

Spring 2010 GROUP FITNESS and WELLNESS SCHEDULE
March 6th - June 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Spin 5:40-6:40a Clay	Bosu Bars and Balls 7:45 - 8:30a <i>Lory</i> Studio	Spin 5:40 - 6:40a Steve		Spin 8:15-9:15a Patty/Shelly	
Yoga Dance 8:30 - 9:30a <i>Dena</i> Bedford Room		Spin 8:30-9:15a Dave		Dance Fusion 8:30-9:30a Gayle Studio	Zumba 8:30 - 9:30a <i>Karen</i> Studio	
Spin 9:00- 10:00a Dave	Hatha Yoga 8:15-9:30a Leslie Bresslin Rm.	Dance Fusion 8:30 - 9:30a <i>Gayle</i> Studio	Taiji Shen Gong 8:30 - 9:30a Mark Studio		Spin 9:30-10:30a Lory	Spin 9:15-10:15a Lory
*Feldenkrais 9:15 - 10:015a <i>Leigh</i> Bresslin Room	Stretch and Strength 9:00 - 10:00a <i>Shelley</i> Bedford Room	Tri-Fusion Confusion 9:30-10:30a Bob Studio/Upper Gym	Spin 9:00 - 10:00a <i>Judy</i>	Two for One 9:30 - 10:30a <i>Shelley/Judy</i> Studio/Upper Gym	Pilates Mat 9:30 - 10:30a Jane Studio	Zumba 9:30-10:30a Diana Studio
Step 9:30 - 10:30a <i>Lisa</i> Studio	Cardio Combo 9:30 - 10:30a Lisa Studio	Body Conditioning 9:30-10:15a Judy Upper Gym	Half & Half 9:00 - 10:00a <i>Shelley</i> Bedford Room			
Body Conditioning 9:30 - 10:15a Shelley Bedford Room	Pilates Mix 10:00-11:00a Pam Bresslin Rm.	15 Minute Yoga Stretch 10:00 - 10:15 /Stretch Rm	Zumba 9:30-10:30a Diana Studio	Yoga 10:15-11:30a <i>Greg</i> Bedford Room	Vinyasa Yoga 11:00-12:15p <i>Cheryl</i> Board Room	Pilates Mix 10:30 - 11:30a <i>Pam</i> Studio
Anusara Yoga 10:15 - 11:15a Shelley Bedford Room	15 Minutes of Abs 10:15 - 10:30a Stretch Rm.	FFAA Spin 10:30 - 11:00a Shelley	Pilates Mat 10:00 - 11:00a <i>Cristina</i> Upper Gym	FFAA/ Zumba 11:00-12:00p Diana Studio		
Yoga for All 5:00 - 6:00p Board Room	Ballet Barre Workout 10:45 - 11:45a Lisa Studio	Kickbox Interval 5:00 - 6:00p Cheryl Bresslin Rm.	15 Minute of Abs 10:15-10:30a Stretch Rm.			Yoga 11:30a - 12:30p <i>Nancy</i> Board Room
Zumba 6:00 - 7:00p <i>Jill F.</i> Studio	Pilates Mat 6:00 - 7:00p <i>Pam</i> Bedford Room Kripalu Yoga 7:00 - 8:15p	Zumba/Sculpt 6:00-7:00p Jill Bedford Rm.	Pilates Mix 6:00 - 7:00p <i>Pam</i> Studio			
Body Conditioning 7:30 - 8:15p Diana Studio	Greg Board Room Spin 7:15-8:00p Shelly	Spin 6:30-7:30p Sarah	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.

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.

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 Interval: Class participants will enjoy a challenging workout, learning basic kicks and punches. Core work and flexibility will be included in this fun, effective 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.

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.

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 gonggong 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.

Tri-Fusion Confusion:A combination of qigong, yoga and pilates. Qigong for the joints and connective tissue. Yoga for the flexibility and Pilates for core strength.

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.

Yoga for All: This class is geared toward all ages and levels. Whether you're new

to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

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. Class schedule subject to change.

*Class will end on April 5th .