



Effective March 1, 2010

Group Exercise

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|
| 5:30 am Indoor Cycling Kevin | 5:30am Early AM Flow Yoga (level II—III) Michelle | 5:30 am Indoor Cycling Kevin | 5:30am Early AM Flow Yoga (level II—III) Michelle | 5:30 am Indoor Cycling Tony <hr/> 5:30 am Early AM Flow Yoga (level II—III) Michelle | Schedule subject to change. Visit our website at: www.bainbridgeathleticclub.com for updates on classes. | |
| 8 am Low Impact Step & Weights Carolyn | 8:45 am Indoor Cycling Maureen | 8 am Low Impact Step & Weights Carolyn | 8:45 am Indoor Cycling Shea | 8:45 am Indoor Cycling Suzanne | 8:15am Intermediate Pilates* <hr/> Betsy 8:15am ZUMBA Pam | 7 am Indoor Cycling Kevin 90 min |
| 9:15 am Body Blast Maureen / Shea | 9:15 am Power Yoga (level II—III+) Carrie | 9:15 am Body Blast Shea | 9:15 am Power Yoga (level II—III+) Carrie | 9:15 am Body Blast Maureen | 9:30 am Yin Flow Yoga (level I—III) Mishabae 90 min | |
| 10:30 am Fundamental Yoga (level I—II) Kristy | | 10:30 am Vinyasa Yoga (level I) Michelle | | 10:30 am Vinyasa Flow Yoga (level I—II) Carrie | | |
| 12 pm Body Booster Stephanie 30min | | 11 am Intermediate Pilates* (TS) Betsy <hr/> 11 am Group Orientation Jim | | 11 am Intermediate Pilates* (TS) Betsy | 11 am Group Orientation Jim | |
| 6 pm Indoor Cycling Suzanne <hr/> 6 pm Vinyasa Yoga (level I—II) Cathleen | 6:45pm Evening Flow Yoga (level I—II) Frank <hr/> 7 pm Total Body Conditioning (TS) Pam | 6 pm Indoor Cycling Suzanne <hr/> 6 pm Yin Flow Yoga (level I—III) Mishabae | 6:45pm Evening Flow Yoga (level I—II) Frank <hr/> 7 pm Total Body Conditioning (TS) Pam | See class descriptions on the reverse side of this schedule. Each class is expected to maintain a minimum of 10 participants to remain on the schedule. Please vote with your feet. As always, your feedback is appreciated. Reminder: For your safety, please do not enter a class more than 10 minutes after it has started | | |

*= Need to have taken Essentials series, 3 privates, or have instructor permission prior to taking class.
(TS) = Training Studio off tennis viewing deck
All classes are 60 minutes unless otherwise noted

Ver. 2/28/10

Group Exercise Class Descriptions

Body Blast: Feel the burn head to toe. You will work with various cardio and strength equipment to work yourself into the zone of no return. Includes running, jumping, and plyometric moves. Modifications are given by instructors. All levels welcome.

Body Booster: Don't have time for a full 60-minute class? This fast-paced 30-minute workout will include challenging exercise variations that will tighten your tummy, accentuate your arms, tone your thighs, and strengthen your seat all while focusing on your core. If you are interested in Core Fusion this is a class to try.

Early AM Flow: Because of our natural rhythms, daybreak is the perfect time to open our bodies and center our minds. You will be guided through a one-hour morning practice where each class will focus on a specific area to loosen your muscles, relax your mind and energize you for the day ahead. Standing Poses, Twists, Backbends, Forward Bends and Hip Openers will be used as you progress to intermediate-level yoga. Modifications are offered for all poses so well-conditioned beginners are welcome. However, we strongly suggest taking Yoga Fundamentals as a pre-requisite. Level II –III

Evening Flow Yoga : A class in which Hatha yoga postures are sequenced to allow a warm up and fluid flow movement from one asana to the next with options for beginners to experienced students. A pleasant way to end the day by creating more ease in the body and taking time to settle and feel poses. Level I—II

Fundamental Yoga: The true yoga beginner now has the perfect starting place, as you are introduced to basic poses in an hour long workout that takes a gentle approach to yoga. Students of all fitness levels can ease into postures at a comfortable pace. Focuses on proper breathing to cultivate mind-body awareness. Three sections offer a balanced practice for mind, body and spirit; from warm-up to workout to deep relaxation. Modified poses and use of props make yoga more accessible to everyone. Level I

Group Orientation : Open to all BAC members . Fitness Specialist led group orientation of all cardio and selectorized machines.

Indoor Cycling: This class offers drills that incorporate speed work, intervals and simulated climbing. Training programs are designed to challenge the experienced rider while remaining suitable for both the recreational and novice rider.

Intermediate Pilates: For more challenge, matwork classes at the Intermediate level will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session to include, Stability Balls, Foam Rollers, Thera-Bands, and BOSU balls.

Low Impact Step / Weights : Low impact ,not in intensity of the workout. Perfect class for all who love the cardio benefits of rhythmic step and body sculpting with light weights. For all level of fitness.

Power Yoga: Feel the heat in this dynamic and challenging flow class that blends several styles of yoga to balance mind and body, strength and flexibility, endurance and relaxation. While modifications are offered to ensure each student's safety and success, prior yoga experience is recommended. Level II –III +

Total Body Conditioning: Interval workout of cardio and resistance. This class will increase your cardio endurance with low –impact movements. All levels welcome.

Vinyasa Yoga: A vinyasa practice that focuses on both the anatomical and energetic aspects of our midsection, including the gluteals and low back. We'll apply ancient and cutting edge wisdom to traditional poses and breath work for a practice that invigorates, strengthens and lengthens from the inside out. I –II

Vinyasa Flow Yoga: Balanced Hatha Yoga, breath and movement are synchronized within and between postures (Asana). Special attention is paid to alignment, lines of energy, bandha, and breathing techniques (Pranayama).Level .-Level I—II.

Yin Flow Yoga: The practice of yin yoga is performed to regulate the flow of energy in the body. Yin yoga primarily stretch the connective tissues in the hips, thighs and lower spine. Yin yoga asana practice is beneficial to wide variety of people. Level I –III

ZUMBA : Created by celebrity fitness trainer Beto Perez, Zumba® is a fun and energetic, latin-based dance exercise featuring salsa, flamenco, merengue, mambo, samba, afro-caribbean, all easy to follow steps to create a dynamic fitness workout.

Yoga levels:

Level I: offers the full Vinyasa Yoga sequence - with approx. 42 basic postures for 60 minutes. This class moves at a slower pace than a Level II class, but the pace is steady. The instructors offer the modified variations for all of the postures, and students are invited to work at their own levels. This class is the perfect next step for people who have completed the Intro series or for practitioners new to Vinyasa Yoga.

Level II: offers the full Vinyasa Yoga sequence moving through a quicker pace than Level I where modifications for all postures. These classes flow through the complete, traditional Vinyasa sequence including more challenging variations to each pose. Geared towards students who have some experience in regular Vinyasa yoga but is rewarding for experienced students as well.

Level III: is an Intermediate to advanced level faster-paced flow through the complete, traditional Vinyasa Sequence with challenging variations of the postures. Open to students who have a strong, regular practice or the well seasoned yoga student. Suited for the well conditioned and physically fit.