

Group Exercise Schedule August 31 – November 29

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
<i>6:00 am</i>	Body Sculpting (30) Steve	Spinning (30) Marcy	Circuit Training (30) Patrick	Spinning (30) Marcy	Fitness Yoga (60) Patrick			
<i>6:30 am</i>	Body Sculpting (30) Steve	Spinning (30) Marcy	Circuit Training (30) Patrick	Spinning (30) Marcy				
<i>7:00 am</i>		Pilates Stretch (30) Marcy	Fitness Yoga (30) Patrick	Pilates Stretch (30) Marcy		Saturday	Sunday	
<i>7:30 am</i>						Body Sculpting (60) Steve		
<i>8:30 am</i>						Core Challenge (25) Steve	Sunday at 8:45am Yoga (60) Shiloh	
<i>9:00 am</i>	Sports Conditioning (30) Marcy	Zumba (55) Emily	Spinning (30) Marcy	Zumba (55) Emily	Sports Conditioning (30) Steve	Zumba (60) Emily		
<i>9:30 am</i>	Sports Conditioning (30) Marcy		Spinning (25) Marcy		Sports Conditioning (25) Steve			
<i>10:00 am</i>	Gentle Pilates (25) Marcy	Forever Fit (30) Amy L	Fitness Yoga (60) Shelley	Forever Fit (30) Amy L	Fitness Yoga (60) Michael			
<i>10:30 am</i>	Club Gold (30) Justine	Gentle Yoga (30) Amy L		Gentle Yoga (30) Amy L				
<i>12:10 pm</i>	Core Challenge (40) Amy S	Body Conditioning (40) Steve	Spinning (40) Steve	Body Conditioning (40) Amy S	Sports Conditioning (40) Amy S			
<i>6:00 pm</i>	Body Conditioning (30) Miguel	Pilates/Yoga (60) Patrick	Spinning (30) Amy S	Fitness Yoga (60) Shelley				
<i>6:30 pm</i>	Body Conditioning (30) Miguel		Body Sculpting (30) Amy S					

Fitness Center Hours	
Monday – Thursday:	5:30 am — 9:00 pm
Friday:	5:30 am — 7:30 pm
Saturday:	7:00 am — 5:00 pm
Sunday:	7:00 am — 3:00 pm

3435 Forest Road • P.O. Box 27157 • Lansing, MI 48909 • Phone: (517) 353-5113 • Fax: (517) 353-1991

*Schedule is subject to change without notice.

*Shaded areas indicate when Kidz Club is available



Group Exercise Class Description

Toning/Strength

Body Sculpting

This athletic-based workout uses barbells with adjustable weight to work every major muscle group. You'll build lean muscle and increase muscular strength and endurance by choosing your weight and working at your own level.

Body Conditioning

Total body conditioning with nothing being off limits. Classes may consist of boxing, circuits, sports drills, weight training, Pilates, BOSU, FreeMotion and/or anything else your instructor can think of!

Toning/Cardio Combo

Circuit Training

This class is a combination of high intensity aerobic and resistance training, designed to challenge every muscle in your body. Join in to improve your cardiovascular endurance, muscular strength, and flexibility.

Club Gold

Join our 50+ members for a cardiovascular, weight training and total body stretch class. This group exercise class includes both individual and group components. Also incorporated are monthly social events, daily blood pressure screenings and informational lectures coordinated by exercise physiologists.

Forever Fit

Designed to keep the body active and moving, this class will incorporate strength training, flexibility and endurance exercises, through the use of FreeMotion, free weights, bands and other fitness toys. Join us today and continue to add life to your years.

Interval Challenge

Challenge yourself with this total body workout. Activities such as Plyometrics, Rowing, and Kickboxing are combined with strength training of the upper and lower body throughout the entire class. A non-competitive, high energy, complete fitness class that will keep you working hard and having fun the entire time.

Sports Conditioning

Get ready to take your workout to the next level. This innovative class will take your body through plyometrics, circuits and whatever else your instructor can come up with.

Cardio

Spinning

All levels of cyclists, from novice to experienced road racers, are welcome to join us. Instructors will incorporate the use of a heart rate monitor to better improve your performance in class and to truly help you work at your own level. Be sure to remember your towel and water bottle.

Cardio Cont.

Zumba

A combination high energy and motivating music with unique moves and dance combinations to help increase your cardiovascular and muscular endurance.

Mind/Body/Core*

**Please refrain from wearing perfume and entering class after the start time to preserve class atmosphere.*

Core Challenge

Core, Yoga, Pilates and other exercises will be used to challenge muscles in your midsection that you never knew you had. Equipment such as FreeMotion machines, BOSU, Swiss and medicine balls or resistance bands may be used.

Fitness Yoga

A rigorous form of yoga, where one pose flows to the next, and participants build upper body, lower body, and core strength, flexibility and balance.

Gentle Pilates

Learn basic Pilates movements, advance core strength and increase flexibility with this introductory Pilates class. All levels are welcome.

Gentle Yoga

This yoga class includes restorative yoga poses which use bolsters, blankets, blocks, or straps to completely support the body and aid in softening the muscles, gently opening the joints, and creating space for breathing. All levels are welcome.

Pilates

Develop your core body strength for everyday activities in this non-intimidating class. With a focus on coordination and precision through flowing movements, breathing techniques and resistance band-assisted stretches.

Pilates Stretch

Lengthen and strengthen your body with active stretching of the legs, back, shoulders, neck and core. This class is a great compliment to your strength training and a valuable way to complete your exercise experience.

Yoga

Proper breathing, proper exercise, proper relaxation. The yoga exercises promote strength, balance and flexibility with careful attention to the alignment of the body. All levels are welcome.