

GROUP FITNESS MENU

Classes are subject to change without notice.

Drop-in Rates = \$10 per class

30-Day Pass Rate = \$50

Effective January 20, 2012

6 & 12 Month Passes are available

CYCLING/GRAVITY ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00:a		Cycling		Cycling			
9:00					GTS Strength & Stretch		
9:15	Intro 2 Cycling						
10:15		Gravity Pilates**		Gravity Pilates**			
12:00	Gravity 101 .30						
12:15			Gravity Strength- ⁴⁵				
12:45	Gravity Strength- ⁴⁵						
1:05			Gravity Abs ⁻¹⁵				
5:30							
6:30				Cycling			
7:30				Gravity Strength- ³⁰			

MULTI PURPOSE ROOM

(unless otherwise indicated are 55 minutes)

<> Classes held in gym 1							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	<FITT>		<FITT>				
8:00						Zumba	
8:30		Afrobrazilian	New Beginnings				
9:15	<Zumba>			<Zumba>		Body Flex	
9:30		Yogilates			Zumba		
9:45			Kick it Up				
10:15				Total Strength			
10:30	Pilates						
10:30		Total Strength			Gentle Yoga	Yoga	
11:00			Gentle Yoga				
11:30	Gentle Yoga	Fit for Life		Fit for Life		Zumba	
4:00							Zumba
5:30	Step	Body Flex	Step & Pump				
6:30	Pilates	<FITT>	Pilates	Kick it Up	Zumba		
7:00		Yoga					
7:30	<Zumba>		<Zumba>	Yoga			
8:00:p		Zumba					

WATER CLASSES

(unless otherwise indicated are 45 minutes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:10:a	Aqua-Fit	Aqua-Fit	Aqua-Fit	Aqua-Fit	Aqua-Fit		
8:55						Aqua-Fit	
9:00	Aqua-Fit	Deep Water	Deep Water	Deep Water	Deep Water		
9:45						Deep Water	
9:50	Deep Water		Aqua-Fit		Aqua-Fit		
9:50	Aqua-Fit						
10:40	Liquid Stretch- ³⁰		Liquid Stretch- ³⁰		Liquid Stretch- ³⁰		
6:30	Aqua-Fit	Aqua-Fit	Aqua-Fit	Aqua-Fit	Aqua-Fit		
7:15	Deep Water	Deep Water	Deep Water	Deep Water			
**EXTRA FEE – SEE LEISURE MAGAZINE FOR DETAILS AND COSTS. Effective January 20, 2012							

Land Class Descriptions:

- AFROBRAZILIAN** Hi-energy class melding African, Brazilian and Caribbean dance moves.
- BODY FLEX** A class that strengthens the entire body using barbells, bands, and hand weights.
- CYCLING** An endurance, strength and intensity class on cycling bikes. **-45 minutes**
- FIT FOR LIFE** A functional training class for older adults, improving balance, strength and flexibility.
- FITT** Frequency, intensity, time, and type of activity is incorporated in this early morning high energy class.
- KICK IT UP** A cardio intense mix of kicks, punches and simple dance grooves set to heart pounding dance music.
- GENTLE YOGA** Created especially for those just learning or who need modification of basic Yoga poses.
- GRAVITY STRENGTH** Full body workout using GRAVITY equipment. - **30 and 45 minute classes**
- GRAVITY Abs** Concentrated high intensity workout focusing on core and abdominals. - **15 minute class**
- GTS STRETCH & STRENGTH** Increase joint and muscle mobility using gravity resistance. **-45 minutes**
- INTRO 2 CYCLING** Beginning class for those interested in cycling to help get you started and build endurance. **-30 minute**
- NEW BEGINNINGS** Back to the basics group fitness class with lower intensity cardio, strength, and stretching.
- PILATES** Core training at its best. Time-tested exercise techniques.
- STEP & PUMP** A combination of step aerobics and muscle training utilizing a variety of resistance equipment.
- TOTAL STRENGTH** Resistance training for every major muscle group.
- YOGA** Learn Yoga poses, breathing practices, relaxation and meditation.
- YOGILATES** A blend of Yoga and Pilates to develop strength, flexibility and balance.
- ZUMBA** Low impact class incorporating Latin American and Middle Eastern dance moves.

Water Class Descriptions:

- AQUA-FIT** Combination Hi/Lo cardiovascular and muscular strengthening workout in shallow water.
- DEEP WATER** A Hi/Lo intensity class in deep water.
- LIQUID STRETCH** Flexibility class in warm water. - **30 minute class**

Details:

1. Sign in upon coming to class, classes fill on a first come, first serve basis.
2. Sign-up at the front desk up to 24 hours in advance for cycling and GRAVITY classes.
3. Classes are geared to those 16 and older.
4. CAFC's Group Fitness and 6/12 month Gold pass holders can take aquatic and land classes at SBDCRC.
5. Inclement weather: For class information call 703-730-1051.
6. Ages 14+ are allowed to attend class. Age 12-13 must have parent/guardian present in class.
All students must be actively involved and not disturb others.