

# studio schedule Winter Three 2012

## facility hours

mon - thurs 5:00 am - 12:00 am  
 fri 5:00 am - 10:00 pm  
 sat 6:00 am - 5:00 pm  
 sun 6:00 am - 5:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:30 am <b>BodyPump</b> <i>Mary</i>	5:30 - 6:30 am <b>Spinning</b> <i>Mary</i>	5:30 - 6:30 am <b>Bodypump</b> <i>Chris</i>	5:30 - 6:30 am <b>Spinning</b> <i>Chris</i>		
9:00 - 10:00 am <b>Zumba Mix</b> <i>Peggy</i> <b>Spinning</b> <i>Barb</i>	7:30am - 8:30 am <b>Yoga</b> <i>Cathleen</i>	8:00 - 9:00 am <b>Yoga</b> <i>Cathleen</i>	8:00 - 9:00 am <b>Hi/Low</b> <i>Julie</i>	9:00 - 10:00 am <b>Zumba Mix</b> <i>Peggy</i> <b>Spinning</b> <i>Barb</i>	7:55 - 8:55 am <b>Spinning</b> <i>Chris</i>	8:00 - 9:00 am <b>Spinning</b> <i>Mary</i>
10:30 - 11:30 am <b>MSRM Silver Sneakers</b> <i>Barb H</i>	8:00 - 9:00 am <b>Hi/Low</b> <i>Julie</i>	9:00 - 10:00 am <b>Sweat/Sculpt/Stretch</b> <i>Peggy</i> <b>Spinning</b> <i>Barb</i>	9:00 - 10:00 am <b>Yoga</b> <i>Noine</i>		8:00 - 8:55 am <b>Pilates</b> <i>Annette</i>	
12:00 - 1:00 pm <b>Spinning</b> <i>Annette</i>	9:15 - 10:15 am <b>BodyPump</b> <i>Olga</i>	9:15 - 10:15 am <b>lyengar Yoga</b> <i>Sharryn</i>	9:15 - 10:15 am <b>BodyPump</b> <i>Mary</i>		9:05 - 10:05 am <b>BodyPump</b> <i>Chris</i>	
4:00 - 5:00 pm <b>Yoga</b> <i>Cathleen</i>	10:30 - 11:30 am <b>Senior Fitness</b> <i>Barb H</i>	10:30 - 11:30 am <b>lyengar Yoga</b> <i>Sharryn</i> <b>Senior Fitness</b> <i>Barb H</i>	10:30 - 11:30 am <b>MSRM Silver Sneakers</b> <i>Mary</i>	10:30 - 11:30 am <b>Strecth/Strengthen</b> <i>Norine</i>	10:10 - 11:10 am <b>Kickboxing</b> <i>Jessica</i>	
5:00 - 6:00 pm <b>Trekking/Muscle</b> <i>Annette</i> <b>BootCamp/Step</b> <i>Michelle</i>		12:00 - 12:30 pm <b>Trekking</b> <i>Annette</i>		12:00 - 1:00 pm <b>Spinning</b> <i>Annette</i>		
6:00 - 7:00 pm <b>BodyPump</b> <i>Nancy</i> <b>Spinning</b> <i>Damien</i>	5:30 - 6:30 pm <b>BodyPump</b> <i>Chris</i> <b>Spinning</b> <i>Caitlin</i> <b>Pilates</b> <i>Annette</i>	5:00 - 6:00 pm <b>Trekking/Muscle</b> <i>Annette</i> <b>BodyPump</b> <i>Mary</i>	5:00 - 6:00 pm <b>Pilates</b> <i>Annette</i>			
6:30 - 7:30 pm <b>Yoga</b> <i>Norine</i>	6:35 - 7:35 pm <b>Cardio Kick</b> <i>Chris</i>	6:00 - 7:00 pm (6:05) <b>Hi/Low</b> <i>Barb</i> <b>Spinning</b> <i>Annette</i>	5:30 - 6:30 pm <b>Spinning</b> <i>Jere</i> <b>Cardo Kick</b> <i>Chris</i>			
7:05 - 8:05 pm <b>Zumba</b> <i>Maria</i>		7:05 - 8:00 pm <b>Zumba</b> <i>Maria</i>	6:30 - 7:30 pm <b>BodyPump</b> <i>Chris</i> <b>Yoga</b> <i>Norine</i>			
8:30 - 9:00 pm <b>Killer Abs</b> <i>Gary</i>		8:30 - 9:00 pm <b>Killer Abs</b> <i>Gary</i>		8:30 - 9:00 pm <b>Killer Abs</b> <i>Gary</i>		

