

Group Fitness

Effective January 6, 2010

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 a.m.		Vinyasa Yoga Express 6:15-7:00 Jennifer	Spinning® Express 6:15- 7:00 Keith	Vinyasa Yoga Express 6:15-7:00 Jennifer	Spinning® Express 6:15-7:00 Melissa	Express Abs & Glutes 6:00 - 6:30 Stacey	
8:30 a.m.		Express Abs & Glutes 8:30-9:00 Stacey	*T'ai Chi Chih David Start 1/5/10 End 3/23/10	Strength XT Stacey		Strength XT Stacey	Open Yoga 8:00-9:30 am Jill
9:30 a.m.		Sensational Seniors Jan	Stretch & Balance Melissa	Yoga Sculpt Jennifer	Stretch & Balance Heather F.	Senior Zumba+ Strength Jan	FC Kickbox Remix 9:45-10:45 Keith
10:45 a.m.		Studio Sculpt Melissa	Beg. Mat Pilates Heather F.	Zumba Mary	Beg. Mat Pilates Heather F.		Kids XT 11:00-11:30
12:00 p.m.	Beg. Mat Pilates Heather F. Zumba 1:00 Heather F.	Spinning® Express 12:00-12:45 Heather	Vinyasa Yoga Express 12:00-12:45 Jamie Enhanced Health 1:00 Vanessa Starts 1/12/10	Spinning® Express 12:00-12:45 Stacey	Enhanced Health 1:00 Vanessa	Spinning® Express 12:00-12:45 Heather	
4:30 p.m.	Spinning® 3:00 Melissa Restorative Yoga 4:30 Jill	*Shorin-Ryu Karate Adults/kids 4:35 (45 min) Sensei Dieter	Kids XT 4:30-5:00 Stacey ----- Express Abs & Glutes 5:00 - 5:30 Stacey	*Shorin-Ryu Karate Adults/kids 4:35 (45 min) Sensei Dieter		Vinyasa Yoga + 4:00pm Jennifer	Spin & Stretch Heather D.
5:30 p.m.		Vinyasa Yoga Jennifer	Cardio Jam Melissa Running Club Jessie	Core Training Keith	Yoga Sculpt Jennifer	Core Training Keith	
6:45 p.m.		Intro to Yoga Laura	Spinning® Melissa	FC Kickbox Keith	Zumba Heather D.	Spinning® Keith	
8:00 p.m.		*Shorin-Ryu Karate Adults/kids (45 min) Sensei Dieter		*Shorin-Ryu Karate Adults/kids (45 min) Sensei Dieter	Restorative Yoga Bryan		

*All classes are an hour unless specified.

***Specialty Classes/Group Training (fee-based) – highlighted in gray, please sign up at front desk**

To our members, we request the following:

- Please do not enter the studio before the current class is finished.
- Spinning® reservations may be made 24 hours prior to the class time. A \$10.00 cancellation fee will be billed to your account if you do not call 2 hours prior to class time to cancel your reservation.
- Running Club treadmill reservations need to be made by 4:00 pm on Tuesday to be guaranteed a treadmill for class.
- Be considerate of other members' exercise space by not crowding them.
- No food allowed in the studio, water may be brought in if it is in an enclosed, unbreakable container.
- Gym bags and purses are not permitted in the studio. Lockers are provided.
- Please return all equipment in its proper storage area after use.

➤ Members may not use the stereo.

GROUP FITNESS CLASS DESCRIPTIONS

KID'S CLASSES

KIDS XT (CROSS TRAINING): Ages 3+. A variety of activities geared towards the development of strength, endurance, agility and balance in a fun format.

BEGINNER

BEGINNING MAT PILATES: An exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. It will work on strengthening the core, improving balance, increasing coordination and decreasing stress. The exercises are safe, low impact, and appropriate for anyone 10 to 100. Pilates focuses on learning to move better so the benefits are felt in everyday life.

INTRO TO YOGA: Improve your flexibility, core strength and balance in this introductory class. With a focus on students new to yoga, there will be an emphasis on modifications and breath lengthening in a challenging, multi level format.

SENSATIONAL SENIORS: Fun aerobics, strengthening and stretching exercises for the entire body. This class is designed to improve daily living and functional activities in a fun, friendly atmosphere.

