



Group Exercise

Effective Jan 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Extreme Cycle Kevin	5:30 am Early AM Flow Yoga (Level II –III) Michelle	5:30 am Power Cycle Kevin	5:30 am Early AM Flow Yoga (Level II—III) Michelle	5:30 am Fit Friday Cycle Tony <hr/> 5:30 am Early AM Flow Yoga (Level II –III) Michelle	Schedule subject to change. Visit our website at: www.bainbridgeathleticclub.com for updates and information on classes.	
8:00 am Low Impact Step & Weights Carolyn	8:45 am RevMaster Cycle Ashley	8:00 am Low Impact Step & Weights Carolyn	8:45 am FUNDamental Cycle Shea	8:45 am HR Zones Cycle Suzanne	8:15 am Intermediate Pilates Betsy <hr/> 8:15am ZUMBA Pam	7:00 am Extreme Endurance Cycle Kevin (90 min)
9:15 am Body Blast Maureen/Shea	9:15 am Power Yoga (Level II– III+) Carrie	9:15 am Body Blast Shea	9:15 am Power Yoga (Level II– III+) Carrie	9:15 am Body Blast Maureen	9:30 am Yin Flow Yoga (Level I –III) *(90 min) Mishabae	
10:30 am Fundamental Yoga Kristy		10:30 am Vinyasa Yoga (Level I) Michelle		10:30 am Vinyasa Flow Yoga (level I –II) Carrie		
		11:00 am Intermediate Pilates Betsy <hr/> 11:00 am Group Orientation Jim		11:00 am Intermediate Pilates Betsy	11:00 am Group Orientation Jim	
6:00 pm HR Zones Cycle Suzanne <hr/> 6:00 pm Vinyasa Yoga (Level I –II) Cathleen	6:00 pm Total Body Conditioning Pam <hr/> 6:45 pm Evening Flow (Level I– II) Frank	6:00 pm HR Zones Cycle Suzanne <hr/> 6:00 pm Yin Flow Yoga (Level I—III) Mishabae	6:00 pm Hi /Lo Impact Cardio & Weights Pam <hr/> 6:45 pm Evening Flow (Level I –II) Frank	See class descriptions on the reverse side of this schedule. Each class is expected to maintain a minimum of 10 participants to remain on the schedule. Please vote with your feet. As always, your feedback is appreciated. Reminder: For your safety, please do not enter a class more than 10 minutes after it has started		

*= Need to have taken Essentials series, 3 privates, or have instructor permission prior to taking class.

(TS) = Training Studio off tennis viewing deck
All classes are 60 minutes unless otherwise noted

Ver. 12/28/09

GROUP FITNESS CLASS DESCRIPTIONS

Body Blast: Feel the burn head to toe. You will work with various cardio and strength equipment to work yourself into the zone of no return. Modifications are given by instructors. All levels welcome.

Early AM Flow Because of our natural rhythms, daybreak is the perfect time to open our bodies and center our minds. You will be guided through a one-hour morning practice where each class will focus on a specific area to loosen your muscles, relax your mind and energize you for the day ahead. Standing Poses, Twists, Backbends, Forward Bends and Hip Openers will be used as you progress to intermediate-level yoga. Modifications are offered for all poses so well-conditioned beginners are welcome. However, we strongly suggest taking Yoga Fundamentals as a pre-requisite. Level II –III

Extreme Cycle: The name says it all. The original house of pain— take no prisoners charge up the hill and stake your claim. Push the cadence without easing off the resistance. You will develop a strong cardio and muscle endurance through many tough drills after drills. For advanced levels.

Extreme Endurance Cycle: Taking Extreme Cycle to the next level—90 minutes of pure unadulterated spinning intervals and thrills. Best way to burn amazing amounts of calories.

Evening Flow Yoga A class in which hatha yoga postures are sequenced to allow a warm up and fluid flow movement from one asana to the next with options for beginners to experienced students. A pleasant way to end the day by creating more ease in the body and taking time to settle and feel poses. Level I—II

Fit Friday Cycle: Working for the weekend. Fit Friday workout is the best way to end the weekday on a high level. Come and spin your legs through various intervals to improve the cardio fitness level. All levels welcome.

