









# September Class Schedule 2010

\*September class schedule does not take effect until September 13th. Club Closed on September 12th\*

|         | Monday  |                                       | Tuesday   |   | Wednesday  |   | Thursday                                      |  | Friday                       |   | Saturday                       |  |
|---------|---|---------------------------------------|---|---|--|---|---|--|------------------------------|---|--------------------------------|--|
|         | Studio A  | Studio B                              | Studio A  | Studio B  | Studio A   | Studio B  | Studio A                                      | Studio B                                   | Studio A                     | Studio B  | Studio A                       | Studio B                                   |
| 6:15am  |   | Power Yoga<br><i>Caileen</i>          | Spin<br><i>Chris</i>  |   |  | Power Yoga<br><i>Lida</i>   | Spin + Core<br><i>Bonni</i>                   |  | Spin + Core<br><i>Jessie</i> |   |                                |  |
| 7:00am  |   |                                       | Pilates<br><i>Natalie</i>   |   |  |   |   | Pilates/Yoga<br>Blend<br><i>Natalie</i>    |                              |   |                                |  |
| 8:30am  |   |                                       | Studio Free Time<br>8:30-10am   |   |  |   | Studio Free Time<br>9:00-10am                 |  |                              |   |                                |  |
| 9:30am  |   |                                       |   |   |  |   |   |  |                              |   | Spin<br><i>Lori &amp; Lida</i> |  |
| 10:30am |   |                                       |   |   |  |   |   |  |                              |   |                                |  |
| 10:45am |  |                                       |   |   |  |  |   |  |                              |  |                                |  |
| 11:00am | Spin<br><i>Nicole</i>   | *TRX Training*<br><i>Julia</i>        |   | Sculpt<br><i>Michele</i>  | Spin<br><i>Julia</i>   |   |   | Cardio<br>Pump<br><i>Michele</i>           |                              |   |                                |  |
| 11:30am |   |                                       | Upper Body<br>Express<br><i>Erin</i>  |   |  | Ashtanga Yoga<br><i>Rob</i>   | Lower Body<br>Express<br><i>Jennifer</i>      |  |                              |   |                                |  |
| 11:50am |   |                                       |  |  |  |   |   |  |                              | Advanced Yoga<br><i>Shell</i>   |                                |  |
| 12:05pm | Spin<br><i>Bonni</i>  | Pilates<br><i>Shelley</i>             | Vinyasa Krama<br><i>Fi Yang</i>   | Cardio Pump<br><i>Michele</i>   | Spin<br><i>Kim</i>   |   | Spin<br><i>Lesley</i>                         | Sculpt<br><i>Michele</i>                   | Power Step<br><i>Nicole</i>  |   |                                | Vinyasa Flow<br><i>Shell &amp; Caileen</i> |
| 12:20pm |   |                                       |  |   |  | Ashtanga Yoga<br><i>Emily</i>   |   |  |                              |   |                                |  |
| 1:05pm  | *Core Barre*<br><i>Shelley</i>  | TBS Advanced<br><i>Darrel</i>         | ZUMBA<br><i>Michele</i>   | Sport Circuit<br>Advanced<br><i>Darrel</i>  |  |   | *Stability Ball<br>Training*<br><i>Nicole</i> | Sport Circuit<br>Advanced<br><i>Darrel</i> |                              |  |                                |  |
| 1:10pm  |   |                                       |   |   |  | BootCamp<br>Advanced<br><i>Cory</i>   |   |  |                              | TBS Advanced<br><i>Darrel</i>   |                                |  |
| 2:00pm  |   | Studio Free Time<br>2:00-4:00pm       |   |   |  | Studio Free Time<br>2:00-4:00pm   |   |  |                              | Studio Free Time<br>2:00-4:00pm   |                                |  |
| 3:00pm  |   |                                       |   | Aikido<br><i>Dimitry</i>  |  |   |   |  |                              |   |                                |  |
| 4:00pm  |   |                                       |   | *Ashtanga<br>Yoga Intro*<br><i>Rob</i>  |  |   |   |  |                              |   |                                |  |
| 5:00pm  |   | Lower Body<br>Express<br><i>Naomi</i> |   | Upper Body<br>Express<br><i>Dallas</i>  |  |   |   | Cardio Mix<br><i>Stella</i>                |                              |   |                                |  |
| 5:30pm  | *Yoga forBetter*<br>Backs<br><i>Natalie</i>                                       | Sculpt<br><i>Tracy</i>                | Spin Plus<br><i>Lonny</i>   | Pilates<br><i>Natalie</i>   | Spin Plus<br><i>Lida</i>   | Muscle Pump<br><i>Nicole</i>  |   | Yoga to the<br>Core<br><i>Rob</i>          |                              |   |                                |  |
| 6:30pm  |   |                                       |   | Dryland<br>Training<br><i>Todd</i>  |  |   | Dryland Training<br><i>Todd</i>               |  |                              |   |                                |  |



