




# SPRING 2011 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00- 8:55 am <b>Brittany</b> YogaFlow	7:30-8:15 am <b>Jena</b> SPIN Express!	7:30-8:25 am <b>Brittany</b> Yoga Flow	7:30-8:15 am <b>Jena</b> SPIN Express	8:30-9:25 am <b>Calli</b> Body Sculpt	
9:30-10:25 am <b>Heather</b> SPIN!	8:30-9:25 am <b>Liz</b> Pilates	8:00- 8:55 am <b>Jackie</b> SPIN!	8:25-9:00 am <b>Jena</b> Core Complete	9:30-10:25 am <b>Heather</b> SPIN!	12:30- 1:25 pm <b>Hannah</b> SPIN!
12:00-12:55 pm <b>Gloria</b> Sivananda Yoga	9:30-10:25 am <b>Hilary</b> Turbo Kick	9:30-10:25 am <b>Hannah</b> SPIN!	9:00-9:45 am <b>Katie W.</b> Buns, Guns and Abs		12:00-1:00 pm <b>Hilary</b> Turbo Kick
1:00-1:55 <b>Jackie</b> SPIN!		<b>Check out the new classes!</b>	11:00-11:55 am <b>Hilary</b> SPIN!		1:30-2:25 pm <b>Erin</b> Pilates
4:00-4:45 pm <b>Katy</b> Buns, Guns and Abs	1:15-2:10 pm <b>Linnea</b> Yoga Core Meltdown	12:30-1:15 pm <b>Katie W.</b> TBC Expres	1:15-2:10 pm <b>Linnea</b> Body Sculpt	2:00-2:55 pm <b>Jessica</b> TBC	
4:30-5:25 pm <b>Hannah</b> SPIN!	2:15- 2:45 pm <b>Linnea</b> All Abs		2:15- 2:45 pm <b>Linnea</b> All Abs	3:00-3:25 pm <b>Jessica</b> All Abs	
5:00-5:25 pm <b>Katy</b> All Abs	3:00-3:55 pm <b>Linnea</b> SPIN!			3:00-3:55 pm <b>Linnea</b> SPIN!	3:00-3:55 pm <b>Heather</b> SPIN!
5:30-6:25 pm <b>Hilary T.</b> TBC	4:00-4:55pm <b>Erin</b> Pilates	3:00-4:25 pm <b>Nicole</b> Yoga	3:00-3:55 pm <b>Katrina</b> Turbo Kick	3:30-4:25 pm <b>Umair</b> Body Sculpt	<b>SUNDAY</b>
6:00-6:55 pm <b>Reba</b> SPIN!	5:00-5:55 pm <b>Hilary T.</b> TBC	4:30-5:25 pm <b>Erin</b> Pilates	4:00-4:25 pm <b>Jessica</b> All Abs	4:30-4:55 pm <b>Umair</b> All Abs	2:30- 3:25 pm <b>Jacquelyn</b> Hip Hop Cardio
6:30-7:25 pm <b>Liz</b> Pilates	5:30-6:25 pm <b>Hilary</b> SPIN!	5:30-6:25 pm <b>Heather</b> SPIN!	4:30-5:25 pm <b>Liz</b> Pilates	5:00-5:55 pm <b>Umair</b> Kickbox!	3:30-5:00 pm <b>Nicole</b> Yoga
7:30-8:25 pm <b>Katrina</b> Hip Hop Cardio	6:00-6:25 pm <b>Calli</b> All Abs	5:30-6:15 pm <b>Katie W.</b> Guns, Buns and Abs	5:30-6:25 pm <b>Mariana</b> willPower		6:00-6:55 pm <b>Katrina</b> Turbo Kick
8:30-9:30 pm <b>Hannah</b> Power Hour	6:30-7:25 pm <b>Mariana</b> ZUMBA	6:30-7:25 pm <b>Gloria</b> Sivananda Yoga	6:30-7:25 pm <b>Mariana</b> ZUMBA		7:00-8:00 pm <b>Allie</b> Yoga Flow
	6:30-7:25 pm <b>Heather</b> SPIN!	7:30-8:25 pm <b>Jessica</b> TBC	7:30-8:15 pm <b>Reba</b> Buns, Guns and Abs		
	7:30-8:25 pm <b>Reba</b> Boxing Bootcamp	8:30-9:25 pm <b>Jordan</b> ZUMBA	8:30-9:25 pm <b>Allie</b> YogaFlow		

**Schedule valid Jan. 18th- April 29th!**

**GROUP FITNESS SPRING 2011** Join the Halas Facebook Group under "Halas Recreation Center"

## SPRING 2011 CLASS DESCRIPTIONS



**Total Body Conditioning (TBC):** Ready for a total body make-over? Tone up from head to toe with this class. Cardio and Toning included.



**All Abs:** An intense class focused on working those abs. A great addition to your cardio or training workout!

**Zumba:** Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Ditch the work-out, join the Party!

**Body Sculpt:** This class is designed to sculpt your entire body using a variety of exercise. A guaranteed total body work out! No cardio included.

**Yoga Flow:** This vinyasa yoga class focuses on breathing as participants flow from one pose to next for a complete yoga practice.

**Core Complete:** A complete 30 minute workout focused on tightening your abdominals, strengthening your lower back and conditioning your glutes!

**willPower:** This fusion class is the best of the industry's most popular workouts. The class focuses on core strength and definition, flexibility and cardio to give you a full body work-out. Cardio, toning and a complete abdominal work-out is included.

**Boxing Boot Camp:** Are you ready to find out what it feels like to box 12 rounds? This high-energy class is designed to improve strength, agility, endurance, and coordination. No kicks in this class, but get ready to kick butt with this hard hitting class. Cardio and abs included. **\*\*Boxing Wraps are recommended but not required. Wraps may be purchased at the Halas Sports Center Pro Shop\*\***

**Sivananda Yoga:** The emphasis is on deep breathing exercises, inverted postures, stretching, relaxation and a positive mental attitude.

**Kickbox!:** This class uses the basic principles of martial arts and kickboxing to build a hard hitting cardio workout.

**Spin!:** This indoor cycling class will take you on a ride through a variety of terrains for the ultimate physical challenge! Water bottles are recommended!

**Pilates:** Pioneered by the late Joseph Pilates, this exercise method focuses on the postural muscles of the abdomen and lower back, while providing a total body workout.

**Buns, Guns and Abs:** Ready to shake up your normal lifting routine? This class is dedicated to toning and shaping your arms, abs and glutes! No cardio included.

**Hip Hop:** This dance class features moves found in music videos and pop culture for a cardiovascular workout. Everyone welcome!

**Power Hour:** This class focuses on 55 min of cardio intensive moves aimed to keep the heart working at a level guaranteed to burn calories and improve your cardio vascular health! Abs included!

**Yoga:** The majority of this class is spent in asana (the physical postures) linked into challenging and creative sequences, but also incorporates meditation and pranayama (breathing techniques). Using all of these techniques is considered a complete yoga practice and reminds us that yoga is a system for unifying the body, mind and spirit.

**Turbo Kick: Turbo Kick will maximize your workout with ab sculpting moves and fat burning cardio! This unique fusion of kickboxing and hip hop is perfectly choreographed to build your endurance!**

**There will be no classes on the following dates:**

**Thursday, April 21– Sunday, April 24th**

**Last day of regular Group Fitness classes will April 29th. A special FINALS SCHEDULE will be released the last week of classes.**