













# October 2009 Group X

## Group X 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00 - 6:00 AM		ZUMBA CHERYL	 ZUMBA CHERYL	ZUMBA CHERYL				
6:00 AM - 7:00 AM	S.L.A.M PAUL	S.L.A.M PAUL		S.L.A.M PAUL				
7:00 - 8:00 AM	BOXING PAUL	BOXING PAUL		BOXING PAUL				
8:30 - 9:30 AM	 BODYFLOW GINNY ANNE		 BODYFLOW GINNY ANNE		 BODYFLOW GINNY ANNE			
10:15 - 11:15 AM		Silver Sneakers MSROM MANDY		Silver Sneakers MSROM MANDY				
12:00 - 12:45 PM	LUNCH BOX PAUL	 BODYFLOW TERI	LUNCH BOX PAUL	 BODYFLOW TERI	LUNCH BOX PAUL			
4:30 - 5:30 PM	Beginning Line Dancing MS. WOLFE	 BODYPUMP MEREDITH		 BODYPUMP MEREDITH				
5:30 - 6:30 PM	 BODYPUMP MEKIA	ZUMBA KITA	 BODYPUMP MEKIA	ZUMBA KITA				
6:30 - 7:30 PM	PEDAL POWER TOM	 BODYFLOW ROSALIE	PEDAL POWER TOM	 BODYFLOW ROSALIE				
6:30 - 8:00 PM					BOXING PAUL			
7:30 - 9:00 PM		BOXING PAUL						

## MWC Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00 - 8:45 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	8:00 AM - 5:00 PM	OPEN SWIM	
9:00 - 10:00 AM	AGELESS ADULTS LINDA	ARTHRITIS FOUNDATION LINDA	AGELESS ADULTS LINDA	ARTHRITIS FOUNDATION LINDA	AGELESS ADULTS LINDA	1:00 - 5:00 PM		OPEN SWIM
10:00 - 11:00 AM	AGELESS ADULTS LINDA	ARTHRITIS FOUNDATION LINDA	AGELESS ADULTS LINDA	ARTHRITIS FOUNDATION LINDA				
11:00 AM - 5:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			
5:00 - 6:30 PM	SWIM TEAM Begins Oct 26th	SWIM TEAM Begins Oct 26th	SWIM TEAM Begins Oct 26th	SWIM TEAM Begins Oct 26th	SWIM TEAM Begins Oct 26th			
6:30 - 7:30 PM	AQUACISE JALAYNE	AQUACISE JALAYNE	OPEN SWIM	AQUACISE JALAYNE	OPEN SWIM			
7:30 - 8:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			
8:00 - 9:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM				

**LES MILLS**





A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

### **AGELESS ADULTS**

Provides gentle exercise with non-impact, low-intensity, moderate cardiovascular activity. The class includes a warm-up, resistance training, and a cool down. You do not need to be able to swim to participate.

### **AQUACISE**

For the fairly fit individual. Provides warm-up, cardio endurance, resistance training, muscle toning, relaxation, and stretching.

### **ARTHRITIS FOUNDATION**

Specific exercise routine to help ease the pains of arthritis while in the water. Provides stabilization and helps with range of motion.

### **BOXING**

A complete hard body conditioning class that teaches the art of full contact boxing, both on an amateur and professional level. Involves an advanced cardio workout and body toning. Two options are available: conditioning only or competition style training. No prior experience is necessary.

### **LUNCH BOX**

Cardio boxing routine for anyone interested in a full body workout. Will cover the ABC's of boxing, putting punches together in a variety of combos. Great workout for toning and burning fat.

### **OPEN SWIM**

### **PEDAL POWER**

For all fitness levels. Stationary cycling to heart pumping music. Get your cardio in for the week and challenge yourself for the ride of your life.

### **S.L.A.M**

Strong Legs Arms and Mind: A total body conditioning class that will take you to the next level in fitness. Uses dumbbells and body weight exercises that challenge your body and push you to the limit each and every time.

### **Silver Sneakers MSROM**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for our daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

### **SWIM LESSONS**

### **ZUMBA**

Ditch the workout and join the party! An intense cardio dance workout that will have you moving to the beat and burning calories! The routines feature interval training with fast and slow rhythms to tone and sculpt your body while burning fat!