

# AEROBIC SCHEDULE November 2009

## Wellness Works Health and Fitness Center

	Mon	Tue	Wed	Thu	Fri	Sat
2	2:00p Pathways 5:30p Cardio Mix	3 8:00a Group Training  2:00p Pathways 5:30p Yoga	4 5:45a A.M. Challenge	5  2:00p Pathways 5:30p Muscle Express	6 5:45a A.M. Challenge 8:00a Basic Moves	7
9	2:00p Pathways 5:30p Cardio Mix	10 8:00a Group Training  2:00p Pathways 5:30p Barefoot Cardio Yoga	11 5:45a A.M. Challenge	12  2:00p Pathways 5:30p Muscle Express	13 5:45a A.M. Challenge 8:00a Basic Moves	14
16	2:00p Pathways 5:30p Cardio Mix	17 8:00a Group Training  2:00p Pathways 5:30p Yoga	18 5:45a A.M. Challenge	19  2:00p Pathways 5:30p Muscle Express	20 5:45a A.M. Challenge 8:00a Basic Moves	21
23	2:00p Pathways 5:30p Cardio Mix	24 8:00a Group Training  2:00p Pathways 5:30p Barefoot Cardio Yoga	25 5:45a A.M. Challenge	26  Thanksgiving No Classes Non-staffed Smart-Tag Accessible	27  No classes Non-staffed Smart-tag Accessible	28
30	2:00p Pathways 5:30p Cardio Mix					

### Aerobic Class Descriptions

### 3 minimum and 18 maximum participants

- **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 *Results!* You will be challenged with basic aerobic moves and basic yoga moves. An all-in-one cardio and strength class.
- **Cardio Mix:** This is a great class for people that like *variety*. It may include step, lo-impact, stability ball, or other types of cardio and toning. This is a great class for *calorie burn & all fitness levels* are welcome!!
- **Yoga : Need Core Strength?** Yoga improves *posture, strength and flexibility*, increases body awareness and *reduces stress*. This 45-60 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!
- **Barefoot Cardio Yoga:** Want to experience a yoga *change*? Barefoot cardio yoga consists of 20 minutes of **barefoot controlled cardio**, followed by **traditional yoga**. Guaranteed to *burn calories & strengthen core*.
- **A.M. Challenge: FOR THE EARLY BIRD!!!!!!** Promises to keep you going with hi/lo cardio, step or maybe circuit!
- **Muscle Express:** A *muscle conditioning class* that focuses on different muscle groups from week to week. Instructors may use a variety of equipment.