GERMANTOWN ATHLETIC CLUB

Group Fitness Class Schedule Effective 1/7/13

Activity Room 1 & 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am			**Athletic Yoga** Sara			8:30am	**Mat Pilates** Cindy	
8:30am	**Silver Sneakers** Deb	**Vinyasa Yoga** Sondra	**Silver Sneakers** Deb	**Mat Pilates** Cindy	**Vinyasa Yoga** Sara	8:30am	**Tai Chi** Room 2 Michael	
9:35am	**Step Interval** Jewell	**Cardio Kickboxing** Brooke		**Turbo Kick** Tracie	**Zumba Gold** Answorth	9:35am	**Ab Lab** Room 2 TBA	
10:40am	**Ab Lab** Jewell	**Ab Lab** Christy		**Tai Chi** Michael		9:35am	**Beginner Pilates** Nancy	
10:40am						10:40am	**Cardio Kickboxing** Tracie/Brooke	
11:10am					**Belly Dance** Issrah			
11:40am		**Gentle Yoga** Sondra		**Gentle Yoga** Sondra		1:00pm		**Dancers Tone** Shun
4:30pm			**Belly Dance** Issrah			2:00pm		**Ab Lab** Katie
5:30pm		**Raise the Bar** Melissa	**Beginner Pilates** Room 2 Cindy	**Vinyasa Yoga** Sondra	**Hatha Yoga** Alma	2:35pm		**Vinyasa Yoga** Katie
6:40pm	**Vinyasa Yoga** Stephanie	**Mat Pilates** Cindy	**Zumba** Shun					

Gym 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am				**Bootcamp** Gym 1&2 Alison				
6:00am		**Bootcamp** Gym 1&2 AD				8:30am	**Bootcamp** Gym 1&2 Laura	
8:30am	**CST** Laura		**CST** Amy		**Silver Sneakers** Deb	9:35am	**Zumba** Lia	
9:35am		**Bootcamp** Gym 1&2 Laura			**Step Interval** Jewell	10:40am	**TBS** Amy/Melissa	
9:35am	**Zumba** Issrah	**Silver Sneakers** Jewell	**Zumba** Elizabeth	**Silver Sneakers** Jewell				
10:40am	**TBS** Alison		**TBS** Jewell	**Dance Fusion** Kim	**TBS** Amanda	1:00pm		**Zumba Gold** Elizabeth
12:00pm	**Cardio Fit** Nancy R.		**Cardio Fit** Nancy R.					
5:30pm	**Bootcamp** Gym 1&2 Phil		**Bootcamp** Gym 1&2 AD					
5:30pm	**TBS** Melissa	**Zumba** Eizabeth		**Dance Fusion** Cari	**Zumba** Melissa S./Issrah			
6:40pm	**TurboKick** Tracie	**Ab Lab** Melissa S.	**TBS** Alison	**Raise the Bar** Amy				

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am	***Cycling** Amy		***Cycling** Ruth		***Cycling** Fran	8:30am	***Cycling** TBA	
9:35am	***Cycling** Alison	***Switch** Christy	***Cycling** Amy	***Switch** Kim	***Cycling** Amy	9:35am	***Cycling** Amy/Melissa	
12:15pm	***Cycling** AD		***Cycling** AD		***Cycling** Nancy R.			
4:45pm					***Cycling** Amanda/Christy			
5:30pm	***Cycling** Ruth	***Cycling** Amy		***Cycling** Amy		1:00pm		***Cycling** Amanda
6:00pm			***Cycling** Melissa					
6:40pm	***Cycling** Christy	***Cycle Xpress** Melissa						

Water

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00am		**Shallow** Ann		**Shallow** Leslie		8:30am	**Deep** Jan	
9:30am	**Shallow** Leslie		**Shallow** Jen		**Shallow** Jen			
10:30am	**Deep** Jan		**Deep** Jan		**Deep** Jan			
6:15pm	**Aqua Zumba** Deborah		**Shallow** Ann					

Please contact the main desk at (901) 757-7370 for questions or comments.

