











February 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Intro. to Cross Fit w/ Lance 6 – 7am	Cardio Boot Camp w/Natalie 6-6:50am	Cardio Boot Camp w/Natalie 6-6:50am	Cardio Boot Camp w/Natalie 6-6:50am			
8:00 AM	Water Aerobics w/Kim 8:30-10am		Water aerobics w/Kim 8:30 – 10am		Water Aerobics w/ Roselynn 8:30-10am		
9:00 AM	Step/Sculpt w/Dani 9:15-10:30am		Step/Sculpt w/Dani 9:15-10:30am		MAT PILATES w/Dani 9:15-10:15	Step *see below 9:00 – 9:45am Sculpt* 9:45 – 10:30 am	
10:00 AM	Therapeutic Water Fitness w/ Kim 10:15-11:15am		Therapeutic Water Fitness w/ Kathryn 10:15-11:15am		Therap. Water Fitness w/Kim 10:15-11:15am	Water Aerobics w/Kathryn 10-11:30am	
11:00 AM	Aqua Fit w/ Kim 11:15-12:15am	Express Yoga w/ Stefanie 11am-12pm	Aqua Fit w/ Kathryn 11:15-12:15am	Express Yoga w/ Stefanie 11am-12pm	Aqua w/ Kim 11:15-12:15am		Sweat Shop w/Andre 11:15am-12:15pm
NOON	Sculpt w/ Lisa 12-1:15pm		Step & Sculpt w/ Lisa 12-1:30pm		Sculpt w/ Lisa 12-1:15pm	Arthritis Exercise Prog. w/ Kathryn 12-1pm	
1:00 PM							
2:00 PM		Arthritis Aquatic Program w/Kathryn 2-3pm		Arthritis Aquatic Program w/Roselyn 2-3pm		HOT HULA w/Christie 2-3pm	HOT HULA w/Christie 2-3pm
3:00 PM							Zumba w/ Adison 3:00-4:00pm
4:00 PM	Sculpt w/ Lisa 4:30-5:45pm	Sculpt w/ April 4:30 – 5:30pm		Sculpt w/ April 4:30 – 5:30pm			
5:00 PM	Water Aerobics & Hydrosculpt w/Kathryn 5:30 – 7pm	Zumba w/Adison 5:30-6:30	Step Combo w/April 5pm-6pm				
6:00 PM	Sweat Shop w/Andre 6 – 7 pm Intro to Cross Fit w/Lance 6 – 7pm	HOT HULA w/Christie 6:30-7:30 Intro. to Personal Training w/Lance 6:45 -7:15	Zumba w/ Julia 6-7pm	Step Combo w/ Adison 6-7pm Intro. to Personal Training w/Lance 6:45 -7:15	Zumba w/ Adison 6-7pm		
7:00 PM	Karate 7:15 – 8:30 pm		Advanced Karate 7:15 - 8:30 pm	Beginning Karate 7:15-8 pm	Karate 7:15-8:30 pm		

*Saturdays

Feb. 4 – April
Feb. 11 – Adison
Feb. 18 – Natalie
Feb. 25 – Dani

Hours:
Monday – Friday: 5:30am to 8:30pm
Saturday: 8am to 5pm
Sunday: 10am to 5pm

Mat Pilates

All Fitness Levels

Beginner mat Pilates helps to develop core strength, improve posture, and increase balance and flexibility. People taking this class are encouraged to attend at least 4 classes consecutively so one may gain understanding and competency of the exercises.

Zumba

All Fitness Levels: Beginners, Intermediate, Advanced,, Families, Children

Zumba is a Latin inspired workout that features interval training sessions through fast and slow Latin dance rhythms. Resistance training is included throughout the routine to tone and sculpt your body while burning fat and having fun!

Hot Hula

All Fitness Levels: Beginners, Intermediate, Advanced,, Families, Children

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. HOT HULA fitness ® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

Sweat Shop

All Fitness Levels: Beginners, Intermediate, Advanced, Families, Children

Sweatshop includes a variety of high energy, fun and funky Hip-Hop moves combined with a series of interval strength training and endurance exercises. Be prepared to burn serious calories, build strength and endurance, and most importantly – you will have a blast!

Step Combo

Intermediate, Advanced

Step Combo includes a choreographed step routine combined with interval, muscle strength, and endurance training. A series of core exercises and multiple muscle training is included in each workout

Sculpt

Beginners, Intermediate, Advanced

Sculpt includes a variety of free weight and stability ball strength exercises. Using free weights provides an entire body work out; working on several muscles throughout the body and continuously strengthening the core throughout the entire class.

Step and Sculpt

Beginners, Intermediate, Advanced

This is a two part class; the first portion is a fun energetic workout focusing on simple to medium step routines & choreography and the second part is sculpt which includes a variety of free weight and stability ball strength exercises.

Hydro Sculpt

All Fitness Levels: Beginners, Intermediate, Advanced, Families, Children

Fun filled and full of energy, this is a water workout focused on muscle conditioning. It combines interval training with varying challenges for toning and body sculpting, into a goal-oriented program.

Water Aerobics

All Fitness Levels: Beginners, Intermediate, Advanced, Families, Children

Water aerobics classes are a fun and energetic way to increase endurance, flexibility and muscle strength through exercise using the natural resistance of the water. Water fitness improves balance is an excellent alternative for individuals who may have various injuries and/ or limitations. Non-swimmers are also encouraged to attend.

Therapeutic Water Fitness

All Fitness Levels: Beginners, Intermediate, Advanced

This soothing water therapy program is held in the warm water pool which provides gentle resistance to build muscle strength. The exercises taught in this class are designed to match the fitness level of the participant and is an excellent choice for pre-operative exercises and/or post-rehabilitation exercises for optimal surgery outcome.

Arthritis Foundation Exercise Program

All Fitness Levels: Beginners, Intermediate, Advanced

This low-impact class is taught in the aerobics room and can be taken either sitting in a chair or standing, whichever is more comfortable. Class levels can be modified to accommodate the different capabilities of participants. The instructors select from 72 different gentle, joint-safe exercises to help relieve stiffness and decrease arthritis pain.

Introduction to Cross Fit

All Fitness Levels: Beginners, Intermediate, Advanced

If you are intrigued by the intense cross-training phenomenon that is Cross Fit, check out this class. Taught by our regular Cross Fit instructor, this will give you a taste of the broad-ranging program that is scalable to any fitness level.

Introduction to Personal Training

All Fitness Levels: Beginners, Intermediate

Come learn how to safely use the equipment at the Dimond Athletic Club with our own personal trainer and CrossFit instructor. This class will demystify the complicated-looking weight equipment and teach you how to work out safely and effectively on your own.