

**Summer 2010 GROUP FITNESS and WELLNESS SCHEDULE**  
 August 30 - September 5

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Spin 5:40-6:40a Patty				Spin 8:15-9:15a Amelie	
	Hatha Yoga 8:15-9:30a Leslie Bresslin Rm.	Spin 8:30-9:15a Dave		Dance Fusion 8:30-9:30a Amelie Studio	Zumba 8:30 - 9:30a <i>Karen</i> Studio	
Spin 9:00- 10:00a Dave	Stretch and Strength 9:15 - 10:10a <i>Shelley</i> Bedford Room	Dance Fusion 8:30 - 9:30a <i>Gayle</i> Studio	Taiji Shen Gong 8:30 - 9:30a Mark Studio			Spin 9:15-10:15a
Kickbox Xpress 9:15 - 9:45 Diana Studio	Step 9:30 - 10:30a Amelie Studio	Two for One 9:30-10:30a Judy/Shelley Studio	Spin 9:00 - 10:00a <i>Judy</i>	Body Conditioning 9:30 - 10:30a <i>Judy</i> Studio	Pilates Mat 9:30 - 10:30a Jane Studio	Zumba 9:30-10:30a Diana Studio
Smart Strength 9:45 - 10:30 Diana Studio			Zumba 9:30-10:30a Diana Studio	Yoga 10:15-11:30a <i>Greg</i> Board Room		
Yoga Stretch 10:30 -10:45 Diana Studio	MELT Hand and Foot 10:30 - 11:15a Shelley Small Confrence Rm.	Hatha Yoga 10:30a - 11:45a <i>Leslie</i> Bresslin Room		FFAA Zumba 11:00 - 12:00p Diana Studio	Vinyasa Yoga 11:00 - 12:15p <i>Cheryl</i> Board Room	Pilates Mix 10:30 - 11:30a <i>Pam</i> Studio
	Pilates Mat 6:00 - 7:00p <i>Pam</i> Studio					Yoga 11:30a - 12:30p <i>Nancy</i> Board Room
Zumba 6:00 - 7:00p <i>Beth</i> Studio	Yoga Cheryl 7:00 - 8:15p Board Room	Zumba 6:00 - 7:00p Mary Lynn Studio	Pilates Mix 6:00 - 7:00p <i>Pam</i> Studio			
	Spin 7:15-8:00p Shelly	Spin 6:30-7:30p Amelie	Vinyasa Yoga 7:00-8:00p Cheryl Board Rm.			

**15 minute Abs:** If time is a factor, try our 15 minute class, targeting the core muscles.

**15 minute Yoga Stretch:** Basic Yoga stretches to improve your flexibility.

**Anusara Yoga:** A powerful, dynamic, alignment oriented style of yoga. This form is practiced using the body's strength to keep the muscles engaged while stretching. The class uses basic poses with the breath throughout each posture, ending with a nice relaxation piece. It is well suited for the beginner as well as the experienced participant.

**Ballet Barre Workout:** Traditional Ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding, will help the beginner through advanced dancer improve with ease.

**Body Conditioning:** A strength conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

**Dance Fusion:** Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

**FFAA (Fitness For the Active Adult):** Enjoy the benefits of exercise in a group setting, designed for the older adult or for those looking for a lighter intensity class.

**Half and Half:** Easy to follow 30 minute low impact aerobic workout followed by 30 minutes of total body toning.

**Hatha Yoga:** In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and more sensitive to how

energy moves through our body. All levels welcome.

**Kickbox Xpress:** 30 minutes of non stop, high energy, cardio kickbox combinations. Strike, punch and kick for a high calorie burn workout.

**Kripalu Yoga:** Incorporates three stages of development – postural alignment, meditation with longer posture holding, meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

**MELT Hand and Foot:** Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age.

**Pilates Mat:** A Pilates certified instructor helps you to accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

**Pilates Mix:** A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

**Spin:** Spinning is an indoor cycling class designed for people of all ages and abilities. The focus is improving cardiovascular fitness. You can ride at your own pace as an instructor guides you on a journey .

**Step:** High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced levels.

**Smart Strength:** A total body conditioning class that uses little or no equipment .

**Stretch and Strength:** Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate

**Two for One:** Two instructors teaching one fun, high energy, non stop workout. You'll get your heart pumping and your muscles moving. This is a cardio/strength class at 2x the intensity.

**Taiji Shen Gong:** A system of gong composed of three sections; Heaven , Earth, and Humanity. With the practice of this form, you merge with nature and built better health through the transformation of yin and yang. All fitness levels will benefit from its practice. No previous experience necessary.

**Vinyasa Yoga:** This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and bring more focus and balance to one's life.

**Yoga Dance:** People of all ages and levels of dance or movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

**Zumba:** A dynamic and exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

**For more information call 226-8981 x 198 or email Shelley Moll at [smoll@westportv.org](mailto:smoll@westportv.org). Class schedule subject to change.**