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# Group Exercise Schedule

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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:

M-TH: 8:30am-12pm & 4pm-7pm  
FRI: 8:30am-12pm  
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  
Piloga  
Les Mills BODYPUMP  
Boot Camp  
Cardio Craze  
Hard Core Energy  
Ab Attack  
Zumba®  
Core Control

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## 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.

**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 welcome.

**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.

### **Muscular Strength & Range of Motion® (MSROM) -**

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.

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

**BODYPUMP**- 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!

**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.

**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!

**Core Control** –focuses on your entire core from the lower abs to the upper back, a solid slow moving workout that is sure to build core strength.



Effective on 2/2/2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:00-9:00am	BODYPUMP- Cindy	5:30-6:30am	BODYPUMP- Gerry	8:00-9:00am	BODYPUMP- Cindy	5:30-6:30am	BODYPUMP- Stacey	5:30-6:30am	Spin- Stacey	8:30-9:30am	BODYPUMP- Wynedka	3:00-4:00pm	BODYPUMP- Stacey/ Cindy
8:30-9:20am	Pilates- Eileen	9:30-10:30am	Hard Core Energy- Catherine	8:30-9:30am	Pilates Strength- Eileen	9:30-10:30am	Hard Core Energy- Catherine	9:00-10:00am	BODYPUMP- Helen	8:30-9:30am	Boot Camp- Kathy/Deborah	4:00-4:45pm	Spin- Krista/ Cindy
9:30-10:30am	Gentle Flow Yoga- Eileen	10:00-10:45am	Silver Sneakers Yoga Stretch- Gerry	9:30-10:45am	Yoga Strength- Diane	10:00-10:45am	Silver Sneakers Yoga Stretch- Gerry	10:15-11:15am	Silver Sneakers Cardio Circuit- Gerry	9:00-10:00am	Spin- Stacey/ Caroline		
9:35-10:35am	Kick Boxing- Catherine	5:15-6:15pm	Zumba- Lisa	10:00-11:00am	Silver Sneakers MSROM/ Cardio Circuit- Brenda	5:30-6:15pm	Spin- Caroline	10:15-11:15am	Cardio Craze- Helen	9:30-10:30am	Zumba- Lisa		
10:35-11:35am	Cardio Craze- Helen	6:15-7:15pm	Yoga- Anna	5:30-6:15pm	Spin- Stacey	5:15-6:15pm	Zumba- Paige			10:30-11:45am	Yoga Flow- Rachelle/ Eileen		
10:00-11:00am	Silver Sneakers MSROM/ Cardio Circuit- Brenda	6:15-7:15pm	BODYPUMP- Wynedka	5:30-6:15pm	Cardio Craze- Deborah	6:15-7:15pm	Yoga- Sheryl						
5:30-6:30pm	BODYPUMP- Paula			5:30-6:30pm	BODYPUMP- Paige								
5:30-6:30pm	Spin- Wynedka			6:20-7:10pm	Core Control- Kathy								
5:45-6:45pm	Piloga- Kathy												

### Class Location Key:

-  **Spin Room**
-  **Studio X**
-  **Silver Sneakers/  
Studio 2**
-  **Yoga Room**