



GROUP FITNESS CLASSES

"Group Fitness Weekly Class Schedule"

MON	TUES	WED	THUR	FRI	SAT
	6:00 - 7:00 am Pilates Kathleen		6:00 - 7:00 am Pilates Kathleen	8:30 - 9:30 am Aqua Aerobics Diana	
8:30 - 9:30 am Aqua Aerobics Diana	12:00 - 1:00 pm Primal Conditioning Patrick	8:30 - 9:30 am Aqua Aerobics Diana	12:15 - 12:40 pm Hard Core 12:40 - 1:00 Flexibility for Athletes	12:15 - 1:15 pm Hatha Yoga Kathleen	
12:10 - 1:10 pm Cardio Express					SUN
5:00 - 6:00 pm Kundalini Yoga* Adi Singh	5:30 - 5:45 pm Abs Steven	12:00 - 1:00 pm Aerobics Combat Master Fit Training Marcus	5:30 - 5:45 pm Abs Steven	5:30 - 6:30 am Aqua Aerobics Carol	
5:30 - 6:30 am Aqua Aerobics Carol		5:30 - 6:30 am Aqua Aerobics Carol	5:45 - 6:45 pm Yoga* Krista		
5:15 - 6:00 pm HIT Steven	5:45 - 6:45 pm Yoga* Krista	5:15 - 5:30 pm Hard Core 5:30 - 5:45 Flexibility for Athletes			

All classes are suitable choices for beginner, intermediate and advanced participants unless otherwise noted.

* Designates classes NOT included in membership fees; additional \$20 per month fee applies.

Please visit our website for changes to the class schedule

www.centralparksquareathletic.com

Class Descriptions

Abs: A complete 15-minute abdominal workout.

Advanced Ashtanga Yoga: Also known as "power yoga," this class offers a flowing, athletic style of yoga which promotes core strength and flexibility.

Aerobics Combat Master Fit Training – this type of action packed training is intense and fun. You will tone up, build stamina, and burn calories with a yoga stretch at the end to leave you feeling completely relaxed.

Aqua Aerobics: A low impact cardiovascular workout in the water. Morning classes are generally geared towards older adults, those at lower starting fitness levels, pregnant or functionally limited participants. Evening classes are generally geared toward younger populations, those without limitations and higher fitness levels.

Cardio Express – This fast pace class will get your heart and muscles pumping with circuits of low impact aerobics, Step, weight training, stability exercises and stretch. There is always something new to challenge your heart and muscles. A great class for someone on the go.

Flexibility for Athletes- Increase total body flexibility using proper alignment and breathing techniques. Emphasis placed on hamstrings, quadriceps, IT bands, and back.

Hard Core Core – Strengthen abdominal, back and hips using resistance exercise, functional core training, medicine balls, and stability balls. Strengthening your core can lead to plenty of health benefits, including reducing back pain, slimming your waistline and improving your balance and posture.

Hatha Yoga: A mind/body training which promotes spinal flexibility, deep relaxation, and stress release.

HIT-High Intensity Training – This fast paced circuit utilizes weights to tone and strengthen all muscle groups and bursts of cardio to burn fat. Great for all fitness levels.

Kundalini Yoga: Considered to be the "yoga of awareness," this class is a safe and complete system that promotes optimum health, emotional balance, enhanced intuition, and a feeling of well being, and can be performed by all regardless of age or physical ability.

Pilates: A blend of strength and flexibility training which creates enhanced balance, body coordination / awareness, and strength in abdominal and low back muscles. All exercises are modified for beginner to advanced levels.

Primal Conditioning: A fusion of extreme cardiovascular and strength training. This class is designed to cut fat and build muscle. This class is for advanced fitness levels.

Power Abs & Stretch – A complete abdominal workout with the gentle stretching of the body.

Step: This basic step class focuses on high intensity cardio training along with exercises to tone and firm the muscles. All exercises are modified for beginner to advanced levels.

Total Body Conditioning – This class will be working with weights to tone and strengthen all muscle groups. Great for all fitness levels.

Yoga: This class offers a fast-paced, athletic style of yoga which promotes core strength and flexibility.