



MCLAREN FITNESS

April 2014



GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Judi 5:30-6:30a	Rip&Ride Kristy 5:30-6:30a	PiYo Judi 5:30-6:30a	Cardio Fusion Judi 5:30-6:30a	Wake Up Cycle Kristy 5:30-6:30a	April 5 th Zumba Shawn 8:00-9:00a
CardioFuse Judi 8:30-9:30a -4/7 Turbo -4/14 Step -4/21 Sentao -4/28 Step	CSI Judi 8:30-9:30a	StepFuse Judi 8:30-9:30a	-4/3 Body Sculpt -4/10 Turbo Kick -4/17 Zumba Tone -4/24 CSI	CardioFuse Kristy 8:30-9:30a	Cycling Catherine 9:15-10:15a
Silver Sneaker Yoga Judi 10:15-11:15a	Silver Sneaker Classic Judi 10:15-11:15a **4/1/14 ONLY 9:45-10:30am	Mid-Morning Ride Kristy 8:45-9:30a	Sunrise Gentle Yoga Debbie 7:00-8:00a	-3/7 CardioKick 3/14,3/21,3/28, Step	April 12 th Body Sculpt Cindy 8:00-9:00a
Sculpt Fusion Judi 4:15-5:15p -4/7 Body Sculpt -4/14 Zumba Tone -4/21 Body Sculpt -4/28 Zumba Tone	Lunch Crunch Cycle Barb 12:15-1:00p	Silver Sneaker Yoga Judi 10:15-11:15a	CSI Kristy 8:30-9:30a	Zumba Gold Judi 10:15-11:15a	Cycling Barb 9:15-10:15a
PM Pedal Power Catherine 5:30-6:30p	Vinyasa Yoga Debbie 4:30-5:30p	Muscle Moves Gabby 4:15-5:15p	Silver Sneaker Classic Judi 10:15-11:15a **4/3/14 ONLY 9:45-10:30am	Zumba Judi 4:15-5:15p	ABC of Aikido Bill 10:00-11:45am
Mat Pilates Catherine 6:45-7:45p	Happy Hour Jennifer 5:30-6:15p	Step/Sculpt Cindy 5:30-6:30p	Lunch Crunch Catherine 12:15-1:00p		April 19 th CSI Judi 8:00-9:00a
	PiYo Barb 5:30-6:15p	PM Pedal Power Catherine 6:30-7:30p	Cycling Barb 5:30-6:15p		Cycling Barb 9:15-10:15a
	Aikido Scott 6:30-7:45p	Sunset Yoga Jocelyn 6:45-7:45p	Zumba Judi 5:30-6:30p		April 26 th Body Sculpt Jeni 8:00-9:00a
			Aikido Scott 6:30-7:45p		Cycling Catherine 9:15-10:15a

Class Descriptions:

Aikido: A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. **Moderate.**

Body Sculpt: A total-body workout designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, physioballs, and dumbbells. **All Levels**

Cardio Blaster: A “blast” of kickboxing moves (jabs, punches, kicks, blocks, etc) possibly combined with circuit stations and sculpting using various fitness equipment (body bar) dumbbells, bands, etc.) A sure-fire way to get the heart pumping! **Moderate**

CardioFuse: A good mix of CardioKickboxing, Sentao, TurboKick, OR Step and sculpting! The first half is Kickboxing, Sentao, Turbokick, OR step...just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing, Sentao, TurboKick, and Step. **Moderate**

CSI (Cardio Strength Interval): High Intensity Interval Training (HIIT) using various exercise materials for both cardio and strength. A great class to improve endurance! Be prepared to sweat! **Advanced**

Mat Pilates: This is a mat-based class focusing on a classical Pilates repertoire to achieve core stability and optimal postural alignment. A flexibility component will include yoga stretches. **All Levels**

Muscle Up!: Build muscle and boost your metabolism! This 60 minute strength class targets the entire body increasing your muscle tone. Class participants use free weights and their own body weight. **All Levels**

PiYo: A faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. Great for core strength, balance, and flexibility. **All Levels**

Sculpt Fusion: This class is a menagerie of all kinds of sculpting options: Zumba Toning, Body Sculpt, or Zumba Sentao. Each week, classes will alternate between all three types of classes. **All Levels**

SilverSneakers Yoga: Offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Benefits: Yoga increases flexibility, strength, balance, and helps you relax. **Beginner**

SilverSneakers Classic: is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: this class improves overall strength, flexibility, posture, and balance. **Beginner**

StepFuse: A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various materials. **Moderate**

Step/Sculpt: Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity **levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Moderate/Advanced.**

Sunrise Gentle Yoga: Meet the day as you stretch, relax, and renew! Linking breathing with movement to strengthen, build stamina and balance. **All levels**

Sunrise Vinyasa Yoga: Similar to “Sunrise Gentle Yoga” but including more synchronized movement and flow to wake the body and building an internal heat. **All Levels**

Sunset Yoga: Lengthen, strengthen, rest, and restore both body and mind. A variety of yoga styles connected through the breath to work towards release muscle tension, strengthen the body, and achieve an overall sense of balance and calm. **All Levels**

TurboKick: a cardiovascular challenge with a sport specific warm-up, bouts of intense cardio intervals with easy to follow combinations, kickboxing specific strength/endurance training, and a cool down. **Moderate/Advanced**

Vinasa Yoga: “Vinyasa” means synchronized movement. By linking the movement with the breath, participants build an internal heat which purifies the body and mind. This class can be a physically challenging practice, but all are welcome! **Intermediate**

Zumba: a Latin-inspired dance-fitness class that incorporates latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. **All Levels**

Zumba Gold: This class is designed to take the exciting latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that many need modifications for success. **Beginner**

Zumba Sentao: combines strength and resistance training with Latin dance moves, all centered around a chair. It is a combination of cardio, toning, and core strengthening. The choreography can be modified and adapted for all fitness levels. **All Levels**

Zumba Toning: takes the original Zumba dance-fitness class to the next level with the addition of light weight toning sticks or dumbbells. It was created to emphasize muscle work along with rhythms. **All Levels**

Happy Hour: this class is intended for EVERYONE! Whether you are brand new to cycling, just getting back into exercise, or don't want the pressure to “go all out” this is a great class for you! The instructor will: set up your bike, review the cycling “vocabulary” keep your ride at a lower intensity (if you choose). And spend time with the warm-up and recovery. **All Levels**

Mid-Morning and Lunch Crunch: Only 45 minutes, ride at your own intensity level to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance. **All Levels**

Rip & Ride: This class is a great combination of Cycling and Sculpting! The first 30 min will be cycling, and the second 30 min will be sculpting. So if you want a little bit of everything in one class, this one's for you! **All Levels**

Wake up!, P.M Pedal Power, and Saturday Cycle: Because you are riding your own individual bike, you are able to ride at your own intensity level within the structure of the class. So, come to experience an hour long ride to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! **All Levels.**