

JULY GROUP FITNESS PROGRAMS - LAND, CYCLE, & WATER

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
11AM - 6 FAMILY SWIM	5:30-TBW (L) 6:00- BootCamp(L)\$ 8:00-Pilates(L) 9:00-Step(L) 9:00-Aqua Burner(W) 10:00 -Senior Water(W) 10:30-GY(L)	5:30-Intervals(C) 6:00-Yoga (L) 9:00- Aqua Burner(W) 9:00-Pilates(L) 10:00-In Zone(C) 10:30- Yoga (L) 10:30 – Silver Sneakers (L)	5:30-Yoga(L) 6:00-BootCamp (L)\$ 8:00-Pilates(L) 9:00-Aqua Burner(W) 9:00-Step(L) 10:00 -Senior Water(W) 10:00-Linedancing (L) 10:30 Yoga Basic (L) 11:00- Silver Sneakers (L)	5:00-Cross-Train Swim (W) 5:30-Intervals (C) 6:00-Yoga(L) 9:00-Aqua Burner(W) 9:00-Pilates(L) 10:00-In Zone(C) 10:30 – Silver Sneakers (L) 10:30- GY (L)	5:00-7:00 Moonlight Swim 6:00-BootCamp (L)\$ 6:00 Pilates (L) 9:00-Water Basketball(W) 9:00-S&S(L) 9:30- Cycl-ates (C) 10:00 -Senior Water(W) 10:00-Hiking (L) 10:45-Yoga(L)	8:00-Griz Spin (C) 9:00-TBW,yoga,or pilates(L) 9:00-Water Basketball (W)
11AM - 6 FAMILY SWIM	12:05-Stretching Yoga (L) 12:00-Cycl- lates(C) 1:00-Hydro Circuit (W) 4:30-Step (L) 5:30-DanceClub (C) 5:30-FitCore(L) 7:00-Yoga (L)	12:00-Prenatal H2O Aerobics (W) \$7/class 12:00-Bosu (L) 4:30-Abs(L) 5:15-Water Power(W) 5:30-Kickboxing(L) 6:30-Yoga(L) 6:30-Prenatal H2O Aerobics (W) \$7/class	11:30-Calmingthe Mind (L) 12:00-Intervals(C) 12:00-Yoga(L) 1:00-HydroCircuit (W) 4:30-S&S (L) 5:30-Water Pressure(W) 5:30-Endurance (C) 5:30-TBW(L) 6:30-yoga(L)	4:30-Abs(L) 5:15-Water Power(W) 6:00-Cycl-lates(C)	12:00-Yoga Flow (L) 12:00-Intervals (C) 12:00-Prenatal H2O Aerobics (W) \$7/class 1:00-Hydro Circuit (W) 5:00-7:00-Family Swim	12-5 Family Swim

\$ = Fee for Specialty Class

DESCRIPTIONS

LAND-

Abdominals (ABS) Thirty minutes with a variety of on-the-ball, floor, and bench exercises.

Kickboxing An intense cardio workout, using proper technique of upper and lower body involving a Kickboxing bag. Hand wraps provided.

Step An intermediate to advanced step class, using high and low impact moves on the step bench.

Step & Sculpt (S&S) combines a step class with various strength training exercises.

Total Body Workout (TBW) Focus on your cardiovascular and muscular strength and endurance in order to achieve an overall workout. The Saturday class is taught by various instructors who will rotate --so come prepared for anything and start your weekend in a healthy way!

BOSU A mix of cardio and strength exercises for a complete athletic workout. Incorporating and activating core muscles and integrating athletic cardio with strength and balance. Heart rate will stay relatively elevated.

Box Core An athletic boxing circuit to condition the heart, increase muscular strength, and strengthen the core. 3 rounds, that includes core strengthening and boxing. The athlete can get an intense workout, have fun and work at your own pace.

Line Dancing Come and join us in a unique class of formation dance in which a group of people dance in one or more lines executing the same movements.

Fit Core An athletic circuit conditioning the heart, increasing muscular strength and strengthening the core. All levels welcome. Options are given for high impact and low impact, high intensity and low intensity.

Hiking An outdoor adventure for all levels of fitness.

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

Yoga Incorporates techniques from various disciplines. Yoga is a practice which will increase flexibility, strength, and balance, bringing you a greater sense of calmness.

Gentle Yoga (GY) Offers a gentle series of exercises, performed in a slow and controlled way, which will bring you greater strength, flexibility, and balance. This is a great class for beginners. The Monday class is 55 minutes. The Thursday class is 75 minutes.

