



Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Cycle Kevin <hr/> 5:30 am Early am Yoga Michelle	7:00 am Cycle Express (45 min) Brenda	5:30 am Cycle Kevin <hr/> 5:30 am Early am Yoga Michelle	7:00 am Cycle Express (45 min) Suzanne	5:30 am Cycle Kevin <hr/> 5:30 am Early am Yoga Michelle	7:00 am Cycle Kevin	
	8:15 am TBC Michelle		8:15 am Cardio Mixx & Stretch Cathleen		8:15 am ZUMBA Stephanie	
9:45 am Body Blast Shea/Maureen	9:45 am Cycle Shea <hr/> 9:45 am Fitness Yoga Katie	9:45 am Body Blast Shea	9:45 am Cycle Maureen <hr/> 9:45 am Fitness Yoga Katie	9:45 am Body Blast Maureen	9:30 am Fitness Yoga Mishabae	9:30 am Power Yoga (90 min) Ellen
11 am Fundamental Yoga Michelle <hr/> 11 am Intermediate Pilates* Stephanie		11 am Mid Day Yoga Carrie <hr/> 11 am Intermediate Pilates* Betsy <hr/> 11 am Group Orientation Jim		11 am Classical Yoga Carrie <hr/> 11 am Intermediate Pilates* Betsy	11 am Group Orientation Jim	
5:45 pm Beginning Yoga Cathleen	4:30 pm Kid Fit \$F Erin	5:45 pm Fitness Yoga Mishabae	4:30 pm Kid Fit \$F Erin <hr/> 5:30 pm ZUMBA Cathleen	<p align="center">Effective Nov 25, 2008</p> <p align="center">Schedule subject to change. Check website for updates.</p> <p align="center">www.bainbridgeathleticclub.com</p>		
6:00 pm Cycle Suzanne	6:45 pm Vinyasa Yoga Frank	6:00 pm Cycle Suzanne	6:45 pm Vinyasa Yoga Frank			

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.

*= Need to have taken Essentials series, 3 privates, or have instructor permission prior to taking class.

\$ = Fee based classes

\$F = Comp for family memberships, Fee for all others.

All classes are 60 minutes unless otherwise noted

TS = Training Studio

All Cycle classes held in cycle studio

Reminder: For your safety, please don't enter a class more than 10 minutes after it has started

GROUP FITNESS CLASS DESCRIPTIONS

Beginning Yoga: A gentle, slow-flow class focused on incorporating the basic postures into a practice that targets the mind and body for a more balanced approach to life on all levels. Use this class to prepare you for more challenging practices, or stay right here and continue to enjoy the benefits of the basics. ☼

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. Modifications are given by instructors– all levels welcome

Cardio Mixx & Stretch: A class designed for anyone looking for lighter cardio and weights. Once the body warms you will go directly into a easy flow yoga and stretch. Open to all levels.

Classical Yoga: A flowing vinyasa-style class that integrates devotional and philosophical practices with the poses for a more traditional and holistic approach to this mind/body discipline. ☼☼☼

Cycle : Indoor Cycle class with a technical edge that guarantees you a workout that really makes sense. Taught by instructors with advanced cycle training who will coach you through heart rate training, cycling techniques and mind & body concepts that will take you to the next level. Modifications are offered for all levels.

Cycle Express: Indoor-cycling program using a high-performance, fully adjustable and stationary racing bicycle. The fundamental techniques and positions presented in this class have been carefully selected to ensure a safe, fun and effective workout for every student, regardless of fitness level. **Cycle Express is same as Studio Cycle but a 45 min. version.**

Early AM Yoga 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. ☼☼☼

Fitness Yoga: This vinyasa-style class incorporates the latest exercise physiology principles and techniques into traditional yoga flows and breathing practices, strengthening and uniting the body and mind for greater health and fitness. ☼☼☼

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. ☼

Group Orientation: This takes place on the fitness floor and is an introductory session for new members or members looking for a refresher course on how to use the cardio and selectorized equipment.

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

Kid Fit: A class just for our junior members. They will learn how to strength train with Hoist equipment made just for them. Cardio vascular training through various activities that will keep them moving. Ages 8-12 only.

Mid Day 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. ☼☼☼

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.* ☼☼☼☼☼

TBC : This class will increase your cardio endurance with low –impact movements. Gentle on the joints & lower back. Movements and flow that will improve your balance and reduce your stress with yoga style stretching. All levels welcome for the complete total body conditioning.

Vinyasa Yoga: Through flowing pose sequences and mindfulness practices, you'll discover how this ancient discipline systematically trains the body and mind to increase stamina, develop concentration, heal injuries, renew vitality, and create balance. ☼☼☼

ZUMBA! : Zumba combines Latin rhythms with cardio exercise to create an aerobic routine that is fun and easy to follow. The name Zumba is derived from a Colombian word meaning to move fast and have fun. Open to all levels.

ZUMBA Kids: Welcomes ages 6-12 where kids learn Latin dance moves just like the popular adult ZUMBA class. Runs in 4-week sessions that end with your children performing for you. Come join in the fun!

☼ = The amount of body heat expected to be generated in yoga is noted by the sun symbol. The more sun's, the longer the poses are held.