






diamond family fitness center group exercise schedule

October,
November,
December

Fourth Quarter 2011


GROUP EXERCISE CLASSES - held in Group Ex Studio unless otherwise noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY‡	THURSDAY‡	FRIDAY‡	ANNOUNCEMENTS
	BOOTCAMP/AB LAB 6:00 am Drew	Cardio/Strength 9 - 9:45 am Vicki	Athletic Conditioning 6 - 6:45am Mike C		 6 am Mike C	‡‡CENTER CLOSES AT 6 PM OCT 12 & 19. CENTER CLOSED 10/13, 14, 20, & 21
	Cardio/Strength	CXWORX - NEW! 9:45 - 10:15am Catherine Yoga Studio	Trim & Tone 8:45 - 9:25am Taralyn	Trim & Tone Xpress 9 - 9:30am Bobbi Sue	Cardio/Strength 8:15 - 9am Vicki	PLEASE SEE FITNESS DESK STAFF FOR THANKSGIVING AND DECEMBER 25 CLASS SCHEDULES
 8:45 am Catherine/Michelle	8 - 8:40 am Vicki	Zumba - NEW TIME! 10:15 am Leigh Anne Yoga Studio	 9:35 am Catherine	Core Strengthening 9:30 AM Beth	Mat Pilates 9:15am Beth (general members:\$6/class)	Classes highlighted in blue are new or changed
	Trim & Tone 8:45 - 9:25am Taralyn	SilverSneakers®MSROM Muscular Strength & Range of Motion 10:15 - 11am & 1 - 1:45pm Gail /Shelley		SilverSneakers®MSROM Muscular Strength & Range of Motion 10:45 - 11:30 am Gail	Zumba Gold 10:30 am Gail	Please sign in legibly for all classes attended.
Zumba 10:30am Leigh Anne	 9:35am Taralyn	SilverSneakers® Cardio Circuit 10:45 - 11:30 am Gail	SilverSneakers® Cardio Circuit 10:45 - 11:30am Gail	SilverSneakers®MSROM Muscular Strength & Range of Motion 1 - 1:45pm Beth		Descriptions of classes are on the back of this sheet.
	Ab Lab 5:15 - 5:30pm Bobbi Sue	SilverSneakers® Yoga Stretch 11 - 11:45am Gail	Ball Training Xpress 5:30 - 6pm Bobbi Sue	Trim & Tone 5pm Bobbi Sue	Cardio BLT 4:30 - 5 pm Bobbi Sue	Please note: we reserve the right to cancel or change those classes not averaging at least 8 participants on a quarterly basis
	Step It Up 5:30pm Bobbi Sue	Awesome Arms / Ab Lab 5 - 5:30pm Bobbi Sue				CLASSES HIGHLIGHTED IN YELLOW ARE IN DANGER OF BEING CANCELLED!
	Zumba 6:30pm Kelly	 6:15pm Mike C/Irene	Zumba 6:30pm Crystal	 6:15 pm Mike C	Trim & Tone Xpress 5 - 5:30pm Bobbi Sue	Classes highlighted in green are SilverSneakers®
	NEW!! Late Night Jam 8:30pm Taralyn		NEW!! Late Night Jam 8:30pm Taralyn	CXWORX - NEW! 7 - 7:30pm Catherine		Member feedback is welcome! Please contact Beth McCullough, Fitness Director at 559-6207 or bmccullough@columbusjcc.org

MIND/BODY CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY‡	THURSDAY‡	FRIDAY‡	
	KINESIS - level 1 to 2 7:30am Taralyn		Vinyasa Flow Yoga 9am Julia	KINESIS - level 3 6am Drew	Vinyasa Flow Yoga 9am Fenella	CLASS PASSES AVAILABLE (GENERAL MEMBERS): 5 FOR \$30; 10 FOR \$60
Sunday AM Yoga Mix 8:15am Maria	Vinyasa Flow Yoga 9am Catherine	KINESIS - level 4 9:30am Drew	KINESIS - level 3 9am Brian	KINESIS - level 3 to 4 9am Todd	Mat Pilates 9:15am Beth (group ex studio)	
Sunday AM Yoga Mix 9:30 - 11am Maria	KINESIS - level 3 to 4 9:30 am Todd	KINESIS - level 2 to 3 11:45am Drew				
			NEW TIME!! KINESIS - level 1 to 2 10am Taralyn		KINESIS - level 1 to 2 10:30am Drew	
	Mat Pilates 6 pm Stephanie	Vinyasa Flow Yoga 6pm Lisa				
	KINESIS - level 2 6pm Todd					

SPIN CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY‡	THURSDAY‡	FRIDAY ‡	
		Spin 6 - 6:45am Beth		Spin to Yoga 6am Stacey D	Spin 10:15 - 11 am Erin	Join Brian, Beth & Vicki for the 4th annual Turkey Burn: 9 - 10 am Friday, November 25 
Spin 8:30am Stacey G	Spin 9 - 9:40am Shelley	Spin 9am Laura	Spin 8:45 - 9:25am Laura	Spin 8:45 - 9:30am Shelley		
Spin 10 - 10:45am Stacey D		Spin Xpress 5:30 - 6 pm Bobbi Sue	Spin 4:45 - 5:30pm Bobbi Sue			
	Spin 6:30pm Shelley	Spin 6pm Stacey D	Spin 6 pm Stacey D	Spin 7 - 7:45 pm Erin		
						Please note: we reserve the right to cancel or change those classes not averaging at least 8 participants.

