

GROUP EXERCISE CLASSES ~ FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			¹ 9:00-9:40am Strength Class (Teen Room) 5:30-6:30pm Zumba (MS Room) 6:35-7:05 Boot Camp (MS Room) 6-7pm Advanced Beginning Waltz (Teen Room) 7-8pm Texas Two-Step (Teen Room)	² 5:15-6am Strength Class (Gym) 6:05-6:35am Express Sculpt (Gym) 9-10:15am Yoga (Teen Room) 5:30-6pm Core Stability (MS Room) 6-7pm Mat Science (MS Room)	³ NO TOTAL BODY CONDITIONING	⁴ 10-11am Zumba (Teen Room)
⁵ 11:45am-1pm Yoga (MS Room) 9am-12pm RAD Self Defense Course (Teen Room)	⁶ 5:15-6am Pilates (Teen Room) 8:45-9:45am Cardio Mix (Gym) 5:40-6:40pm Zumba (Gym) 6:45-7:15pm Boot Camp (Gym) 5:30-6:30pm Yoga Kids ages 8- 13 (Teen Room) NO YOGA TEENS	⁷ 5:15-6am Strength Class (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:05-8pm Zumba (MS Room)	⁸ 9:00-9:40am Strength Class (Gym) 5:30-6:30pm Zumba (MS Room) 6:35-7:05 Boot Camp (MS Room) 6-7pm Advanced Beginning Waltz (Teen Room) 7-8pm Texas Two-Step (Teen Room)	⁹ 5:15-6am Strength Class (Gym) 6:05-6:35am Express Sculpt (Gym) 9-10:15am Yoga (Teen Room) 5:30-6pm Core Stability (Teen Room) 6-7pm Mat Science (MS Room)	¹⁰ 5:45-6:30pm Total Body Conditioning (Teen Room)	¹¹ 10-11am Zumba (Teen Room)
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• **Classes are subject to change or cancellation without notice.** Contact the membership desk at 413-583-2072 for last minute information on class cancellations & substitute classes.

• **Adult Exercise Classes:** Free for Members, Non-members: \$10 per class. Members & non-members must register for Ballroom Dance Classes at the Membership Desk.

• **Yoga Club Punch Cards (Non-Members):** Non-members can drop-in for \$10 per class, or purchase a 'Yoga Club Punch Card' at the membership desk for \$45 for 5 Yoga Classes.

• **Bring-A Buddy:** Applies to 'Cardio Mix' class on 2/27 only. Members can bring a friend to this class for free!

*UPDATED 2/1/12

GROUP EXERCISE CLASS DESCRIPTIONS

~ CARDIOVASCULAR, STRENGTH & CONDITIONING ~

TOTAL BODY CONDITIONING – This total-body workout combines cardiovascular & strength-training intervals that will allow you to burn optimal calories while effectively conditioning the body. This class utilizes equipment such as jump ropes, resistance bands & free weights & includes fun games to increase muscle tone & sculpt your body. Can be modified for all levels. 60 minutes

BOOT CAMP - This 30-minute fast-paced, high-quality, powerful workout will maximize your strength & stamina. This military-style workout includes cardiovascular & plyometric drills as well as muscular conditioning exercises set to the beat of high-intensity music. Push-ups, sit-ups, jump rope & calisthenics – anything & everything is fair game in this total body workout. 30 minutes

CARDIO MIX – This class incorporates a fun mix of aerobic moves that will increase your cardiovascular strength & endurance. Get your heart pumping with this combination of step aerobics & low-impact floor aerobics combined with other body conditioning moves! All fitness levels welcome. 60 minutes

ZUMBA - Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Zumba utilizes the principles of fitness interval training & resistance training to maximize caloric output, fat burning & total body toning. All fitness levels welcome. 60 minutes

ZUMBA TONING- Zumba® Toning blends body-sculpting & Zumba moves into a high cardio, strength-training class. Using light-weighted dumbbells, this class enhances rhythm, builds strength & tones all areas of the body. This is a one-hour, fat-burning, & muscle-toning class. Same wonderful Latin inspired music as Zumba Fitness. Check it out—it's a blast! 60 minutes

STRENGTH CLASS- Strength Class combines cardiovascular drills & strength-training exercises to provide you with a total body workout! It focuses on functional training with the goal of strengthening your core muscles, improving balance & coordination, & increasing muscular strength & endurance. This class utilizes equipment such as stability balls, medicine balls, resistance bands & free weights. Strength class can be modified for all levels. 45 minutes

