



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1>January 2010</h1> <h2>Group Exercise Schedule</h2>				<p>1</p> <p><i>Closed</i></p> <p><i>Happy New Year!!!</i></p> 		<p>2</p> <p>8a: Yoga: Sarah 9:15a: PS: Christy <u>10:15a: CYCLE: Dave</u></p>
<p>3</p> <p><u>1:15p: CYCLE (IHR): Dave</u> 2p: Step & Muscle: Dacia 3p: Yoga: Sarah <u>3p: Cycle: Susan</u></p>	<p>4</p> <p>6:00a: Kettlebell: Takeela 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: Kettlebell: Takeela <u>6:00p: Cycle: Susan</u> 6:15p: PS: Takeela</p>	<p>5</p> <p>8:15a: Yoga / Pilates: Donna 9:15a: PS: Takeela 10:15a: St & St: Trish 4:30p: 30Min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Pump: Kim <u>7:00p: Cycle: Corey</u> 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah</p>	<p>6</p> <p><u>6:00a: Cycle: Christy</u> 8:15a: Yoga: Jarrius 9a: TaiChi: Eric 9:15a: Power Sculpt: Marlee 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Christy 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah <u>7:00p: Cycle: Susan</u></p>	<p>7</p> <p>8:30a: Guts & Glutes: (45min) Takeela 9:15a: Turbo Kick: Takeela 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Sarah 6:45p: Cardio Pump: Kim <u>7:00p: Cycle: Dave</u></p>	<p>8</p> <p><u>6a: Cycle: Corey</u> 8:15a: Yoga: Leahann 9:15a: PS: Christy <u>9:30a: Cycle: Leahann</u> 10:15a: GF: Trish 6p: TurboKick: Jennifer</p>	<p>9</p> <p>8a: Yoga: Maggie 9:15a: PS: Takeela <u>10:15a: CYCLE: Dave</u></p>
<p>10</p> <p><u>1:15p: CYCLE (IHR): Dave</u> 2p: Hip Hop Hustle: Keydish 3p: Yoga: Sarah <u>3p: Cycle: No Class</u></p>	<p>11</p> <p>6:00a: Kettlebell: Takeela 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Kettlebell: Takeela 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: G&G: Jessi (Kettlebells are used!) <u>6:00p: Cycle: Christy</u> 6:15p: Hip Hop Hustle: Keydish</p>	<p>12</p> <p>8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: TrackAttack: Caren 4:30p: 30Min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: PS: Kim <u>7:00p: Cycle: Corey</u> 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah</p>	<p>13</p> <p><u>6:00a: Cycle: Christy</u> 8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Christy 6:00p: Turbo Kick: Takeela 7p: Yoga/Pilates: Sarah <u>7:00p: Cycle: Michelle</u></p>	<p>14</p> <p>8:30a: Guts & Glutes: (45min) Caren 9:15a: Turbo Sculpt: Takeela 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Jarrius 6:45p: Cardio Pump: Kim <u>7:00p: Cycle: Dave</u></p>	<p>15</p> <p><u>6a: Cycle: Corey</u> 8:15a: Yoga: Leahann 9:15a: PS: Christy <u>9:30a: Cycle: Leahann</u> 10:15a: GF: Trish 5:45p: TurboKick: Takeela</p>	<p>16</p> <p>8a: Yoga: Sarah 9:15a: PS: Kim <u>10:15a: CYCLE: Dave</u></p>
<p>17</p> <p><u>1:15p: CYCLE (IHR): Dave</u> 2p: Ballistic Cardio: Dacia 3p: Yoga: Sarah <u>3p: Cycle: Susan</u></p>	<p>18</p> <p>8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Kettlebell: Takeela 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: Kettlebell: Takeela <u>6:00p: Cycle: Susan</u> 6:15p: PS: Takeela</p>	<p>19</p> <p>8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St & St: Caren 4:30p: 30Min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Pump: Kim <u>7:00p: Cycle: Corey</u> 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah</p>	<p>20</p> <p>8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Christy 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah <u>7:00p: Cycle: Michelle</u></p>	<p>21</p> <p>8:30a: Guts & Glutes: (45min) Takeela 9:15a: TurboKick: Takeela 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Sarah 6:45p: Cardio Pump: Kim <u>7:00p: Cycle: Dave</u></p>	<p>22</p> <p><u>6a: Cycle: Corey</u> 8:15a: Yoga: Leahann 9:15a: PS: Christy <u>9:30a: Cycle: Leahann</u> 10:15a: GF: Trish 5:45p: TurboKick: Jennifer</p>	<p>23</p> <p>8a: Yoga: Maggie 9:15a: PS: Christy <u>10:15a: CYCLE: Dave</u></p>
<p>24</p> <p><u>1:15p: CYCLE (IHR): Dave</u> 2p: Hip Hop Hustle: Keydish 3p: Yoga: Sarah <u>3p: Cycle: Susan</u></p>	<p>25</p> <p>8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: G&G: Jessi (Kettlebells are used!) <u>6:00p: Cycle: Susan</u> 6:15p: Hip Hop Hustle: Keydish</p>	<p>26</p> <p>8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St & St: Caren 4:30p: 30Min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: PS: Kim <u>7:00p: Cycle: Corey</u> 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah</p>	<p>27</p> <p>8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF: Christy 4:30p: Step: Christy 5:30p: Core Power: Christy 6:00p: Turbo Kick: Takeela 7p: Yoga/Pilates: Sarah <u>7:00p: Cycle: Michelle</u></p>	<p>28</p> <p>8:30a: Guts & Glutes: (45min) Takeela 9:15a: Turbo Sculpt: Takeela 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Jarrius 6:45p: Cardio Pump: Kim <u>7:00p: Cycle: Dave</u></p>	<p>29</p> <p><u>6a: Cycle: Corey</u> 8:15a: Yoga: Leahann 9:15a: PS: Christy <u>9:30a: Cycle: Leahann</u> 10:15a: GF: Trish 5:45p: TurboKick: Jennifer</p>	<p>30</p> <p>8a: Yoga: Maggie 9:15a: PS: Takeela <u>10:15a: CYCLE: Dave</u></p>
<p>31</p> <p><u>1:15p: CYCLE (IHR): Dave</u> 2p: Step & Muscle: Dacia 3p: Yoga: Sarah <u>3p: Cycle: Susan</u></p>	<p style="text-align: center;">Quote of the Month</p> <p style="text-align: center;">True enjoyment comes from activity of the mind and exercise of the body; the two are united.</p> <p style="text-align: center;">- Alexander von Humboldt</p> <p style="text-align: center;">** <i>Month Challenge— Try A New Class!</i> **</p> <p style="text-align: center;">Welcome Our New Instructors! Susan Cantrell & Jarrius Lindsay!!!</p>					

