



# JANUARY

## GROUP EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>* = registered program ** = show off is a free trial class please see front desk for more information</p>			1 New Year's Day 8am-4pm	2 9:00a <b>Cardio Unlimited</b> Lisa 9:45a <b>Core Blast</b> Lisa 11:00a <b>Joint Works</b> Leanne 12:15p <b>Crank'd</b> CANCELLED	3 9:30a <b>Ball Blast</b> Jayda
4 8:15a <b>Crank'd</b> Monika 9:30a <b>CS Power</b> Michele	5 8:00a <b>Move It</b> Dan 9:00a <b>Strength Core Flow</b> Trish 11:00a <b>Joint Works</b> Leanne 12:15p <b>CardioXpress</b> Jeanie 5:30p <b>Crank'd n'Core</b> Lana	6 9:00a <b>On the Move</b> Trish 9:00a <b>Cardio Explosion</b> Morgan 10:05a <b>SBF</b> Trish 5:30p <b>Strength Core Power</b> Jayda	7 9:00a <b>Step n'Core</b> Michele 11:00a <b>Joint Works</b> Trish 5:30p <b>Ultimate Fit</b> Monika	8 9:00a <b>On the Move</b> Leanne 9:00a <b>Body Blast</b> Jackie 10:05a <b>SBF</b> Jayda 5:30p <b>Step n'Core</b> Emily	9 9:00a <b>Cardio Unlimited</b> Lisa 9:45a <b>Core Blast</b> Lisa 11:00a <b>Joint Works</b> Leanne 12:15p <b>Crank'd</b> TBA	10 9:30a <b>Ball Blast</b> Monika
11 8:15a <b>Crank'd</b> Lana 9:30a <b>CS Power</b> Kim	12 8:00a <b>Move It</b> Dan 9:00a <b>Theme: Core Balance Challenge</b> Trish 10:00a <b>Show Off: Pilates Plus**</b> 11:00a <b>Joint Works</b> Leanne 12:15p <b>CardioXpress</b> Jeanie 5:30p <b>Crank'd n'Core</b> Morgan 6:30p <b>Show Off: Trim in the Gym**</b>	13 9:00a <b>On the Move</b> Trish 9:00a <b>Cardio Explosion</b> Morgan 10:05a <b>SBF</b> Trish 11:00a <b>Show Off: Baby &amp; Me**</b> 5:30p <b>Theme: Reps</b> Emily <b>NEW</b> 6:30p <b>Show Off: Groove**</b> 7:30p <b>Show Off: Pilates Plus**</b>	14 9:00a <b>Theme: Step Pump</b> Michele 10:00a <b>Show Off: Pilates Mat**</b> 11:00a <b>Joint Works</b> Trish 12:00p <b>Show Off: Pilates Small Ball**</b> 5:30p <b>Ultimate Fit</b> Monika	15 9:00a <b>On the Move</b> Leanne 9:00a <b>Theme: Reps</b> Helen 10:05a <b>SBF</b> Emily 5:30p <b>Theme: Step Pump</b> Emily 6:30p <b>Show Off: MetFuel**</b>	16 9:00a <b>Unlimited Cardio</b> Lisa 10:00a <b>Core Blast</b> Lisa 11:00a <b>Joint Works</b> Leanne 12:15p <b>Crank'd</b> Elaine	17 9:30a <b>Ball Blast</b> Jayda
18 8:15a <b>Crank'd</b> Monika 9:30a <b>CS Power</b> Kerry	19 8:00a <b>Move It</b> Dan 9:00a <b>Strength Core Flow</b> Trish 10:00a <b>Pilates Plus*</b> 11:00a <b>Joint Works</b> Leanne 12:15p <b>CardioXpress</b> Jeanie 5:30p <b>Crank'd n'Core</b> Morgan 6:30p <b>Trim in the Gym*</b>	20 9:00a <b>On the Move</b> Trish 9:00a <b>Cardio Explosion</b> Morgan 10:05a <b>SBF</b> Trish 11:00a <b>Baby &amp; Me Fitness*</b> 5:30p <b>Reps</b> Jayda 6:30p <b>Groove*</b> 7:30p <b>Pilates Plus*</b>	21 9:00a <b>Step n'Core</b> Michele 10:00a <b>Pilates Mat I*</b> 11:00a <b>Joint Works</b> Trish 12:00p <b>Pilates Small Ball*</b> 5:30p <b>Ultimate Fit</b> Monika 6:30p <b>Trim in the Gym*</b>	22 9:00a <b>On the Move</b> Leanne 9:00a <b>Body Blast</b> Jackie 10:05a <b>SBF</b> Jenn 11:00a <b>Baby &amp; Me Fitness*</b> 5:30p <b>Step n'Core</b> Emily 6:30p <b>MetFuel*</b>	23 9:00a <b>Cardio Unlimited</b> TBA 9:45a <b>Core Blast</b> TBA 11:00a <b>Joint Works</b> Leanne 12:15p <b>Crank'd</b> Elaine	24 9:30a <b>Ball Blast</b> Monika
25 8:15a <b>Crank'd</b> Erika 9:30a <b>CS Power</b> Michele	26 8:00a <b>Move It</b> Dan 9:00a <b>Strength Core Flow</b> Trish 10:00a <b>Pilates Plus*</b> 11:00a <b>Joint Works</b> Leanne 12:15p <b>CardioXpress</b> Jeanie 5:30p <b>Crank'd n'Core</b> TBA 6:30p <b>Trim in the Gym*</b>	27 9:00a <b>On the Move</b> Trish 9:00a <b>Cardio Explosion</b> Kerry 10:05a <b>SBF</b> Trish 11:00a <b>Baby &amp; Me Fitness*</b> 5:30p <b>Reps</b> Emily 6:30p <b>Groove*</b> 7:30p <b>Pilates Plus*</b>	28 9:00a <b>Step n'Core</b> Michele 10:00a <b>Pilates Mat I*</b> 11:00a <b>Joint Works</b> Trish 12:00p <b>Pilates Small Ball*</b> 5:30p <b>Ultimate Fit</b> Monika 6:30p <b>Trim in the Gym*</b>	29 9:00a <b>On the Move</b> Leanne 9:00a <b>Body Blast</b> Jackie 10:05a <b>SBF</b> Jenn 11:00a <b>Baby &amp; Me Fitness*</b> 5:30p <b>Step n'Core</b> Emily 6:30p <b>MetFuel*</b>	30 9:00a <b>Cardio Unlimited</b> TBA 9:45a <b>Core Blast</b> TBA 11:00a <b>Joint Works</b> Leanne 12:15p <b>Crank'd</b> Elaine	31 9:30a <b>Ball Blast</b> Emily

