



GROUP EXERCISE SCHEDULE EFFECTIVE 5/1/09

- All Classes are subject to change
- Classes marked with * are an additional fee

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 AM		X-BIKE* DANA		X-BIKE* PHYLLIS			
8:00-9:00 AM		MOVEMENT AND CONDITIONING PATTE		MOVEMENT AND CONDITIONING PATTE			
9:00—10:00 AM	CARDIO STRENGTH INTERVAL ALLISON R.		CARDIO STRENGTH INTERVAL ALLISON R.		STRENGTH CONDITIONING MALLORY	STEP-BARB <hr/> X-BIKE* Alt	
9:30—10:15 AM	X-BIKE* TOBI		X-BIKE* BRYAN		X-BIKE* KRISTEN		
10:00-10:45							
10:00-10:45							
4:30-5:30 PM	STEP/ STANDING BODY SCULPT BARB	STEP & CORE STRENGTH ERICA	STEP/ STANDING BODY SCULPT ALLISON M.	STEP & CORE STRENGTH PHYLLIS			
5: 30-6:15 PM	X-BIKE* ALLISON R.		X-BIKE* ERICA		X-BIKE* Alternating Instructors		
5:30-6:30 PM	CARDIO KICK BOXING ERICA	DOUBLE STEP ALLISON R.	PILATES BARB	CARDIO STRENGTH INTERVAL ALLISON			
6:30-7:30	YOGA STRETCH ALLISON R.						
7:00-7:45 PM							

ABOUT PROCARE GROUP EXERCISE...

- If you are new to a class, you are encouraged to introduce yourself to the instructor. We love meeting new people and it allows us to talk to you about your goals and any special concerns we should know about.
- We encourage all participants not to arrive late, or leave early from a class, since each class includes a warm-up and cool-down for muscle and joint preparation and protection. If you need to leave early, give us a wave so we know that you are OK.
- In consideration of others, please no cell phones.
- Please return all equipment to the storage area.
- We recommend the use of a towel and water bottle.

GROUP EXERCISE CLASS DESCRIPTIONS

Step N Strength—We will get you moving on the step for a 30 minute cardio workout. We top the class of with 30 minutes of strength toning and 6 pack abs.

Cardio Sculpt: This class incorporates a 30 minute fast paced cardiovascular workout with a blend of body sculpting moves ranging from dance, kickboxing, Pilates, plyometrics, and basic aerobics. Cardio Sculpt is designed for all levels with moderate complexity. Impact is low to medium. The class is completed with a 20 minute strength and toning segment, including abs and a cool down period. This class is a must!

X-Biking: This class is an indoor cycling program that offers a full-body strength and cardiovascular workout. It is a 30 minute interval based class that can burn up to 500 calories. The articulated handlebars that move from side to side while pedaling or coasting make it a safe and fun class.

Low Impact Cardio and Tone—**This class is designed for our members who wish for a low impact workout. We keep the heart rate moving and the impact to a minimum.**

Step Aerobics—Warm up, 30 minutes or so of step aerobics, toning and a stretch cool down.

Cardio Sculpt This is a true cardiovascular workout, as you are kept in the fat burning zone for a beneficial period of time. This class incorporates step, hi and lo impact aerobics, and toning techniques with the body bar and weights. And we don't forget the abs! We'll see you at this class for a more intermediate workout.

Pilates: Pilates work including static stretching, focusing on abdominals and low back moves. Pilates is a non-impact portion of the class that will help strengthen your body. All fitness levels are welcome to attend.

THANK YOU FOR CHOOSING THE PROCARE HEALTH & FITNESS GROUP EXERCISE PROGRAM—WE TRULY ENJOY SPENDING TIME WITH YOU!