Pending pool re-construction classes will be cancelled until further notice

| Spin   | Mind/Body   |
|--|---|
| <b>Spin (45 min)</b> - In this challenging, innovative bike class, you will simulate climbing a mountain trail or cycling the Tour de France. Spin classes are full of motivation to help you improve your fitness at your own pace. <b>*Once per month the Saturday Spin class will be extended to 80 minutes 9:30-10:50am.</b>   | <b>Vinyasa Krama (55 min)</b> - Masterful and methodical yoga poses for any level of practice. This class will focus on a variety of challenging yet approachable sequences which will create strength and openness throughout the body. Come and discover un-explored yoga territory within your body and breath.                        |
| <b>Spin Plus (1 hr)</b> – This high energy Spin class has of personal interaction, off bike exercises and maybe even an Italian lesson. Time flies when you are having this much fun!  | <b>Yoga to the Core (1 hr)</b> - In this class you will experience the breathing techniques and flexibility postures of a Yoga workout with the integration of specific core exercises. This class is a great way to lengthen and strengthen.   |
| Express Classes  | <b>Power Yoga (45 min)</b> - This class focuses on improving strength and flexibility. Following your breath you will flow through this practice experiencing flexibility improvements from one session to the next. This is an intermediate practice that may not be suitable for individuals with serious knee, back or wrist injuries. |
| <b>Express Classes (20 min)</b> - Short on time and not sure what to do? This class will zero in on upper body, lower body or core. Spend 20 minutes with one of our fantastic fitness consultants and transform your body!  | <b>Vinyasa Flow (1 hr)</b> - This style of yoga branches from the Ashtanga form. A flowing form of yoga that will strengthen and stretch your body by linking postures in a series, focusing on breathing.  |
| Strength/Cardio/Dance Classes  | <b>Ashtanga Yoga (45 min)</b> - Deep breath is used continuously throughout the class in conjunction with the postures. Designed to work on your strength, flexibility, stamina and general well being. May not be suitable for individuals with serious knee, back or wrist injuries.  |
| <b>Sculpt (45 minutes, Mondays class is 1 hr)</b> - This is a full body muscle conditioning workout. Improve your strength & posture for that long and lean look! Do not miss this challenging and motivating group strength class.  | <b>Pilates (45 min)</b> - Learn new ways to strengthen and lengthen your body with Pilates. The focus of Pilates exercise is on core and postural muscles to compliment your regular exercise program. No experience necessary.   |
| <b>Power Step (1 hr)</b> - Power Step is an energizing step workout with simple and intermediate movements. Cardio blocks and athletic style help push the fat burning system into high gear. Are you ready to step it up?   | <b>Pilates / Yoga Blend (45 min)</b> - A mind body class that challenges your inner strength, stability, flexibility and mental focus through a combination of Pilates principles, and traditional Yoga poses. This is a multilevel class with options given for both beginners as well as more experienced participants.                 |
| <b>Cardio Pump (45 mins)</b> - Melt fat away with this explosive cardio & muscle interval training. Amazing results in minimal time! 45 minutes of aerobic to anaerobic intervals will actively raise your metabolic rate, so you burn more fat even while you sleep. Cardio Pump sculpts your Muscle mass, <u>reduces Fat, increases lung capacity and strengthens the Heart</u>  | <b>Aikido (1 hr)</b> - Is a NON-violent way to deal with aggression and solve conflicts. In Aikido the main focus is NOT on strength or reaction but rather on a unique way of blending with the energy of the attack and safely controlling the movements of the aggressor. Aikido is suitable for all ages.                             |
| <b>CardioMix (1 hour)</b> - Strengthen your heart and burn a lot of calories in an energizing cardio work out in which you'll enjoy a variety of cardio exercises including step hi/lo, cardio dance, cardio kick and much more. Great for all fitness levels!   | Advanced Classes  |
| <b>ZUMBA (45 mins)</b> - This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Experiencing the calorie-burning, body-energizing, awe-inspiring movements of ZUMBA!           | <b>Total Body Systems (TBS) (45 min)</b> -This class combines muscular strength and endurance work with cardio intervals in a circuit style class. This is an advanced session for those who want an intense workout in short period of time. <b>Please note this is an advanced workout.</b>   |
| <b>Muscle Pump (1 hr)</b> - A toning and conditioning class that will help improve your strength. If your looking for a high intensity calorie burning workout, this is your class!  | <b>Sport Circuit (45 min)</b> - Traditional circuit class with cardio, weights, medicine ball work, plyometrics, boxing, and stability exercises. <b>Please note this is an advanced workout.</b>   |
| Registered/Specialty Programs  | <b>BootCamp (45 min)</b> : This class focuses on strength, power and agility by providing a variety of exercises that are guaranteed to make you sweat. <b>Please note this is an advanced workout.</b>   |
| <b>Registered Programs:</b><br>Core Barre: September 20th-November 2nd (No class Oct 11th)<br>Yoga for Better Backs: September 20th - November 30th (No class Oct 11th)<br>Stability Ball Training: September 22nd - October 27th<br>Ashtanga Yoga: An Introduction and Beyond: September 21st - November 9th<br><b>Specialty Programs:</b><br>TRX Group Training: September 20th-November 1st (this class has a cost of \$95) | Pool Classes  |
| Studio Free Time <b>*allows anyone to use the studio during these hours</b>  | <b>Pending pool re-construction classes will be cancelled until further notice. We are running 2 dryland classes on Tuesdays and Thursdays which will be formatted to strength train for swimming</b>   |
| If you have any questions or comments concerning fitness classes please call Julia at 298-4756 or julia.bonner@brookfieldproperties.com. For daily class schedules call our info line at 298-4771. Schedule also available online at <a href="http://www.bankershallclub.com">www.bankershallclub.com</a>  |   |