SIT & FIT: Chair class designed to improve strength and balance. Goal oriented fun exercises that strengthen muscles to reduce the chance of falls. Recommended for people recovering from injury or living with chronic challenges (i.e. arthritis).

MULTI-LEVEL

CARDIO JAM: Add fun and variety to your workouts with this high energy, but easy to follow class. It will incorporate simple step, kickboxing, boot camp and more to challenge strength, balance and endurance in exercisers of all levels.

FC KICKBOX: Expect the unexpected. Students will learn basic techniques and participate in "drill" activities derived from several martial art disciplines. This type of exercise is incredibly functional and will challenge your body and mind thoroughly. These "drills", when practiced regularly will enhance several aspects of health, body composition, coordination, performance, power, and stamina. All levels of fitness welcome, class is heavily partner based.

EXPRESS ABS & GLUTES: Specific workouts targeted to challenge and strengthen your abs, legs, and glutes. No aerobic component.

STRENGTH XT: Total body workout for all fitness levels utilizing free weights, steps, stability balls, and body weight to tone and strengthen. Modifications will be given.

FC KICKBOX REMIX 75 MIN: This class focuses solely on the cardiovascular conditioning aspect of martial arts and kickboxing. Rhythm and tempo are used with a variety of equipment to facilitate regulated fluctuations in intensity to keep your heart pumping strong all class long! Students will learn how to perform fluid combinations and powerful strikes to bring coordination, performance, timing, balance, power and stamina.

CORE TRAINING: This class will challenge you to the core! You'll use a fitball to improve your balance, coordination, strength and agility in a fun and educational setting.

SPINNING®: Fear not, Fitness Enthusiasts! This cycling class is for all fitness levels- novice to experienced. The indoor cycling class will help you take your cardiovascular endurance, muscle strength, muscle endurance, power, and speed to the next level! The classes will only progress and get harder if the participants are ready for it. A full water bottle and towel are required for all classes. **You may make a reservation for a bike 24 hours prior to class.** If you do not show up for class, or do not cancel at least **2 hours** prior to class, your account will automatically be charged a **\$10.00 late cancellation fee.**

RESTORATIVE YOGA: This is a gentle class that focuses on poses to help you de-stress and relax. Members will be using a variety of props to deepen each pose in a comfortable and supported way.

RUNNING CLUB: The Running Club welcomes you each week with a different workout aimed at improving speed, technique or endurance. Weather permitting, workouts are done outside or indoors on treadmills. Running Club treadmill reservations need to be made by 4:00 pm on Tuesday to be guaranteed a treadmill for class. Outdoor running when weather permits.

STRETCH AND BALANCE: Focus of this class is to improve flexibility, increase balance, and strengthen core muscle groups. A **MUST** for everyone!!!

STUDIO SCULPT: A high energy, multi-level class to tone and sculpt the entire body, this muscle conditioning class can be as intense as you make it! Using a variety of equipment and movement, expect to sweat.

VINYASA YOGA: Vinyasa Yoga emphasizes the connection between movement and breath to each yoga posture, creating internal heat, which allows the body to open while developing strength and stamina simultaneously. Vinyasa Yoga allows for variety from instructor to instructor and is especially suited for active members looking for a workout.

VINYASA YOGA + Vinyasa Yoga + will be similar to the vinyasa yoga classes, however, to add variety you can expect to incorporate the fitballs and occasionally weights in any of the balance postures to enhance the fitness level.

YOGA SCULPT: Yoga sculpt is a challenging class designed to integrate your yoga and strength training workouts. If you're ready to take your practice to another level, yoga sculpt is what you're looking for.

OPEN YOGA: This traditional hatha class is aimed at developing flexibility and strength as well as increasing the blood supply to organs and glands. Basic and advanced postures will be introduced with an emphasis on awareness, relaxation and coordination of breath with posture. Includes elements of yoga philosophy. All levels of practice welcome.

ZUMBA: This fun, energetic workout combines Latin rhythms and dance with easy-to-follow fitness moves. Shake up your routine and TRY SOMETHING NEW!

General Information

Childcare is available. Please call for reservation.

Club Hours: Monday -Thursday 5:00 a.m. - 11:00 p.m.

Friday 5:00 a.m. - 9:00 p.m.

Saturday 7:00 a.m. - 8:00 p.m.

Sunday 9:00 a.m. - 8:00 p.m..

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