







Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:30-6:30	<b>Cycle</b> Dana	5:30-6:30	Upper/Legs/Abs Kim 6, 20 Nicole 13, 27	5:30-6:30	<b>Cycle</b> Angela	5:30-6:30	<b>Pi-Yo</b> Stacey	5:30-6:30	<b>Cycle</b> Kim				
8:30-9:30	<b>Step</b> Kim	8:30-9:30	<b>Pilates</b> Jill	8:30-9:30	<b>step/kick/abs</b> Danyl	8:30-9:30	<b>Pilates</b> Betsy	8:30-9:30	 Jennifer Kim 9	8:30-9:30	<b>Cycle</b> Gail 3, Alison 10 Carol 17 Kim 24, Betsy 31		
9:30-10:30	 Kim	9:30-10:30	<b>Cycle</b> Rhonda	9:30-10:30	BOSU Strength Jessica	9:30-10:30	<b>Cycle</b> Betsy	9:30-10:30	<b>Step</b> Jennifer TBA 9	8:30-9:30	<b>step/kick/abs</b> Kim 3, Jennifer 10 Jenn 17, 25, 31		
10:30-11:15	<b>Get Movin</b> Lois, TBA 5	10:00-11:00	Stretch N Flex Lois Kim 6	10:30-11:15	<b>Get Movin</b> Jessica	10:00-11:00	Stretch N Flex Shaunee	10:30-11:15	<b>Pi-Yo</b> Jill	9:30-10:30	 Kim 3, Jennifer 10 Jenn 17, 25, 31		
2:00-3:00	Stretch N Flex Shaunee			2:00-3:00	Stretch N Flex Dana 7, 28 Lois 14, 21					10:30-11:30	<b>Pilates</b> Amber April 10		
3:00-4:00	Senior Circuit Shaunee			3:00-4:00	Senior Circuit Nicole							3:00-4:00	<b>Cycle</b> Alison Gail 18
5:00-6:00	<b>step/kick/abs</b> Dana	5:00-5:30	<b>TAKE 30!</b> Angela	5:00-6:00	<b>step/kick/abs</b> Jessica	5:00-5:30	<b>TAKE 30!</b> Jessica	5:00-6:00	<b>Cycle</b> Carol Nicole 16				
6:00-7:00	 Hayley	5:30-6:00	<b>Completely Core</b> Angela	6:00-7:00	 Hayley 7, 21 Amber 14, 28	5:30-6:00	<b>Completely Core</b> Jessica	6:00-7:00	 Amber 2, 9, 23 Hayley 16, 30				
7:00-8:00	<b>Cycle</b> Carol 5, 19 Alison 12, 26	6:00-7:00	<b>Cycle</b> Angela			6:00-7:00	<b>Cycle</b> Jessica						
7:00-8:00	<b>Pilates</b> Amber	6:00-7:00	<b>Yoga</b> Stacey			6:00-7:00	<b>Pi-Yo</b> Amber						




  
**St. Mary's**
  
 HEALTH & FITNESS
   
 859-7900 CENTER
   
 Land
   
 October 2009

# Land Class Descriptions

*Beginners and advanced exercisers welcome in all classes!*



*is the revolutionary new weight-training workout using barbells and adjustable weights, set to motivating music. Strengthen, tone, and define every major muscle group in your body. BODYPUMP is ideal for beginners up to experienced exercisers who can adjust the bar from 3 to 91 pounds. STRENGTH*

**BOSU Strength** - *Experience the BOSU Balance Trainer and give your body and all over strength workout. This class can incorporate hand weights, medicine ball and resistance band exercises. All major muscle groups will be targeted. STRENGTH*

**CYCLE** - *This is a 40-50 minute journey on an exercise bike followed with 10 minutes of abdominal work. CARDIO BRING WATER!!*

**Get Movin'** - *This is a 45 minute low-impact aerobics class geared for all levels of fitness. CARDIO*

**PILATES** - *This mind-body class focuses on improved flexibility and core strength and stability. You will soon realize why Pilates is the hottest rage to sweep the area. Expect a more efficient golf swing, an improved tennis game, better posture and a more positive outlook on life! STRENGTH & FLEXIBILITY*

**PI-YO** - *This mind-body class for beginner to advanced levels will focus on a combination of Pilates exercises with basic Yoga postures to help increase flexibility and core strength along with breath control and relaxation techniques. FLEXIBILITY & STRENGTH*

**Senior Circuit** - *This fun class has one-minute cardiovascular, strength, and agility stations set up in a circuit format. All are welcome. STRENGTH*

**STEP** - *This is a 1-hour step class suited for all levels of steppers. Wednesday evening class is well suited for beginner steppers as well as intermediate advanced. Instructors may include intervals of sports conditioning and/or kickboxing aerobics as well as circuit training. CARDIO*

**step/kick/abs** - *This class blends three 20 minute segments consisting of Step, Cardio kick and Abdominal Exercises. CARDIO*

**Stretch & Flex** - *The first half of this class uses light dumbbells and rubber tubing to work all the major muscle groups. Each exercise is followed by a stretch. The second half of the class includes leg, low back, and abdominal work. STRENGTH*

**TAKE 30!** - *This 30 minute class covers all major muscle groups. It is a quick power workout that focuses on entire body strength. STRENGTH*

**Completely Core** - *30 minutes of nothing but core. This class will work your abs, lower back, and hips while also improving balance and posture. STRENGTH*

**YOGA** - *Mind-body class for all levels. Increase your balance, coordination, strength & flexibility while connecting breath with movement in this one-hour workout. FLEXIBILITY*