EXPRESS SCULPT - Express Strength consists of a half-hour of muscle toning & strengthening exercises. Various types of equipment will be utilized, such as free weights, body bars, resistance bands, stability balls & medicine balls. This class is great for beginners or for someone who is looking for a quick yet efficient workout! 30 minutes

CORE STABILITY - This class provides an effective & challenging core workout to strengthen & firm the major muscle groups. It Includes exercises to improve core strength, balance & stability, & is a great compliment to any exercise routine! All fitness levels welcome. 30 minutes

~ MIND & BODY/DANCE ~

PILATES - Pilates is a combination of exercises that connects the whole body & mind based on the concepts of Joseph Pilates. This workout includes a series of mat exercises that will increase your flexibility, strength, & balance without adding muscle bulk. Special emphasis is placed on aligning the body's core, which includes the pelvis, abdominals, lower & upper back. Pilates improves your posture, joint mobility & body awareness contributing to a positive mental & physical well-being. This class can be modified for all fitness levels. 45 minutes

MAT SCIENCE - A progressive series of exercises to help increase strength, flexibility, & balance of the entire body. The exercises are derived from classic disciplines such as Yoga and Pilates. The focus of the class is on mindful movement, core stabilization technique & unified body movements. Mat Science is a low-intensity calorie-burning workout that sculpts your body slim & helps you lose weight and inches. This class accommodates all fitness levels. 60 minutes

YOGA - Experience the rich benefits of yoga with this therapeutic and balanced practice. This class teaches participants to become aware of proper alignment, reduce stress, & find focus in both body & soul. Students can increase flexibility & strength while deepening their relationship with their inner self. Basic yoga postures will be taught with an emphasis on meditation & breathing. Join the exciting world of yoga that treats one with care & respect. This class is appropriate for all fitness levels. 75 minutes

ADVANCED BEGINNING WALTZ– Wednesdays 1/18-2/15, 6-7pm: TAKE YOUR WALTZING TO THE NEXT LEVEL! While learning more moves we will also include free dancing, giving the leaders the opportunity to work on navigation and the followers a chance to develop their sensitivity to the lead. Have fun dancing to classics and contemporary music with a 3/4 beat. *This class is intended for students who have taken the Ludlow Boys & Girls Club 'Waltz' class or completed a month of Waltz lessons. *Pre-register at the front desk.* 60 minutes

TEXAS TWO-STEP – Wednesdays 1/18-2/15, 7-8pm: Two-Step is an exciting, creative dance that combines the flow & smoothness of fox trot with the fun spins & thrilling combinations of swing. Traveling around the floor like other ballroom dances, Two-Step includes both sassy & elegant moves that allow the leader & follower to strut their stuff. *Pre-register at the front desk.* 60 minutes

**Next ballroom dance session to be announced.*

~ YOUTH & TEEN FITNESS (AGES 8-18) ~

YOGA for KIDS (Ages 8-13) - 'Empowerment, Yoga & Play': Children will gain strength, concentration, balance, body awareness, self-esteem and more while having a great time. This class integrates several forms of yoga to help participants improve their body image and posture, learn to release stress and improve concentration. Participants will learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally, and cultivating self-esteem for a lifetime of successful achievement. *Pre-register at the front desk.* 60 minutes

YOGA for TEENS (Ages 14-18) - 'Empowerment, Relaxation & Yoga': Learn how the physical practice, breathing exercises and mind-quieting techniques of yoga can help teenagers navigate this wonderful, but stressful time of life. Yoga helps to empower teens, reduce stress and anxiety, and improve focus, concentration, creativity, responsible behaviour, and academic achievement. This class strives to give teens a comfortable environment to explore yoga, begin to learn much needed relaxation techniques, supplement their current physical activities, and learn to care for themselves more efficiently. *Pre-register at the front desk.* 60 minutes

FITNESS ROOM HOURS: Monday-Thursday 5am-8pm / Friday 5am-7pm / Saturday 8am-4pm / Sunday 8am-2pm
CONTACT: Wellness coordinator, Donna Boydston: Email: dboydston@ludlowbgc.org, Phone: 413-583-2072, Ext. 212.