

# AEROBIC SCHEDULE August 2008

Wellness Works Health and Fitness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:45a A.M. Challenge 8:00 Basic Moves	2
3	4 10:00a Pathways  5:30p Cardio Core	5 8:00a Group Training  2:00p Pathways 5:30p Yoga	6 5:45a A.M. Challenge	7  2:00p Pathways 5:15p Group Training 6:15p Yoga	8 5:45a A.M. Challenge 8:00a Basic Moves	9
10	11 10:00a Pathways  5:30p Cardio Core	12 8:00a Group Training  2:00p Pathways 5:30p Yoga	13 5:45a A.M. Challenge	14  2:00p Pathways 5:15p Group Training 7:00 Yoga (speciality)	15 5:45a A.M. Challenge 8:00a Basic Moves	16
17	18 10:00a Pathways  5:30p Cardio Core	19 8:00a Group Training  2:00p Pathways 5:30p Yoga	20 5:45a A.M. Challenge	21  2:00p Pathways 5:15p Group Training 6:15p Yoga	22 5:45a A.M. Challenge 8:00a Basic Moves	23
24	25 10:00a Pathways  5:30p Cardio Core	26 8:00 Group Training  2:00 Pathways 5:30 Yoga	27 5:45a A.M. Challenge	28  2:00 Pathways 5:15 Group Training 6:15 Yoga	29 5:45a A.M. Challenge 8:00 Basic Moves	30

## Description of Classes

**\*\* Classes are scheduled monthly based on instructor availability\*\***

- **Pathways:** A *chair-based class* designed for clients that are de-conditioned or have special health concerns. It includes a chair warm-up, toning and cardio segment (seated or standing) and a chair cool down.
- **Basic Moves :** This class promises *great calorie burn!* You will participate in basic movement patterns in a variety of styles. A toning segment follows your cardio workout.
- **Cardio-core:** This is a great class for burning calories and developing core strength. You will have a variety of cardio styles and toning styles to develop core strength. *Guaranteed to give you a great workout!*
- **Yoga: Need Core Strength?** Yoga improves posture, strength and flexibility, increases body awareness and reduces stress. This 45 minute class strengthens and lengthens muscles without bulk.
- **Group Training: Need a personal trainer?** Try our group training class. Instructor will lead you as a group in a variety of training activities which may include the walking trail and partner work. An **ALL ENCOMPASSING** work out for total body toning
- **A.M. Challenge: FOR THE EARLY BIRD!!!!!!** Promises to keep you going with hi/lo cardio, step or maybe circuit!

**\*\*Specialty classes are chosen by the individual instructor based on their monthly schedule. These are not regularly scheduled classes.**

**Must have 3 participants for a class to make**