QUESTIONS? Contact Beth McCullough, Fitness Director, 559-6207, bmccullough@columbusjcc.org

Classes listed without an end time are 60 minutes. Mind/Body classes \$6 for General Members.

classdescriptions

Ab Lab: A 15 minute ab & lower back workout!

Athletic Conditioning: This class includes strength, flexibility, agility and functional training for a full body workout. The class will include high intensity work with some impact. Members of all fitness levels are welcome, but this is not a class for those new to exercise.

Awesome Arms: A 15 minute total arm workout using resistance tubes and dumbbells.

Ball Training Xpress: Challenge yourself with this 30 or 60 minute whole body toning and strengthening class done almost entirely on the stability ball! Weights, mats and bands or tubes will also be used.

BodyPump: The original Barbell class that strengthens the entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!!

Boot Camp: Boot Camp is a challenging workout that will help build strength, increase endurance and burn calories! Good for all fitness levels, various fitness toys and equipment will be incorporated into the class.

Cardio BLT: a fun, challenging 30 minutes that combine cardio & strengthening of the belt line, legs & tush.

Cardio/Strength: a 45 minute high intensity interval class combining cardio with strength training. This class is an excellent whole body workout and will provide a challenge that will wake you up & boost your metabolism! Appropriate for all fitness levels, but not those with physical limitations.

Core Strengthening: Strong Core = Strong Body! Try this challenging class to strengthen from the shoulders to the inner thighs. This class incorporates stability balls, weights and other “toys” to provide a different workout every time.

CXWORX: Created by Les Mills, this 30 minute class is a tough workout that will challenge you both mentally & physically. You will tighten & tone your core muscles and improve functional strength for balance, mobility and injury prevention. Get stoked and work your core! NOT RECOMMENDED FOR BEGINNERS.

Late Night Jam: A 60 minute class designed to improve cardiovascular endurance and build strength and functional fitness. Many fitness formats, tools and toys will be used to vary the workout and challenge the muscles in unique ways!

Mat Pilates*: Lengthen and strengthen core (area from the shoulders to hips) muscles using your own body weight as resistance. Various equipment is used -large balls, small balls, light weight, tubes - all fitness levels welcome. This is a great postpartum workout!

SilverSneakers® Muscular Strength & Range of Motion: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. ALL MEMBERS MAY ATTEND!

SilverSneakers®Yoga Stretch: YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. ALL MEMBERS MAY ATTEND!

SilverSneakers®Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. MUST BE ABLE TO STAND FOR THE ENTIRE CLASS.

SPIN: An intense 40, 45 or 60 minute class that will help build endurance and challenge your lower body strength. Using music and imagery, this workout is fun and motivating. No two classes are alike, so try them all!

SPIN Xpress: An intense cycling workout in only 30 minutes!

Spin to Yoga: A challenging 60 minute class consisting of 30 minutes of spinning followed by 30 minutes of yoga, emphasizing core (abs, back, hips) strengthening as well as stretching the muscles used in spinning.

Step it Up: 30 minutes of step aerobics followed by 30 minutes of deep muscle conditioning focusing on the core muscles!

Sunday AM Yoga mix: a 60 or 90 minute class of Ashtanga/Vinyasa blend. The class format will vary from week to week, but expect a high energy challenge every time!

Trim & Tone: A challenging 45 - 60 minute low impact workout using a variety of equipment including step, ball, weights, tubes, bands focusing on whole body strength and toning. All fitness levels are welcome - please arrive at least 5 minutes ahead of start time to set up.

Trim & Tone Xpress: A 30 minute strength & conditioning workout for all levels (a great pre-natal or postpartum workout).

Vinyasa Flow Yoga*: An ever-changing series of postures linked together by breath and a series of connected postures called a “vinyasa”. Each class will have a different focus, so come and try them all!! Beginners are welcome!

ZUMBA: Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You can burn 400-700 calories in one hour!

ZUMBA Gold: Zumba, at a reduced pace and intensity, specifically for Seniors. Also a good class for those not accustomed to exercise.

All General Group Exercise Classes are FREE!

*Mind/Body Classes: (Yoga & Pilates) General Members: 5 classes for \$30/ 10 for \$60

Schedule subject to change: Classes averaging less than 8 participants quarterly will be cancelled. Arrive to class on time, warmed up and ready to go. Warm ups are essential! Don't risk injury!