



Group Exercise

Effective June 22, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Power Cycle Tony	5:30 am Early AM Flow Yoga Michelle	5:30 am Extreme Cycle Kevin	5:30 am Early AM Flow Yoga Michelle	5:30 am Fit Friday Cycle Tony		
8:15 am ZUMBA Hybrid Stephanie	8:15 am RevMaster Cycle Maureen	8:15 am Core, Floor & More Michelle	8:15 am Classic Vinyasa Yoga Kristy <hr/> 8:15 am G-Force Cycle Kevin		8:15 am ZUMBA Stephanie	
9:30 am Body Blast Maureen/Shea	9:30 am Power Yoga Carrie	9:30 am Body Blast Shea	9:30 am Power Yoga Carrie	9:30 am Body Blast Maureen	9:30 am Yin Flow Yoga Mishabae	9:30 am Vinyasa Flow Yoga (90 min) Kristi
11:00 am Fundamental Yoga Kristy		11:00 am Vinyasa Yoga Michelle <hr/> 11:00 am *Intermediate Pilates Betsy <hr/> 11:00 am Group Orientation Jim		11:00 am Vinyasa Flow Yoga Kristy <hr/> 11:00 am *Intermediate Pilates Betsy	11:00 am Group Orientation Jim	
5:45 pm Beginning Yoga Cathleen		5:45 pm Yin Flow Yoga Mishabae		<p>Please check our website for updates and more class offerings.</p> <p>www.bainbridgeathleticclub.com</p>		
6:15 pm Heart Zones Cycle Suzanne <hr/> 6:45 pm Kick Boxing Circuit \$ *45min-Starts 6/29	6:45 pm Evening Flow Yoga (2) Frank	6:15 pm Heart Zones Cycle Suzanne <hr/> 6:45 pm Kick Boxing Circuit \$ *45min-Starts 6/29	6:45 pm Evening Flow Yoga (2) 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.

(2) = Studio adjacent to Tennis Viewing Deck

All classes are 60 minutes unless otherwise noted

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

Classic Vinyasa 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. ☼☼

Core Floor & More : A safe, low-impact cardio class designed to improve the efficiency of your heart & lungs, strengthen your core and restore through yoga & Pilates inspired stretching. This workout modifies to either increase intensity or reduce impact, so whether your a first time participant or a seasoned athlete you can achieve maximum benefit. The sustained movement is also great for burning calories and increasing endurance. Exercises are specially designed to reduce stress on knees, back, hips and shoulders. Great for all levels.

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. ☼☼

Extreme Cycle: The name says it all. The original house of pain— take no prisoners charge up the hill and stake your claim. Push the cadence without easing off the resistance. You will develop a strong cardio and muscle endurance through many tough drills after drills. *advanced

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.☼☼☼

Fit Friday Cycle: Working for the weekend. Fit Friday workout is the best way to end the weekday on a high level. Come and spin your legs through various intervals to improve the cardio fitness level. **all levels

Fundamental Cycle: Finally a spinning class for the beginner. Come and see why spinning is so good for your body. You will be properly bike fitted and you will learn all the lingo. You will learn the proper way to climb in the saddle and out. Spin fast without spinning out of control. You will get a great workout without feeling overwhelmed or overworked. * beginners and for anyone who want a little less intensity.

FUNDamentals Plus Cycle: How can spinning on a stationary bike be FUN? You will see why when you FUNdamentals Plus your way to health. You will do all your favorite simulations of climbs, speedups, and jumps to fun music that keeps the motivation going even when you think the FUN went out of legs. Great workout with the Fun. * all levels

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. ☼+

G- Force Cycle: Do you want it? The ability to tackle any road ahead? Then this is the class you cannot miss. You will learn to handle the demands of the body when you need it. This class is for all levelds, start out slow and steady and gradually work up to a higher cardio level. If you are a seasoned rider, you will be prompted to dig deep. Find your own G-Force. *all levels

Heart Zones Cycle: Get the best workout by working within your heart zones. You will see the benefits of more personalized workout that will give you instant feedback on the level of your own efforts. *Heart rate strap is required. * all levels

Power Cycle: Develop your stamina with the drills that will give you power when you need it. The hill climbing will be a non-event as you learn the proper skills to develop strong legs, lungs and heart. *Intermediate to advanced,

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.* ☼☼☼

RevMaster Cycle: You will get the classic workout designed to improve cardio endurance that comes from cycling. A well balanced set of drills to improve your skills. Rev up your body, become the master of your cycling domain. * all level

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. ☼☼ +

Vinyasa Flow 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. ☼☼☼

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. ☼☼ +

ZUMBA Hybrid : Truly a total body workout. Get your heart pumping with the Latin dance moves of ZUMBA fused with body sculpting resistance workout.

☼ = The amount of body heat expected to be generated in yoga is noted by the sun symbol.