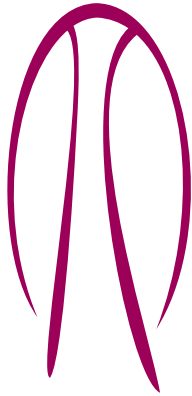


Aerobic Studio

Schedule **Winter 2011** (effective 1/27/11)



SAWMILL CLUB • EAST

monday	tuesday	wednesday	thursday	friday
7:00-7:55 Valerie Strength, Balance & Core	5:30-6:30 Jen P Boot Camp	6:30-7:30 Val Y Super Strength Combat Core	5:30-6:30 Valerie Basic Training Boot Camp	6:30-7:30 Joe F Functional Strength & Fitness
9:00-9:30 Melanie Strength Express	6:45-7:45 Michela Zumba	8:30-9:25 Melanie BOSU Conditioning	6:45-7:45 Michela Zumba	9:30-10:30 Cassie Zumba
9:30-10:30 Melanie Cardio Step	8:30-9:25 Jenn C Pilates with weights	9:30-10:30 Karen Boot Camp	8:30-9:25 Eve Body Sculpt	10:30-11:30 Tita Super Strength
10:30-11:00 Melanie Core Express	9:30-10:30 Michela BOSU Conditioning	10:30-11:30 Tita Super Strength	9:30-10:30 Melanie Kickbox	
	10:30-11:30 Rosalinda Zumba	1:00-2:00 Michela Zumba	10:30-11:30 Melanie Functional Strength & Fitness	
	12:00-12:55 Valerie Strength, Balance & Core	4:00-5:00 Paulette Pilates R & R	4:30-5:30 Ingrid BodySculpt	
	5:00-6:00 Ingrid Body Sculpt	6:15-7:15 Anna Body Sculpt	6:00-7:00 Elaine Zumba	

KEY: ★ = New Class
 🕒 = New Time
 😊 = New Instructor
 \$ = Fee based class

Inclement Weather Policy:

MAC follows the Bedford School District schedule. Please listen to your local radio/TV stations for announcements.

If there is a school delay the Nursery will open at 9:30AM. If the schools are closed the Nursery will be closed. Please call in advance on Saturdays for delays or closings due to weather.

If there is a school delay classes will start at 9:30AM

Questions? Comments? Suggestions?

Contact Group Exercise Director Valerie Rosen
vrosen@sawmillclub.com

saturday	sunday
7:00-8:00 Jen P Boot Camp	9:00-10:00 Michela Zumba
8:00-9:00 Michela Kickbox	10:00-11:00 Michela Abs & Strength
9:00-10:00 Jen P & Melanie Double Trouble Step	
10:00-11:00 Paulette Strength & Motion	

Class Descriptions

Body Sculpting A well-rounded non aerobic conditioning class designed to strengthen and tone all the major muscle groups. Body bars, free weights and Resist-A-Balls are used to accomplish this goal All levels benefit.

Boot Camp A drill based class to increase cardio-endurance & build strength. Each instructor brings their own “bag of tricks” to make the class challenging, fun and NEVER boring.

BOSU Conditioning Speed and agility w/high cardio emphasis combined with strength, balance and core stabilization all performed on BOSU Half-Ball and DSL BOSU weighted balls.

Functional Strength & Fitness This class is designed to increase your energy and vitality, make you stronger and leaner and build endurance and speed. It includes core strength exercises, total body resistance training, sprint and agility drills.

Kickbox An energizing workout. This high-level class incorporates boxing and kicking drills with cardio conditioning to increase muscular strength, endurance and power.

Pilates with Weights (R&R) This one-hour class focuses on the ageless concept of a strong center, positive alignment and mental focus. It addresses torso strength and stabilization and joint mobility by increasing range of motion around a strong and stable core. This class incorporates small weights for added toning and strength.

Step/Step & Strength Just when you thought it was over, step is making a comeback! The movement is stepping up and down on a platform and a whole lot more! Choreography that is challenging but do-able, combined with sports drills and bouts of weight work make this one hour class a thorough workout, providing an opportunity to maximize fat-burning and work all major muscle groups.

Strength, Balance & Core This class is a four part class. Each class is designed to increase strength, balance and core. One week is Body Sculpt, one week is BOSU Strength & Conditioning, One week is Boot Camp and one week is Super Strength

Strength and Motion An interval training class involving performance of intermittent bouts of high intensity followed by periods of recovery. Combine sports moves, athletic maneuvers and hi/lo choreographed movements for a challenging and fun workout!

Super Strength A muscular strength and endurance workout performed in a group fitness setting.- works all major muscle groups and strengthens, tones and defines muscles for beginners through advanced exercisers. The ultimate body sculpt class!

Zumba~ A Latin inspired dance class that will have you smiling and laughing to a slimmer more shapely you! all levels welcome.