FUNDamentals Cycle: How can spinning on a stationary bike be FUN? You will see why when you FUNDamentals Plus your way to health. You will do all your favorite simulations of climbs, speedups, and jumps to fun music that keeps the motivation going even when you think the FUN went out of legs. Great workout with the Fun. All levels welcome.

Fundamental Yoga: The true yoga beginner now has the perfect starting place, as you are introduced to basic poses in an hour long workout that takes a gentle approach to yoga. Students of all fitness levels can ease into postures at a comfortable pace. Focuses on proper breathing to cultivate mind-body awareness. Three sections offer a balanced practice for mind, body and spirit; from warm-up to workout to deep relaxation. Modified poses and use of props make yoga more accessible to everyone. Level I

Group Orientation : Open to all BAC members . Fitness Specialist lead group orientation of all cardio and selectorized machine.

Heart Zones Cycle: Get the best workout by working within your heart zones. You will see the benefits of more personalized workout that will give you instant feedback on the level of your own efforts. Heart rate strap is required. All levels welcome.

Hi / Low Impact Step / Weights: Combination of High / Low impact cardio and weights workout to give you a total body tone. For all fitness levels.

Intermediate Pilates: For more challenge, matwork classes at the Intermediate level will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session to include, Stability Balls, Foam Rollers, Thera-Bands, and BOSU balls

Low Impact Step / Weights Low impact ,not in intensity of the workout. Perfect class for all who love the cardio benefits of rhythmic step and body sculpting with light weights. For all level of fitness.

Power Cycle: Develop your stamina with the drills that will give you power when you need it. The hill climbing will be a non-event as you learn the proper skills to develop strong legs, lungs and heart. Intermediate to advanced

Power Yoga: Feel the heat in this dynamic and challenging flow class that blends several styles of yoga to balance mind and body, strength and flexibility, endurance and relaxation. While modifications are offered to ensure each student's safety and success, *prior yoga experience is recommended.* Level II –III +

RevMaster Cycle: You will get the classic workout designed to improve cardio endurance that comes from cycling. A well balanced set of drills to improve your skills. Rev up your body, become the master of your cycling domain. All levels welcome.

Total Body Conditioning: Interval workout of cardio and resistance. This class will increase your cardio endurance with low –impact movements. Gentle on the joints & lower back. Movements and flow that will improve your balance and reduce your stress with yoga style stretching. All levels welcome.

Vinyasa Yoga: A vinyasa practice that focuses on both the anatomical and energetic aspects of our midsection, including the gluteals and low back. We'll apply ancient and cutting edge wisdom to traditional poses and breath work for a practice that invigorates, strengthens and lengthens from the inside out. I –II

Vinyasa Flow Yoga: Balanced Hatha Yoga, breath and movement are synchronized within and between postures (Asanya). Special attention is paid to alignment, lines of energy, bandha, and breathing techniques (Pranayama).Level .-Level I—II.

Yin Flow Yoga: The practice of yin yoga is performed to regulate the flow of energy in the body. Yin yoga primarily stretch the connective tissues in the hips, thighs and lower spine. Yin yoga asana practice is beneficial to wide variety of people. Level I –III

ZUMBA : Created by celebrity fitness trainer Beto Perez, Zumba® is a fun and energetic, latin-based dance exercise featuring salsa, flamenco, merengue, mambo, samba, afro-caribbean, all easy to follow steps to create a dynamic fitness workout.

Yoga levels:

Level I: offers the full Vinyasa Yoga sequence - with approx. 42 basic postures for 60 minutes. This class moves at a slower pace than a Level II class, but the pace is steady. The instructors offer the modified variations for all of the postures, and students are invited to work at their own levels. This class is the perfect next step for people who have completed the Intro series or for practitioners new to Vinyasa Yoga.

Level II: offers the full Vinyasa Yoga sequence moving through a quicker pace than Level I where modifications for all postures are offered for 60 minutes. These classes flow through the complete, traditional Vinyasa sequence including more challenging variations to each pose. Geared towards students who have some experience in regular Vinyasa yoga but is rewarding for experienced students as well.

Level III: is an Intermediate to advanced level faster-paced flow through the complete, traditional Vinyasa Sequence with challenging variations of the postures. Open to students who have a strong, regular practice or the well seasoned yoga student. Suited for the well conditioned and physically fit.