance training for every major muscle group.
<b>YOGA</b>	Learn Yoga poses, breathing practices, relaxation and meditation.
<b>YOGILATES</b>	A blend of Yoga and Pilates to develop strength, flexibility and balance.
<b>ZUMBA</b>	Low impact class incorporating Latin American and Middle Eastern dance moves.

**Water Class Descriptions**

<b>AK-WA-FIT</b>	A Hi/Lo intensity class in shallow water.
<b>DEEP WATER</b>	A Hi/Lo intensity class in deep water.
<b>HYDRA PUMP</b>	Combination cardiovascular and muscular strengthening workout in shallow water.
<b>LIQUID STRETCH</b>	Flexibility class in warm water. - <b>30 minute class</b>
<b>SEASTRIDE</b>	A shallow water workout emphasizing water walking at various strides.
<b>ZUMBAQUA</b>	Salsa, meringue and more through the water with this low impact high energy class.

**Details:**

1. Sign in upon coming to class.
2. Classes fill on a first come, first serve basis.
3. Sign-up at the front desk up to 24 hours in advance for cycling and GRAVITY classes.
4. Classes are geared to those 16 and older. Permission from instructor is required for ages 12-15 with parent.
5. CAFC's Group Fitness and 6/12 month Gold pass holders can take aquatic and land classes at SBDCRC.
6. Inclement weather: For class information call 703-730-1051.