Mat Pilates Developed by Joseph Pilates, this class emphasizes a blend of strength & flexibility. Improved posture, stress reduction and long, lean muscles are the result of this synthesis. The “core” “powerhouse” (including the abs, back & pelvic girdle), is the focal point of this training, because all movement originates in this area of the body. Quality of movement is emphasized rather than number of repetitions or amount of resistance.

Stretching Yoga is for the young at heart. It is specially designed for the older and wiser. This class will increase strength, flexibility and balance leading to greater health.

Calming the Mind is a class in which the mind focuses on a gentle relaxation. This class is suitable for beginner as well as experienced.

Yoga Flow is about linking the breath with the pose.

CYCLE-

Endurance is improved with long, slow rides. We call this building your aerobic base. Your aerobic threshold occurs at about 70% of VO2 max (i.e., about a 5 on a 1 to 10 scale). Exercise of at least twenty minutes, at aerobic threshold, has been shown to improve cardiovascular endurance.

Intervals are used to improve your body’s ability to process higher levels of lactate. An interval consists of brief bursts of high intensity cycling (above lactate threshold), followed by a recovery period. Lactate threshold occurs around 85% of VO2 max (i.e., about an 8 on a 1 to 10 scale).

Dance Club Cycle Forget about Monday blues! Get a great workout and have fun doing it. Disco ball, strobe light, and great music.

In Zone Focus on how to aerobically train within your heart rate zone using lower and higher ranges. Train for results and have a variety of fun.

Griz Spin High Energy Saturday morning cycling class designed to develop cardio fitness. This 50 minute class has great music, intensity, fun & ends with a variety of stretches. Odd numbered days are endurance rides. Even days are interval training.

Cycl-ates is a mixture of 30 minutes of cycling and 30 minutes of Pilates. This class will all be held in the cycling studio.

WATER-

Alpine’s Prenatal Water Aerobics is a class designed for Mom’s –To-Be and instructed by a licensed Physical Therapist. Class incorporates cardio, strength, and stretching exercises in an anti-gravity environment. Cost per Class is \$7.

Aqua Burner is a moderate to high intensity workout involving calisthenics and toning in deep and shallow water

Hydro Circuit is a moderate to high intensity workout consisting of water walking and running mixed with stationary exercises. Range of motion and strengthening exercises are incorporated throughout the class.

Navy Seals Circuit is a high intensity class set up in rotating strength and cardio circuit stations. The class will focus on maximizing strength and endurance.

Senior Water is a low impact, moderate intensity workout highlighting toning, range of motion, and strengthening exercises.

Tool Time is a high intensity class that utilizes a variety of equipment to maximize the toning benefits of waters natural resistance.

Family Swim is a time for members to share the pool with their children. Members must stay with their children in the pool area. Member children 13 and under are free!!

LAND

Abdominals (ABS) Thirty minutes with a variety of on-the-ball, floor, and bench exercises.

Kickboxing An intense cardio workout, using proper technique of upper and lower body involving a Kickboxing bag. Hand wraps provided.

Step An intermediate to advanced step class, using high and low impact moves on the step bench.

Step & Sculpt (S&S) combines a step class with various strength training exercises.

Total Body Workout (TBW) Focus on your cardiovascular and muscular strength and endurance in order to achieve an overall workout. The Saturday class is taught by various

instructors who will rotate --so come prepared for anything and start your weekend in a healthy way!

BOSU A mix of cardio and strength exercises for a complete athletic workout. Incorporating and activating core muscles and integrating athletic cardio with strength and balance.

Heart rate will stay relatively elevated.

Box Core An athletic boxing circuit to condition the heart, increase muscular strength, and strengthen the core. 3 rounds, that includes core strengthening and boxing. The athlete can get an intense workout, have fun and work at your own pace.

Line Dancing Come and join us in a unique class of formation dance in which a group of people dance in one or more lines executing the same movements.

Fit Core An athletic circuit conditioning the heart, increasing muscular strength and strengthening the core. All levels welcome. Options are given for high impact and low impact, high intensity and low intensity.

Hiking An outdoor adventure for all levels of fitness.

Silver Sneakers® Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills

Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Kids Play Camp is an organized play time for children 5-11 years old. Get your workout in while you children are keeping active. The best part.... it's FREE!

Specialty Classes

Sports Performance Enhancement is a specialty camp for middle school and high school students with supervision by physical therapist as well as personal trainers. Get specific sport prevention and advancement by the experts! (Fee based: \$60= six week session or 10 visit punch-card)

BootCamp Get results you want with this intensive, boot camp style six week class. Includes but is not limited to hiking, circuit training, strength training and endurance training. Let our personal trainers get you in shape!! (Fee based: \$129=Members \$149=Non-Members)