

## Incline Village Recreation Center Group Fitness Classes, February 5-11, 2012

\*\*As a courtesy to our customers, instructor names are published on the schedule, however, are subject to change & will not be updated on this schedule or website during the week.\*\*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:30 AM			Cardio Cycle <i>Linda</i>		Cardio Cycle <i>Sandy</i>		
7:45 - 8:45 AM		Cardio/Strength Conditioning <i>Peggy</i>		Cycle & Core <i>Nancy</i>		Cycle & Strength <i>Frank</i>	Cardio Cycle <i>Linda</i>
9:00 - 10:00 AM		Zumba <i>Misty</i>		Get-on-the-Ball <i>Suzie</i>		Cardio Cycle <i>Frank</i> [Ends at 9:50 AM]	Strength Conditioning <i>Linda</i>
9:10 - 10:00 AM			Stretch & Balance <i>Suzie</i>		Pilates, Core, & Balance <i>Linda</i>		
10:10 - 11:00 AM	Yoga <i>Joy</i> [Ends at 11:10 PM]	Cardio/Strength Conditioning <i>Pandora</i>	Cardio/Strength Conditioning <i>Suzie</i>	Strength Conditioning <i>Suzie</i>	R.I.P.P.E.D. <i>Frank</i>	Strength Conditioning <i>Frank</i>	Step <i>Peggy</i>
11:10 - 12:00 PM		* Yoga <i>Barbara R</i> [Ends at 12:10 PM]	* 55+ Fitness <i>Robin</i>	* 55+ Yoga <i>Robin</i>	* 55+ Fitness <i>Barb</i>	* Advanced Yoga <i>Naomi</i> [Ends at 12:10 PM]	Zumba <i>Peggy</i> [Ends at 12:10 PM]
** <u>LUNCH BUNCH</u> 12:15 - 1:05 PM		Mat Pilates <i>Peggy</i>	Gentle Yoga <i>Joy</i>	Step <i>Pandora</i>	Zumba <i>Dr Amy</i> [Ends at 1:15 PM]		
5:10 - 6:00 PM		Yoga <i>Naomi</i>	Zumba <i>Misty</i>	Cardio Cycle <i>Linda</i>	Cardio/Strength Conditioning <i>Karen</i>		
6:10 - 7:10 PM		Cardio Cycle <i>Sandy</i>	Cardio/Strength Conditioning <i>Barb</i> [Ends at 7:00 PM]	TRX Circuit Training <i>Linda</i>	Yoga <i>Naomi</i>		

**Strength Conditioning** - Muscular strength, endurance, & power exercises for the entire body. Hand weights, body bars, medicine balls, dynabands, & exertubes utilized to work every muscle in the body.

**R.I.P.P.E.D.** - Total body, high intensity program utilizing free weights, resistance, & body weight. Combines the training components of Resistance, Intervals, Power, Plyometrics & Endurance.

**Cardio/Strength Conditioning** - A combination of cardio and muscular conditioning. Method of cardiovascular conditioning (i.e. Step, Circuit, Boot Camp, or Kickboxing) varies.

**Yoga, Advanced Yoga, Gentle Yoga, 55+ Yoga, or Stretch & Balance** - Combined movement classes [Yoga, Stretch, Balance, & Pilates] that promote strength, flexibility, & balance while reducing stress and promoting relaxation.

**Get-on-the-Ball** - Class uses the large therapeutic ball to help improve core strength, flexibility, balance, and posture. Exercise on the ball changes the angles and planes of motion to work more muscle groups, with more efficiency and great results.

**Pilates, Core, & Balance or Mat Pilates** - A dynamic strength conditioning and flexibility class that incorporates principles of mat Pilates, therapeutic ball training, and/or gliding disc work to attack the "core muscle" groups. Develop your abs, back, hips, and torso to develop total body power.

**Cycle & Core or Cycle & Strength** - Class combines cycling and core/strength conditioning: 35-40 minutes cycling and 20-25 minutes strength or core conditioning.

**Cardio Cycle** - High energy classes led by motivated instructors. Classes are included in the Membership Group Fitness Program. Space is limited...participation is first come, first served.

**Step** - Class involves stepping up and on an adjustable platform while simultaneously performing upper body movements.

**Zumba** - Cardio class that fuses Latin & African rhythms with easy-to-follow dance moves to create a one-of-a-kind fitness program.

**TRX Circuit Training** - Fast pace circuit/interval class that moves participants between TRX Suspension & BOSU Trainers to produce a workout that includes full body strength & cardiovascular fitness.

\* **55+ Rate** - Members are *free*. Indicates a drop-in rate of \$5. for 55+ individuals who are Incline Village pass-holders and \$10 for general public.

\*\* **"Lunch Bunch Program"** - Members are *free*. Fees are \$8 for Incline Village pass holders [or 11-class punch card for \$69]...and \$10 for general public [or 11 class punch card for \$89].