Group Fitness Class Descriptions

**Designated class requires a number from Exeter desk. One number per member allowed.*

Ab Lab - This is an ab blasting and low back strengthening workout. (30 minutes)

Aqua Zumba® - Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and, most of all, exhilarating beyond belief. (55 minutes)

Athletic Yoga - This intermediate/advanced level yoga class takes a fitness approach to your practice. This dynamic flow yoga is set to music with a focus on both strength and flexibility. Anatomical references, arm balances and connective tissue release will be explored. (55 minutes)

Belly Dance – Develop balance and grace while strengthening and toning the entire body. Flexibility of the hips and low back are also increased during this class. (55 minutes)

Boot Camp - Tone the body, improve strength and increase endurance through cardiovascular and weight training. (55 minutes)

Beginner Mat Pilates - An introduction to Pilates mat class. (55 minutes)

CardioFit - This low impact cardio and total body conditioning workout increases muscular and cardio endurance. CardioFit provides a safe and effective workout for beginners, pre- and post-natal mothers, as well as older active adults. (55 minutes)

Cardio Kickboxing – this high intensity workout is sport specific and Incorporates weighted body bars. Cardio Kickboxing provides a high calorie burning routine focused on muscular endurance, strength, and flexibility.

C.S.T. (Cardio Strength Training) - An athletic based cardio and strength training class that appeals to both men and women. Challenge yourself with non-stop speed, total body compound power movements and plyometric and agility drills. (55 minutes)

***Cycling** - This indoor cycling class will increase cardiovascular endurance. Feel free to bring a padded seat cover or wear padded cycling shorts for comfort. Participation numbers given out 35 minutes prior to each class. (55 minutes)

Dance Fusion - This aerobic workout is a dance class focused on strengthening and lengthening core muscles while trimming down the hips and thighs. The dance routines combine hip-hop, belly dancing and Latin moves set to the latest music. (55 minutes)

Dancer's Tone- Sculpt and dance simultaneously! This class uses light weights for a total body resistance workout while dancing to hip hop, Latin and jazz.

Gentle Yoga - Targeted towards those new to yoga and those who are recovering from injury. Chairs and props will be used. Some poses will be held longer and final relaxation is extended. A wide variety of alternative poses will be offered. (55minutes)

Hatha Yoga - An alignment based type of yoga allowing for challenging poses, sequencing and integration of the mind. (55 minutes)

Mat Pilates - A core conditioning mat class aimed to improve posture, balance, flexibility and overall muscle tone. (55 minutes)

Raise The Bar - Tone and tighten muscles while building strength, power and control through the use of weighted bars. This class targets the upper and lower body as well as the core. Additional equipment is used for higher intensity or modification. (55 minutes)

***Silver Sneakers MSROM®** - Have fun and move to the music through a variety of exercises designed to improve muscular strength and range of movement. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. (55 minutes)

Step Interval - This athletic cycle of step is partnered with multi-muscle strength movements in a 3:1 minute ratio. Abdominal sculpting is incorporated in the last portion of the class. (55 minutes)

Switch - This interval training class combines cycling and sculpting for the perfect cardio and muscle toning combination. (55 minutes)

Tai Chi - These series of exercises encourage gentle, flowing, circular movements, balance and weight -shifting and practicing of breathing techniques. (55 minutes)

TBS (Total Body Sculpt) -The more muscle you have, the more fat you burn, so sculpt your body into a fat burning machine. You will use a combination of hand weights, stability balls and resistance bands to strengthen your entire body. (55 minutes)

TurboKick® - Take the ultimate cardiovascular challenge by combining athletic moves, hop-hop flavor and easy-to-follow kickboxing combinations. (55 minutes)

Vinyasa Yoga - This type of yoga allows the participant to transition from posture to posture in a flowing manner while staying connected to the breath. (55 minutes)

Water Aerobics (Deep Water) - Utilize buoyancy belts, aquatic barbells and noodles to tone and improve mobility in this no impact class. (55 minutes)

Water Aerobics (Shallow Water) - Don't like to sweat? Try this low impact class utilizing foam barbells, noodles and kickboards for a challenging resistance workout in the water. (55 minutes)

Zumba® - The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Zumba provides a mixture of body sculpting movements and easy to follow dance steps. (55 minutes)

Zumba Gold® - Beginners and the older active adult will enjoy this aerobic/fitness interval training with a combination of fast and show rhythms that tone and sculpt the body. It also incorporates a Zumba chair workout. (55 minutes)