



## GROUP EXERCISE SCHEDULE

We are proud to offer a variety of classes to meet all of your fitness needs. All of our instructors are certified and highly qualified.

### Club Hours:

M-Th: 5AM-10PM

Fri: 5AM-9PM

Sat: 7AM-8PM

Sun: 7AM-6PM

### Nursery Hours:

Mon: 8:30am-12pm & 4pm-7pm

Sat: 8:00am-12pm

[www.wactn.com](http://www.wactn.com)

615-352-8500

### Group Exercise Director:

Cindy Hay-Hemby

[chay@wactn.com](mailto:chay@wactn.com)

## CLASS LIST

Silver Sneakers®  
Spinning®  
Pilates  
Yoga  
Les Mills BODYPUMP  
Boot Camp  
Total Step  
Turbo Kick  
Cardio Craze  
Hard Core Energy  
Ab Attack  
Zumba®

## Class Descriptions

**Cardio Craze** – This cardio class utilizes the body, step, jump rope and floor exercises. Taught in interval format, all levels are welcome but we advise all levels to work at their own pace.

**Hard Core Energy** – Cardio, strength, core and stabilization all wrapped up in an hour's worth of functional training.

**Ab Attack** – Join us for a half hour class of nothing but a high endurance ab burning work out. If you have back problems, a Pilate's class would be a better choice for core strength.

**Spin** – An intense cardiovascular 45-60 minute class that is taught on a spin bike. If you are

beginner, arrive early for proper set up demonstration and instruction. All levels.

**Pilates** – helps develop your core strength, flexibility, body awareness, balance and posture alignment. Suitable for those who need rehabilitation, want to enhance their sports performance, flexibility, general fitness or perhaps during your pregnancy.

**Boot Camp** – For our hard-core group that wants an intense total body cardio workout that includes strength and core moves. You will be using total body exercises for cardio, strength and core moves. Intermediate and advanced only.

**Yoga** – A workout that emphasizes muscle lengthening through well-guided posing. Breathing techniques are used to provide relaxation and clarity

**Body Pump**- 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!

**Cardio Dance**- This class incorporates latin dance along with other exciting dance moves. This cardio workout is more like a party than an exercise workout! Simple choreography for all levels.

**SilverSneakers®** Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

**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.

**Cardio Circuit®** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**YogaStretch® (Silver Sneakers)** 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.



**Zumba®** - fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

# Group Exercise Schedule

Effective 08/03/09

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
8:00-9:00	BODYPUMP - Cindy	5:45-6:45	BODYPUMP - Pam	8:00-9:00	BODYPUMP - Cindy	5:45-6:45	BODYPUMP - Pam	9:00-10:00	BODYPUMP - Helen	8:00-9:00	BODYPUMP - Wynedka	4:00-5:00	Spin - Sara Jane/Elizabeth
8:30-9:30	Pilates - Eileen	9:30-10:45	Yoga - Kristy	8:30-9:30	Pilates - Eileen	9:00-10:00	Spin - Stacey	9:30-10:30	Yoga - Hilary	8:30-9:30	Boot Camp - Kathy/Deborah		
9:05-9:30	Spin X-Press - Cindy	9:30-10:30	Hard Core Energy - Catherine	9:05-9:30	Spin X-Press - Cindy	9:30-10:30	Hard Core Energy - Catherine	10:15-10:45	SilverSneaker - Cardio Circuit	9:00-10:00	Spin - Tirsa		
9:15-10:15	Kickboxing - Catherine	1:30-2:15	SilverSneaker - Yoga Stretch	9:30-10:45	Yoga - Blair	9:30-10:45	Yoga - Natalya	10:15-11:15	Cardio Craze - Helen	9:15-10:15	BODYPUMP - Cindy		
9:30-10:30	Yoga-Eileen	5:00-5:45	Spin - Melissa	10:00-10:45	SilverSneaker - Cardio Circuit	1:30-2:15	SilverSneaker - Yoga Stretch			9:30-11:00	Yoga - Jodilyn		
10:15-11:00	Cardio Craze - Helen	5:40-6:30	Cardio Craze - Kathy	11:00-11:45	SilverSneaker - MSROM	5:00-5:45	Spin - Kathy						
10:00-10:45	SilverSneaker - Cardio Circuit	5:45-6:00	Ab Attack - Melissa	5:30-6:15	Spin - Stacey	5:30-6:10	Zumba - Christy						
11:00-11:45	SilverSneaker - MSROM	6:15-7:15	Yoga - Jodilyn	5:30-6:30	Piloga - Kathy	5:45-6:00	Ab Attack - Kathy						
5:30-6:30	BODYPUMP - Paula	5:30-6:10	Zumba - Pam	5:30-6:30	BODYPUMP - Paige	6:15-7:15	Yoga - Sheryl						
5:30-6:30	Spin - Elizabeth	6:15-7:15	BODYPUMP - Wynedka			6:15-7:15	BODYPUMP - Paula						
5:40-6:10	Cardio Dance - Kathy												
6:15-7:00	Piloga - Kathy												

**Class Location Key:**

- Spin Room
- Sneakers/Studio 2
- Basketball Gym
- Yoga/Pilates Studio
- Conference Room (upstairs)

