

GROUP EXERCISE CLASSES ~ SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00-9:45am Strength Training (Gym) 5:30-6:30pm Zumba (Gym) 6:35-7:30pm Cardio Kickboxing (Gym)	2 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 5:30-6:30pm Step & Sculpt (Gym) 6-7pm Mat Science (MS Room)	3	4
5 Hours: 8am-12pm NO YOGA	6 CLOSED <i>Labor Day</i>	7 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room)	8 9:00-9:45am Strength Training (Gym) 5:30-6:30pm Zumba (Gym) 6:35-7:30pm Cardio Kickboxing (Gym)	9 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 9:30-10:45am Yoga (Teen Room) 5:30-6:30pm Step & Sculpt (Gym) 6-7pm Mat Science (MS Room)	10	11
12 * Regular Sunday Hours begin: 8am-2pm 11:45am-1pm Yoga (Teen Room)	13 6-6:45am Pilates (Teen Room) 8:45-9:45am Cardio Mix (Gym) 6-7pm Cardio Kickboxing (Gym) 6:15-7:15pm Yoga Kids ages 8-13 (MS Room)	14 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room)	15 9:00-9:45am Strength Training (Gym) 5:30-6:30pm Zumba (Gym) 6:35-7:30pm Cardio Kickboxing (Gym) 6-6:55pm Relax & Rejuvenate (Teen Room) 7-7:55pm Partner Dance: A Series of Three Dances (Teen Room)	16 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 9:30-10:45am Yoga (Teen Room) NO STEP & SCULPT 6-7pm Mat Science (MS Room)	17	18
19 11:45am-1pm Yoga (Teen Room)	20 6-6:45am Pilates (Teen Room) 8:45-9:45am Cardio Mix (Gym) 6-7pm Cardio Kickboxing (Gym) 6:15-7:15pm Yoga Kids ages 8-13 (MS Room)	21 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) NO YOGA 6-7pm Nutrition Presentation (Teen Room)	22 9:00-9:45am Strength Training (Gym) 5:30-6:30pm Zumba (Gym) 6:35-7:30pm Cardio Kickboxing (Gym) 6-6:55pm Relax & Rejuvenate (Teen Room) 7-7:55pm Partner Dance: A Series of Three Dances (Teen Room)	23 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 9:30-10:45am Yoga (Teen Room) 5:30-6:30pm Step & Sculpt (Gym) 6-7pm Mat Science (MS Room)	24	25
26 11:45am-1pm Yoga (Teen Room)	27 6-6:45am Pilates (Teen Room) 8:45-9:45am Cardio Mix (Gym) 6-7pm Cardio Kickboxing (Gym) NO YOGA KIDS	28 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room)	29 9:00-9:45am Strength Training (Gym) 5:30-6:30pm Zumba (Gym) 6:35-7:30pm Cardio Kickboxing (Gym) 6-6:55pm Relax & Rejuvenate (Teen Room) 7-7:55pm Partner Dance: A Series of Three Dances (Teen Room)	30 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 9:30-10:45am Yoga (Teen Room) 5:30-6:30pm Step & Sculpt (Gym) 6-7pm Mat Science (MS Room)		

- **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 **Yoga, Dance Classes, Relax & Rejuvenate** at the Membership Desk prior to attending class (class sizes are limited). *Ages 14-17 must be accompanied by a parent/guardian. (See Membership Desk for advance registration discounts.)*
- **Bring-A Buddy:** Applies to 'Relax & Rejuvenate' Class on Wednesday, 9/22 only. Members can bring a friend to this class for free!
- **Yoga Kids (ages 8-13):** Free for Members, Non-members: \$5 per class. Members & non-members must register at the membership desk to attend. Class size is limited.