CLASS DESCRIPTIONS

25 MIN CORE (ABS): Twenty-five minutes of straight abdominal training. COME FEEL THE BURN!

BARS AND BALLS (B&B): A total body muscle endurance workout that uses body bars and medicine balls.

CARDIO PUMP: You will do EVERYTHING in this class: Cardio, Step, Strength Training and Weights.

CYCLE: This class setting is appropriate for all levels and all ages because YOU control YOUR intensity. Instructors will lead you on a 45-minute journey yet you control how intense your workout is. Members who prefer non-impact classes will find this a great alternative and this is a great way to "Cross Train"! **ALL FITNESS LEVELS ACCOMMODATED**

GENTLE FITNESS (GF): A training class for all fitness levels and ages formatted to improve your function of daily activities by building stamina, balance, coordination, and strength.

This class is perfect for beginners and seniors to get moving!

GUTS AND GLUTES (G&G): A 45-min tummy and glute BURN!!! Do you hate doing squats, lunges, and crunches? Well, you will love them in this class, WE MAKE THEM FUN!!! **ALL FITNESS LEVELS ACCOMMODATED**

HIP HOP HUSTLE (HHH): Hip Hop Hustle™ is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! **ALL FITNESS LEVELS ACCOMMODATED**

INSTRUCTORS CHOICE (IC): The instructors get to choose your destiny! It could be step, strength training, Kickboxing, Hi/Lo

INTERVAL TRAINING (IT): A combination of cardio activities and free weight conditioning.

INTRO TO STEP: Learn the basic moves to step! LEARN THE BASIC STEPS TO GROOVE!

KETTLEBELL: A form of training that will challenge both the muscular and cardiovascular system with dynamic, total body movements.

ALL FITNESS LEVELS ACCOMMODATED

PIYO: The PiYo™ is an athletic blend of Pilates, Yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge to all levels of participants.

POWER STEP (PS): A powerful high-intensity step workout with choreographed patterns and some power moves to keep it interesting. **INTERMEDIATE TO ADVANCED FITNESS LEVELS**

POWER SCULPT: A combination of cardio and strength using cardio kickboxing, interval training and weights! A great cardio and strength workout!!!! **ALL FITNESS LEVELS ACCOMMODATED**

PUMP: A total body muscle endurance workout that uses free weights, body bars, and tubing. Strength training is an important fitness component that will help increase muscle, which burns calories throughout the day, and most importantly helps prevent osteoporosis. Ladies, you will NOT bulk up! **ALL FITNESS LEVELS ACCOMMODATED**

STRENGTH AND STRETCH (ST&ST): Enjoy this nice relaxing class with a twist. First you will strengthen your muscles and then we will stretch them out for you!

STEP: A basic step class with easy to follow choreography that will get your heart pumping and your body moving. **THIS CLASS IS FOR BEGINNERS**

STEP AND MUSCLE (ST&M): This class combines a step-cardio workout with resistance training using weights, bands or body weight to give you a total body workout. The class is half step and half resistance training. **ALL FITNESS LEVELS ACCOMMODATED**

TAI CHI: A complete system of exercises, meditation, and self-defense. The practice of these gentle movements reduces stress while improving health, balance, strength, stamina, and self-confidence.

TURBO KICK: Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music.

ALL FITNESS LEVELS ACCOMMODATED

TURBO & SCULPT: 30 minutes of Turbo Kick and 30 min of full body resistance training! **ALL FITNESS LEVELS ACCOMMODATED**

UPPER BODY BLAST: 45 MIN resistance training class focusing on upper body and core training.

ALL FITNESS LEVELS ACCOMMODATED

YOGA AND PILATES: A combination of yoga and Pilates exercises that will improve core muscle strength and overall flexibility. **ALL FITNESS LEVELS ACCOMMODATED**

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Website: www.ragsdaleymca.org 336-882-9622