

## Group Exercise Schedule

### November 2008

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
	<u>Muscle Firm</u> 6:00am Stacia		<u>Muscle Firm</u> 6:00am Stacia	<u>Interval (Step)</u> 6:00am Stacia	
<u>Ashtanga Yoga</u> 11:10am Carrie	<u>Kickboxing</u> 11:10am Kelley	<u>Muscle Firm</u> 11:10am Kelley	<u>Kickboxing</u> 11:10am Kelley	<u>Mysore Yoga</u> 11:10am Carrie	<u>Indoor Cycling</u> 10:00am Neal/Julie
<u>Indoor Cycling</u> 12:00pm Kylie	<u>Indoor Cycling</u> 12:00pm Mary	<u>Indoor Cycling</u> 12:00pm Kylie	<u>Indoor Cycling</u> 12:00pm Mary	<u>Indoor Cycling</u> 12:00pm Kendy	
<u>Circuit Training</u> 12:10pm Sandy	<u>Step</u> 12:10pm Barb	<u>Pilates Fusion</u> 12:10pm Dianne	<u>Step</u> 12:10pm Barb	<u>Boot Camp</u> 12:10pm Various Instructors	
<u>Muscle/Cardio Fusion</u> 1:10pm Cindy	<u>Abs &amp; Core</u> 1:00pm Sandy		<u>Abs &amp; Core</u> 1:00pm Sandy		
	<u>Pilates</u> 1:10pm Susan F.		<u>Muscle Firm</u> 1:10pm Cindy	<u>Pilates</u> 1:10pm Susan F.	
<u>Indoor Cycling</u> 6:00pm Neal	<u>Indoor Cycling</u> 5:00pm Julie		<u>Indoor Cycling</u> 5:00pm Neal		
	<u>Abs &amp; Core</u> 6:00pm Paul/Susan S.	<u>Indoor Cycling</u> 6:00pm Neal	<u>Abs &amp; Core</u> 6:00pm Paul		
		<u>Hatha Yoga</u> 6:00pm Stephanie			

If you would like to schedule an exercise orientation, personal training appointment, center tour or have questions please contact Fitness U at (717) 236- 3476

# Group Exercise Class Descriptions

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- Pilates** A combination of basic mat and Pilate movements. This class is designed to stretch and strengthen to improve flexibility and posture.
- Pilates Fusion** A powerful fusion of Yoga and Pilates that includes exercise sequences and postures to help you develop a stronger core, improve flexibility and feel increasing strength, tone and grace.
- Abs & Core** A 15-minute abs workout focused on technique, alignment, and strengthening resulting in improved core strength, definition, and tone. Stretch segment included.
- Indoor Cycling** Challenge yourself with this ride. This heart pumping class will give you a great cardio & total body workout with a guarantee to sweat, so bring a towel and water bottle! You will be led through flatlands and hills for a cardio workout.  
**Call ahead to reserve a spot!**
- Boot Camp** Drill oriented interval training class that includes strength training and cardio aspects designed to challenge. Includes upper body, lower body, cardio, and abdominal conditioning.
- Muscle Firm** Upper and lower body muscles worked individually and simultaneously to improve muscle tone and definition. Incorporates free weights, resistance bands, steps and weighted body bars for a total body workout.
- Yoga** Learn basic yoga techniques to relax and relieve mental and physical tension.
- Step** An action packed class that incorporates movement on and around the step, a fun and exciting class that will give you a fun filled and excellent workout sure to keep you coming back!
- Kickboxing** Kick and punch your way to fitness with this hot class. It combines the heart healthy benefit of cardio exercise, while offering gains in agility, balance and coordination.
- Interval (Step)** Basic step class with cardio intervals. An energizing way to start your day!
- Muscle/Cardio Fusion**  
The ultimate total body workout! The first half of class kicks your cardio up a notch with basic kickboxing movements. The last half of class incorporates weights and resistance band exercises for all muscle groups.
- Circuit Training**  
13+ cardio and weight/resistance training stations to take your fitness to the next

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level! This class is a great way to fit cardio and weights into a busy schedule.