GROUP EXERCISE CLASS DESCRIPTIONS

~ **CARDIOVASCULAR, STRENGTH & CONDITIONING** ~

STEP & SCULPT – This class combines step aerobic training with segments of muscular strengthening for a total body workout . Step & Sculpt will help you get fit quick, burn plenty of calories & tone up. This class accommodates all fitness levels. 60 minutes

CARDIO KICKBOXING – This high-energy class combines martial arts & cardio aerobics that will help you jump, jab, & kick your way to a new level of fitness. In addition to building cardiovascular health, the combination of kicks & punches can help build muscle tone & strength, while improving coordination & balance. All fitness levels welcome. 60 minutes

STRENGTH TRAINING - Strength Training 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

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. 60 minutes

BOOT CAMP - This 30-minute fast-paced, high-quality, powerful workout will maximize your strength, agility & stamina. This military-style workout includes cardiovascular & plyometric drills as well as muscular conditioning exercises. Push-ups, sit-ups, jump rope & calisthenics – anything & everything is fair game in this total body workout. 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. *Pre- register at the front desk. (You may drop-ins if space is available.)* 75 minutes

DANSKINETICS Shake Your Soul... A Kripalu Yoga Dance Experience – Come join this social gathering that frees the spirit & awakens the inner dancer in you. This class teaches a creative & fresh approach to fitness; a unique blend of yoga, dance, creative movement, & aerobics. DansKinetics is grounded in simple movements anyone can master, set to the compelling beat of great music from around the globe. It is so much fun you'll forget you're getting a workout. This class is appropriate for all fitness levels. *Pre- register at the front desk.* 55 minutes

RELAX & REJUVENATE – Would you like to have the tools to help you feel more relaxed? This class will help you relax & rejuvenate! Each week, we will explore a variety of activities drawn from techniques such as strength & cardiovascular exercise, yoga & dance-based stretching, conscious breathing, moving & stationary meditation, guided visualization, self message, etc. No two classes will be exactly alike! You will learn techniques you can use at home. Take charge of your well-being! This class is appropriate for all fitness levels. *Pre- register at the front desk.* 55 minutes

PARTNER DANCE: A Series of Three Dances – Brush off your dancing shoes! If you've taken social dance at the Boys & Girls Club, join us for three weeks of informal practice. You will review steps, get personalized feedback and learn more technique. Each evening we will dance to a mix of dance styles. Feeling rusty? Not a problem! You will be surprised how quickly steps come back. Don't know one of the dances? Learn a couple basic steps. Schedule: (Wednesdays from 7-7:55pm.) 9/15: East Coast, Rumba, Merengue / 9/22: Salsa, Waltz, Samba / 9/29: Cha Cha, West Coast, Hustle. *Pre- register at the front desk.* 55 minutes

~ **YOUTH FITNESS (AGES 8-13)** ~

YOGA KIDS - The Yoga Kids curriculum provides children with an exciting new way to explore & appreciate their creative potential. Children learn invaluable skills that set the groundwork for meeting challenges & growing strong physically, mentally & emotionally, cultivating self-esteem for a lifetime of successful achievement. Benefits of Yoga for Kids: Strength ~ Concentration ~ Relaxation ~ Flexibility ~ Balance ~ Stress Management ~ Decision Making ~ Focus ~ Healthy Body Image ~ Respect ~ Breath Awareness ~ & so much more! *Pre- register at the front desk.* 60 minutes

NUTRITION PRESENTATION – September is National Cholesterol Education Month... 'Get Down!' by Registered Dietitian Sue Mazrolle, MSRD. Tuesday 9/12 from 6-7pm (Teen Room). Learn how you can kick up your efforts to get your cholesterol in check... We will explore how you can kick-up flavors while kicking-down your cholesterol numbers. We'll have a few samples of tasty foods to add to your heart healthy diet! **Free for members & non-members. Register at the front desk by Monday 9/20.**

(For inquires about our fitness programs please contact Donna at dboydston@ludlowbgc.org, or call 413-583-2072, Ext. 212.)

CLUB HOURS: Monday-Thursday 5am-8pm / Friday 5am-7pm / Saturday 8am-4pm / Sunday 8am-2pm (Summer Sunday hours: 8am-12pm, May 30-September 5)