

WINTER/SPRING 2010 GROUP FITNESS/MIND BODY/ SPIN CLASS SCHEDULE  
Preliminary March 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 7:45 - 8:45a Bob Studio	Spin 5:40-6:40a Clay	Bosu Bars and Balls 7:45 - 8:30a Lory Studio	Spin 5:40 - 6:40a Steve		Spin 8:15-9:15a Patty/Fred/Shelly	
Shake your Soul 8:30 - 9:30a Dena Bedford Room	Sunrise Yoga/Pilates 6:00 - 7:00a Bob (Mar 2 Last Class) Studio	Spin 8:30-9:15a Dave		Dance Fusion 8:30-9:30a Gayle Studio	Zumba 8:30 - 9:30a Karen Studio	
Spin 9:00- 10:00a Dave	Hatha Yoga 8:15-9:30a Leslie Bresslin Rm.	Dance Fusion 8:30 - 9:30a Gayle Studio	Taiji Shen Gong 8:30 - 9:30a Mark Studio	Body Conditioning 9:15-10:00a Judy Bedford Rm.	Spin 9:30-10:30a Lory	Spin 9:15-10:15a Lory
Feldenkrais 9:15 - 10:015a Leigh Bresslin Room	Stretch, Strength, Relax 9:00 - 10:00a Shelley Bedford Room	Two for One 9:30 - 10:30a Shelley/Judy Studio/Upper Gym	Spin 9:00 - 10:00a Judy	Cardio Combo 9:30-10:30a Lisa Studio	Pilates Mat 9:30 - 10:30a Jane Studio	Zumba 9:30-10:30a Diana Studio
Cardio Box 9:30-10:30a Bob Studio	Step 9:30 - 10:30a Lisa Studio	15 Minute Yoga Stretch 10:00 - 10:15a Stretch room	Half & Half 9:00 - 10:00a Shelley Bedford Room			
Body Conditioning 9:30 - 10:15a Shelley Bedford Room	Pilates Mix 10:00-11:00a Pam Bresslin Rm.	Hatha Yoga 10:30a - 11:45a Leslie Bresslin Room	Zumba 9:30-10:30a Diana Studio	Yoga 10:15-11:30a Greg Bedford Room	Vinyasa Yoga 11:00-12:15p Cheryl Board Room	Pilates Mix 10:30 - 11:30a Pam Studio
Anusara Yoga 10:15 - 11:15a Shelley Bedford Room	15 Minutes of Abs 10:15 - 10:30a Stretch Rm.	FFAA Smooth Moves 11:00 - 12:00n Renee Studio	Pilates Mat 10:00 - 11:00a Cristina Upper Gym	FFAA/ Zumba 11:00-12:00p Diana Studio		
	Ballet Barre Workout 10:45 - 11:45a Lisa Studio	Body Conditioning 6:00-6:45p Jill Bedford Rm.	15 Minute of Abs 10:15-10:30a Stretch Rm.			Yoga 11:30a - 12:30p Nancy Studio
Zumba 6:00 - 7:00p Jill F. Studio	Pilates Mat 6:00 - 7:00p Pam Bedford Room		Pilates Mix 6:00 - 7:00p Pam Studio			
Body Conditioning 7:30 - 8:15p Diana Studio	Kripalu Yoga 7:00 - 8:15p Greg Board Room Spin 7:15-8:00p Shelly	Spin 6:30-7:30p	Vinyasa Yoga 7:00-8:00p Cheryl Board Rm.			

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

**15 minute 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.

**Bosu ,Bars and Balls:** Sculpt your upper body, legs, glutes,hamstrings and quads while strengthening your core muscles using a variety of equipment.

**Cardio Combo:** An intense, fat burning aerobic workout. Class may include some Hi/Lo movement as well as use of the step.

**Cardio Box:** Boxers and non boxers alike come and discover a fun non- violent invigorating cardio boxing workout. Step out of your comfort zone for a champion workout.

**Circuit Training:** At total body workout using a variety of equipment and stations.

**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.

**Feldenkrais:** Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

**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. Improve your strength, endurance, mobility and flexibility.

**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.

**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.

**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.

**Shake your Soul:** 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.

**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.

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

**Sunrise Yoga/Pilates:** Begin your day with a fusion of Yoga and Pilates. Strengthen your core, increase your flexibility and build strength. Feel centered and calm to face the day.

**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 gigong 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.

**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.**

# **LOOK for the NEW Group Fitness Schedule coming out soon.**

Until then, all classes will remain the same with these few exceptions.

**Monday 7:45a – 8:45a  
Cardio Circuit (cancelled)**

**Wednesday 11:00a – 12:00n  
FFAA Smooth Moves (cancelled)**

**Thursday 6:00a – 7:00a  
Sunrise Yoga/Pilates (cancelled)**