

Aerobics and Fitness Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:15 a.m. Cycle.....Vicky	5:15 a.m. CORE.....Angie	5:15 a.m. Cycling.....Susan	5:15 a.m. CORE.....Angie	5:15 a.m. Cycling....Vicky
5:15 a.m. Tread & Shred.....Mandy	5:30a.m. U.S.C. Bootcamp.....Angie	5:15 a.m. Tread & Shred.....Mandy	5:30a.m. U.S.C. BootCamp...Angie	8:30 a.m. CORE.....Angie
6:00 a.m. Gravity Blast.....Vicky	8:30 a.m. X Training.....Hector	6:00 a.m. Gravity Blast.....Susan	8:30 a.m. X Training....Hector	9:00 a.m. Double Step.....Angie
8:30 a.m. CORE.....Angie	8:30 a.m. Body Shop.....Darlin	8:30 a.m. Pilates CORE.....Melissa	8:30 a.m. Body Shop.....Darlin	9:15 a.m. X Stretch...Hector
9:00 a.m. Triple Threat.....Angie	9:00 a.m. Zumba....Paula	9:00 a.m. Triple Threat.....Angie	9:00 a.m. Zumba.....Paula	10:00 a.m. Infusion-Yoga....Nathan
10:00 a.m. YogaMelissa	10:00 a.m. Power Yoga.....Paula	10:00 a.m. YogaMelissa	10:00 a.m. Yoga Flow.....Paula	*9:30 a.m. Water Aerobics.....Jennifer
* 9:30 a.m. Water Aerobics.....Nathan	11:00 a.m. SS.....Nathan	*9:30 a.m. Water Aerobics.....Nathan		*10:15 a.m. Warm Water.....Jennifer
11:00 a.m. Low Impact....Donna		*10:15 a.m. Warm Water Therapy		11:00 a.m. Body Flow....Laura Lee
* 10:15 a.m. Warm Water Therapy		11:00 a.m. SS....Laura Lee		
11:00 a.m. SS....Nathan		12:00 p.m. SS Yoga Stretch....Nathan		
12:00 p.m. Body Flow....Donna		3:30 p.m. In Motion.....Jennifer		
3:30 p.m. In Motion.....Jennifer		4:30 p.m. X Training.....Hector		
4:30 p.m. X Training.....Hector	*5:30 p.m. Water Aerobics.....Sandy	4:30 p.m. X Training.....Hector	*5:30 p.m. Water Aerobics.....Sandy	
5:30 p.m. Zumba....Tracy	5:30 p.m. Body Shop.....Catrina	5:30 p.m. Zumba.....Tracy	5:30 p.m. Body Shop...Bridget	
5:30 p.m. Gravity...Roger	6:00 p.m. Ab BlastCatrina	5:30 p.m. Gravity...Roger	6:00 p.m. Ab Blast...Bridget	
6:15 p.m. Body Shop.....Melissa	6:15 p.m. KickBoxing...Catrina	6:15 p.m. Body Shop.....Paula	6:15 p.m. Kickboxing.....Bridget	
6:15 p.m. Cardio Circuit.....Catrina	7:00 p.m. Yoga.....Sandy	6:15 pm Functional Training...Bridget	7:00 p.m. Yoga.....Sandy	
6:30 pm Functional Training...Bridget		6:45 p.m. Tred and Shred...Bridget		

Saturday

8:15 a.m. Muscle Pump...Rotation
9:00 a.m. Zumba.....Rotation
11:00 a.m. In Motion.....Jennifer

Method
 Highlighted - Meeting Room
Italic - Gym Floor

Effective:
July 27, 2009

Phone:
479-314-7400

MFC hours of operation:
 Mon. thru Thur. 5:00 am - 9:00 pm
 Friday 5:00 am - 8:00 pm
 Saturday 8:00 am - 6:00 pm
 Sunday 12:00 pm - 6:00 pm

Participation Policy: Class participation is monitored on a monthly basis and will be subject to change at any time if the number of participants in that class drops below an average of 10 in a consecutive 2 month period. Classes require an attendance of 3 or more, or the class will be canceled for that day.



The goal of our Group Exercise Program is to provide you with professional instruction and a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and body mind awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free.