**SCHEDULE SUBJECT TO CHANGE - PLEASE CHECK THE MAIN BOARD AT THE JCC**

**BABY & ME FITNESS\*** What a great way to hang out with your child and get a great workout! By increasing muscular and cardiovascular endurance you will have more energy and help shed extra weight gained during pregnancy.

**BALL BLAST** This strength-based workout focuses on core, overall strength and balance through the use of body bars, free weights, fitballs and bosu balance trainers.

**BODY BLAST** Looking for a challenging workout that's never stale or boring? Body Blast incorporates intervals of creative strength training exercises with blasts of athletic cardio movements rolled up into one calorie burning workout. Two left feet friendly.

**CARDIO EXPLOSION** This exciting cardio class has it all! Simple step and hi/lo choreography with intense intervals that remind you of your middle school phys ed class. May also include ladder work, pylons and sport specific drills. Finish it all off with resistance training and a challenging functional core workout.

**CARDIO UNLIMITED** A great class that combines hi/low cardio to push you to the cardio limit. If you want to burn calories this is the class for you! Class offers a moderate blend of choreography.

**CARDIO XPRESS** This cardio class is designed to give you a quick and effective cardio workout in a limited amount of time.

**CRANK'D** Our signature indoor cycling class specifically designed to challenge your fitness level. Everyone can participate in this multilevel workout that focuses on cardiovascular training and strong cycling skills.

**CRANK'D N' CORE** Get the great cardio workout of the crank'd class and then add the challenge of core conditioning. Lance Armstrong, watch out!

**CS POWER** Interval training is the key to pushing your cardio to the next level and getting the results you want. This class combines the best of hi/low and step intertwined with challenging multi level power intervals. Add an element of strength training and you have a complete workout.

**GROOVE\*** (with Cathy Morrison) Do you think your workouts are lacking a little oomph? Well put some GROOVE back into them! Groove is the fusion of aerobics and latin, disco, funk, bollywood, bellydance, African, swing/jive in a dance based cardio class! You may not be able to stop your hips from moving.

**JOINT WORKS** Keep your body working FOR you by being gentle on your joints. Maintain mobility with movement and activity designed for the active young at heart. It's the best thing you can do to maintain happy joints!

**LOADED** Six-week periodized strength and power-based resistance training program utilizing the iron grip barbell system. Coming late February/early March 2009!

**METFUEL\*** (with Michele Carmichael) Melt the fat away with MetFuel's explosive cardio and muscle interval training program. Amazing results in minimal time! Join Michele for her signature 45 minutes of aerobic and anaerobic intervals that will raise your metabolic rate so you burn more fat even while you sleep. Finish it all off with 15 minutes of core and stretching.

**MOVE IT** A low impact workout with a balance of cardiovascular training and muscle conditioning, including a moderate blend of choreography and intensity intervals.

**ON THE MOVE** You may have more candles on your birthday cake than you used to but that's not stopping you from staying fit, active and strong. This low impact fitness class is designed for the young at heart to improve cardiovascular fitness, strength, balance and flexibility.

**PILATES\*** Pilates uses abdominal sculpting moves that integrate the WHOLE body. By using these turbo-charged exercises our instructors will crank up the intensity by targeting the ab muscles from all directions. The front, side and back muscles will get blasted!

**PILATES MAT 1\*** Pilates exercise done with no equipment. A great place to begin.

**PILATES SMALL BALL TRAINING\*** Pilates exercises incorporating the use of the Bender Ball as seen on TV.

**PILATES MAT PLUS\*** Incorporates a variety of equipment for an extra challenge: fitballs, small balls, bands or bosu. Pilates experience recommended.

**REPS** 6-week periodized endurance and functional resistance training program utilizing free weights and body weight.

**SBF (STRENGTH, BALANCE, FITNESS)** Offering the best of the best. This class is designed to lengthen, strengthen and maximize functional stability. The class combines exercises that increase range of motion around the joints working to increase mobility and stability throughout your body.

**STEP N'CORE** A great cardiovascular workout that utilizes the step combined with extended core section. Loads of fun and sure to challenge all fitness levels.

**STRENGTH CORE FLOW** This mindful strength based journey will challenge your core, mind and body. Each functional exercise will flow to the following exercise to challenge the total body. All levels welcome.

**TRIM IN THE GYM\*** (with Sherri and Dan) A great class for those of you who are just starting off your fitness routine or for those of you who need a motivational push in your present exercise routine. Sherri and Dan will take you through a cardio portion followed by weights, abdominals and stretching.

**ULTIMATE FIT** This high intensity minimal choreography class will offer a mix of cardio, and plyometrics along with core and resistance training bootcamp style!