**NAUTILUS**  
**FITNESS CENTER**

## NAUTILUS Class Descriptions

All classes include a warm-up, cool down, and stretch. Heart Rate monitor recommended\*

**BODYPUMP®:** The most popular group fitness class in the U.S. is designed for all fitness levels. Body Pump utilizes strength training in powerhouse sessions to sculpt your body by reducing body fat and improving musculature at lightening speed.

**Cardio Kick:** This martial arts-based fitness program introduces punches, kicks and defensive positions with an explosion of intense cardio combinations to safely train your heart and muscles.

**Cardio Fitness or Hi/Low Cardio:** Join Nautilus instructors for an awesome cardio session involving plyometrics, isometrics and High/Low motions. Burn fat, strengthen muscles, and tone with challenging aerobic combinations!

**Cardio Sculpt & Tone:** Capture the fluid motion of high-intensity, low-impact aerobics that are coupled with strength training and Pilates motions, emphasizing control, core stability and precision.

**Interval Training:** *Don't get too comfortable.* Latest research shows interval training as being one of the most effective ways of burning calories and gaining aerobic endurance. Your body's training range is challenge by varying levels of cardio and strength training.

**Iyengar Yoga:** Engage in precise and aligned ASANAS (poses) with Dr. Sharryn Campbell to work your body in the most effective and safest way. Slow and intense, stretching, strengthening, stamina building, and stress reducing in the perfect multi-level situation.

**Killer Abs:** Set to an invigorating beat, Killer Abs pushes the envelope with 25 minutes of grueling, intense abdominal exercises.

**Pilates and Power Pilates:** Join Nautilus instructor in a class which works through the body's center abdomen and spine to increase strength, endurance and flexibility. The Pilates-Method is a non-impact technique incorporating six principals: concentration, control, centering, flow, precision and breath. It is a conditioning program that provides simultaneous stretching and strengthening of the deep abdominal and back muscles, enhancing postural integrity and trunk stability that builds trim, toned bodies.

**MSRM Silver Sneakers:** Muscular Strength and Range of Movement Class offers improved strength and increased flexibility. Safe, fun, and effective movements, with hand-held weights, elastic tubing with handles, and a silver sneakers ball.

**Sculpt & Stretch:** Hi Low aerobics, Sculpting using balls and weights, and a stretching segment for your entire body.

**Senior Fitness:** The perfect class for any age or fitness level, a combination of aerobic exercise, stretching, strengthening, and relation techniques for optimum fitness conditioning.

**SPINNING®:** Take yourself to another level of well-being and elation! Spinning is an indoor cycling class, lead by a certified SPIN® Instructor. Your journey profile includes flats, climbs jumps and sprints that challenge your body and mind to excel to the next training zone.

**Step; Step/Fitness Ball; Step with High/Low:** Using a step platform and risers, fun combinations and invigorating intensity makes this 55minute cardio workout an essential part of your routine!

**Stretch & Strengthen:** Total body conditioning with light weights and balance techniques. Perfect for any age or fitness level.

**TREKKING/Muscle Conditioning:** ½ hour on the treadmill and the other ½ hour strength training. (LIMIT 6 – Sign up @ the Front Desk)

**Zumba®:** Get fit while having fun! Combines high energy, dance combinations, and great Latin music to get your heart pumping.

All Nautilus Instructors are nationally certified in their area of expertise through: AFAA, NETA, ISMA, AAAI, ACE, Les Mills, Mad Dog Athletics, Fit Tour, Zumba, American Red Cross, American Heart Association