CLASS DESCRIPTIONS:

Body Flow: Stretching for seniors.

Body Shop: A great well balanced head to toe workout. Designed for all levels, you will utilize hand weights, resist-a-balls, tubing, body-bars, and your own body weight. Get pump'd!

Calisthenics: Physical Exercise Routine...working the entire body.

CORE/Core Training: It's all about the abs. This class is designated to target your abdominal region and back which is better known as your "core". Core training is the essence of all functional stability.

Functional Training: Work the body in movements to enhance your athletic performance.

Gravity Blast: A 15 minute, intense blast of either upper body, lower body, or core muscles....done on the Gravity machine....it will be high intensity, quick movements aimed to blast the body.

Gravity Strength: A series of high intensity muscular endurance exercises that are designed to provide time-efficient, full body workouts. With the use of body weight and gravity as the resistance factors, workout can be individualized based on your progression.

In Motion...just like Silver Sneakers...this class works to build stability, mobility, and agility.

Kickboxing: Take the ultimate stress reliever. Learn to jab, punch, uppercut, and hook along with 9 different kicks. This class utilizes gloves, forearm shields, and punching bags.

Power Yoga: A unique combination of dynamic breathing and strong flowing movement, which creates a high heat, high energy workout. The sequence of postures will build strength, unwind tight joints, and loosen muscles.

SS:.....all **Silver Sneaker** classes are designed to increase strength, range of motion, agility, balance, and coordination and to improve participant's functional capacity, physical fitness level, and sense of well-being. Check out our SS schedule a more in-depth description of the different classes.

X Training: A unique fusion of Gravity, sport/athletic training, plyometrics and core work. This 45 minute workout is geared to the intermediate/advanced fitness enthusiast who is wanting results and willing to push their personal limits.

Step To It: Fun, Fun, Fun! Creative step choreography at it's best A step class that builds from doable step patterns to having you explore your funky side. Come on, "step to it".

Studio Cycling...the idea is to simulate outdoor cycling. The class uses specialized stationary bikes and your own imagination. All Schwinn bike are equipped with the "Look" style pedals.

Tread and Shred: This class is for the individual who wants to get the most out a short period of time!! Class will meet on a treadmill....combine hill work, speed work, drills, and pure will power!!!

Triple Threat: Class is devised into 3, 15 minute segments of cardio, strength, and core work....utilizing plyometrics, agility, drills, kickboxing, yoga, etc.....the aim is to AVOID muscle memory and shock your body into submission!!!

U.S.C. Boot Camp: Ultimate Sports Conditioning. The class will bring you the latest in sports and athletic training with focus on core, power, speed, and agility. You will be pushed to your limits inside and out.

Water Aerobics: Exhilarating, water, and FUN...class meets in the lap pool with challenging, low-impact moves that are great are aerobic conditioning.

Water Arthritis (Warm Water): This class takes the body through normal range of motion exercises, while utilizing the warmth of the therapy pool.

Yoga: Improve posture, strength, flexibility, and blood circulation. All the while, breathing deeply for a relaxing hour of complete wellness.

Zumba: Low-impact Latin dance!!!

CLASS ETIQUETTE

Our Class Etiquette guidelines are designed so all members experience a successful, safe, and enjoyable workout. Thank you for your cooperation.

1. Please be on time.
2. Classes are a group activity, we request that you follow the instructor's routine.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Keep conversation to a minimum.
5. Please do not enter the class before the current class is finished.
6. Appropriate exercise attire must be worn.
7. Reserving spaces is not permitted.
8. Gym bags are not permitted in the studio.
9. Water must be in an enclosed, unbreakable container. Food is not permitted.
10. In consideration of other members, no cell phones please. We request that pagers are kept on silent mode.
11. We recommend the use of a towel.
12. Members may not use the stereo equipment in the studio.
13. We request all equipment be returned to the proper storage area.

PARTICIPATION POLICY:

Class participation is monitored on a monthly basis and will be subject to change at any time if participation drops below an average of 10.

Classes require an attendance of 3 or more.

Mercy Fitness Center
479-314-7400

www.stedwardsmercy.com/services/fitness