

# JULY 2008



Pirate Wellness Center

## Group Exercise Class Schedule + other programs

Any feedback regarding classes—please call **Sandy Kerr** 872-0812 *Thank you*  
Fitness Director

Pirate Wellness Center Hours Open:  
Mon—Fri 5:00am-9:00pm  
Sat + Sun 8:00am-4:00pm  
**744-3348**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30am -9:20am <b>Cardio Sculpt Class</b> w/Vicki	7:00am-7:50am <b>Wake-up</b> w/Vicki	8:30am -9:30am <b>Step-it-up</b> w/Kathie	7:00am-7:50am <b>Wake-up</b> w/Vicki	8:30am -9:30am <b>Step-it-up</b> w/Kathie	8:00am -9:00am <b>Strength &amp; Cardio Class</b> w/ Marjorie
	9:30am-10:30am <b>Power Yoga</b> w/Deborah 10:30am-11:00am <b>Stretch &amp; Relaxation</b>	8:00am-9:00am <b>Crosstrain</b> w/Sandy 9:00am-9:20am <b>Abs + Stretch</b> w/Sandy  9:30 am-10:30am <b>Yoga</b> w/ Jane	9:30am -10:00am <b>Body Sculpting</b> w/Kathie  10:15am-11:15am <b>Power Yoga</b> w/Deborah 11:15am-11:45am <b>Stretch &amp; Relaxation</b>	8:00am-9:00am <b>Crosstrain</b> w/Sandy 9:00am-9:30am <b>Abs + Stretch</b> w/Sandy	9:30am -10:00am <b>Body Sculpting</b> w/Kathie  10:15am-11:15am <b>Power Yoga</b> w/Deborah 11:15am-11:45am <b>Stretch &amp; Relaxation</b>	9:00am-10:30am <b>Step-it-again</b> w/Kathie  <b>12:00</b> <b>“Biggest Winner”</b> <b>Contestants</b> <b>Yoga w/ Annie</b>
	12:00pm-12:30pm <b>Core Body /Abs</b> w/Nancy	<b>2:00-4:00</b> <b>AHEC</b> <b>Seminars</b>	12:00pm-12:30pm <b>Core Body /Abs</b> w/Nancy	12:00pm-1:00pm <b>Beginner Pilates</b> w/Joanie	12:00pm-12:30pm <b>Core Body /Abs</b> w/Nancy	1:00-3:00 7/19 + 7/26 <b>AHEC Programs</b>
	6:00pm-7:00pm <b>Yoga</b> w/Annie	6:00pm-7:00pm <b>Muscle Mixes</b> w/ Halley	6:00pm-7:00pm <b>Boot Camp</b> w/ Marjorie	6:00pm-7:00pm <b>Muscle Mixes</b> w/ Halley		
			<b>NOTICE: No Class</b> <b>Wed. PM; 7/23</b> <b>Come instead to the</b> <b>LK Chamber Social</b> <b>Here 6-8pm \$10 pp</b>		7:00pm-8:00pm <b>Yoga</b> w/ Jane	

## **Group Exercise Class Descriptions**

**CARDIO & SCULPT CLASS** – Vickie will get you ready to start your week off right. She'll mix-it-up with a variety of strength and cardio moves using various exercise equipment. Maybe she'll use steps, maybe balls, she's the boss of this class. Always enjoyable. Adaptations for all levels.

**WAKE-UP** –A full body work-out where you can expect to use a variety of equipment, e.g.; body bars; steps; weights; balls; or tubing. Finish up with floor work and relaxing stretches. Leave the class feeling great for the rest of the day. All levels welcomed.

**CROSSTRAIN** – Each class is different than the last to continuously challenge you in new ways. Moving to the “oldies”, the classes are designed to increase muscular strength, balance, range of motion, and activity level for daily living skills. Hand held weights, elastic tubing, balls, any variety of equipment may be used. Have fun in a supportive environment. All levels are welcome. Then continue on for the **ABS + STRETCH portion**– This class is a continuation from the CROSSTRAIN class. Come on in at 9:00, grab a mat and weights and join us. We will be on the floor, working on your CORE and abdominals for 15 minutes then we stretch and relax the whole body out. It's sooo nice. Suitable for all levels.

**STEP-IT-UP**– After warming up, the 40 min. cardio stepping brings the experienced stepper to new heights. Intensity varies with your step height. Kathy takes you through different routines of stepping choreography on Wed. and Fri. She ends with 5 min of abs then stretches you out. You can end here or continue on to the .....

**BODY SCULPTING CLASS**– A 30 min. muscle toning and strengthening class, using a variety of equipment and the steps.

**POWER YOGA**– One hour of standing, Vinyasa Flow Yoga, is based on the Ashtanga System. Deborah leads you through a flowing series of postures to build strength, flexibility, and muscles while helping you to reduce stress and lose weight. Suitable for all levels as modifications are provided. You can stop here or continue on to the next half hour of **STRETCHING & RELAXATION**—Deborah takes you to the floor on mats for a half hour of stretching; meditation; and relaxation.

**YOGA with ANNIE**—Hatha Yoga Fundamentals. Annie offers a wide range of postures for students of all levels, with an emphasis on alignment. An open-hearted approach to building strength, balance, and flexibility.

**YOGA with JANE**– Inspirational Kripalu Yoga, flows gently with the grace of movement. Postures, breathing techniques, and meditation combinations for body and mind awareness. Jane uses a variety of props. All shapes, sizes, and abilities encouraged.

**STEP-IT-UP AGAIN on Saturday**–Kathy combines the Wed. and Friday step routines so you can really enjoy your workout and kick it up a notch. Designed to burn fat and improve stamina and coordination. The class ends with stretching.

**STRENGTH & CARDIO**– A great cardio workout that builds muscular endurance and strength. You be doing calisthenics, using mostly your own body weight for resistance, e.g.: squats; push-ups; sit-ups, etc. You will use dumbbells and a variety of equipment as well. A great way to burn calories and lose weight. Modifications are provided for all levels.

**MUSCLE MIXES**– TUESDAY'S, you'll work mostly the upper body, using a variety of equipment to strength train. Expect to use hand weights as well as floor, bench, and body weight exercises. Come learn and grow strong. All levels encouraged. On THURSDAYS, you'll work mostly your lower body to tone and strengthen with squats, lunges, crunches and more. You'll use a variety of equipment like resistance bands, balls, weights and body bars. Adaptable to any ability level.

**CORE BODY / ABS**– Take a lunch break and work with Nancy & your core for 30 minutes. Great for strengthening your back and abdominals. Get toned.

**PILATES for Beginners**– Pilates is a type of exercise that strengthens the core, improves flexibility & balance and aims to achieve proper posture. All of these elements build a stronger, more stable body to ease back pain, improve reflexes, and build long, lean muscles. You will learn proper breathing techniques and form. Joanie teaches this particular session on the mat, along with a stability ball, to achieve those objectives.

**BOOT CAMP** – Ramp up your fitness regime with this full body challenging workout. This fast based class is designed to increase performance, speed, and agility by taking you through a series of cardio, strength, and plyometric exercises. The drills and moves create a heart pumping hour of fun.