



January Group Exercise Schedule & \$1 Zumba All Month Long!!!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	Cycling Kent	Zumba Josh (fee-based)	Cycling Kerri B.	Sculpt & Tone	Cycling Chris	
6:30a					6:30am Yoga Chris	
8:00a 8:15a or 8:30a	8:30am 30 Min. Cardio Blast Rachel	8:15am Zumba Chris (Fee based)	8:15am Turn & Burn Rachel/Sindy	8:15am Bosu/Step Intervals Kerri R.	8:15am Zumba Fusion Sindy	8:00am Cycling Joy /Jason ----- 8:00am Step Strong Kerri/Janeen
9:00a or 9:15a	9:00am Cycling Joy ----- 9:00am Super Sculpt Rachel	9:15am Yoga Chris	9:15am "Hard-core" Pilates Sindy	9:15am Iron Yoga Rachel	9:00am Cycling Joy ----- 9:15am Pilates Sonja	9:15am Yoga Sindy/Janeen Michelle ----- 9:00am 10 Min. Abs Joy/Jason
9:00a S.S.	SilverSneakers® Bonnie 1 st Floor	SilverSneakers® II – Cardio Sonja 1 st Floor	SilverSneakers® Sonja 1 st Floor	SilverSneakers® II – Cardio Bonnie 1 st Floor		
10:00a	Tai Chi Marla		Tai Chi Marla		Tai Chi Marla	
4:30p 5:15p or 5:30p	5:15pm Cycling Janeen ----- 5:30am Zumba Josh (Fee based)		5:30pm Turn & Burn Jill	4:30pm Zumba Kids Sindy Coming Jan.14! Free for Members!		
6:00p or 6:30p	6:30pm Yoga Janeen/Sindy Rachel/Michelle	6:00pm PiYo Demos Michelle Jan.only for now!	6:00pm Cardio Tennis Tennis Pros (Fee based)	6:00pm Biggest Loser Jason		
7pm			Zumba Susie (Fee based)			

Club Hours: Monday – Thursday: 5:30am until 9:00pm / Friday's: 5:30am until 7:00pm
Saturday & Sunday: 7:00am until 4:00pm

Thank you for choosing Four Lakes Athletic Club and enjoy your Group Fitness Program.
Sindy Leibbrand, Fitness Director 743-2000 ext. 23

Revised
1-18-10

Description of Classes

Biggest Loser: (45-60 min) We may not have Jillian and Bob, however, FLAC's Jason is ready to challenge you to a new level!

Bosu/Step Intervals: (60 min) A heart-pumping workout involving simple movements on the bosu balance trainer/step with higher intensity intervals. Designed to challenge your body (cardio, strength, balance), and all movements can be modified to fit your needs! Step experience is not required!

Cardio Tennis: (60 min). Cardio Tennis is first and foremost a fitness program—more about getting moving and active...less than hitting great forehands and backhands. Class will elevate your heart rate into aerobic zone. The pro will challenge you to your ability and fitness level. **NO TENNIS EXPERIENCE NEEDED!** (Fee based class: \$20/4-weeks Members, \$48/4-weeks Non-Members)

Cycling: (45-60 min) This class is a combination of interval and steady state training intended to improve cycling efficiency and cardio-respiratory conditioning.

Hardcore Pilates: (45 min) Advanced core work designed for the experienced pilates student. In every class the stability ball will be utilized.

Iron Yoga: (45 Min) An advanced yoga class with weights 3 pounds or less designed to challenge your traditional yoga postures to improve strength, flexibility and balance.

Pilates: (45 min) A series of exercises performed with control and precision designed to strengthen the "core" muscles as well as lengthen define and sculpt legs, arms and smaller supporting muscle groups.

PiYo: (60 min) Pilates and Yoga class combined. The two fused together helps you with strength, flexibility and balance. This class works for all ages.

Sculpt & Tone: (60 min) Discover your potential as you Develop the large muscle groups and Define the smaller muscle groups on your way to a healthier more toned you!

SilverSneakers®: Muscular Strength and Range of Movement: (60 min) 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 balls are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers II ®: Cardio Circuit Class: (60 min) 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 balls are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Step Strong: Step combined with strength training intervals-great way use time efficiently on a tight schedule!

Super Sculpt: A total body workout utilizing a variety of equipment and toys designed to tone and define all your muscle groups. Also will involve some "partner play" challenges!

Tai Chi: (45-60 min) Slow, rhythmic, Chinese art form designed to improve breathing, strength, balance, and flexibility. It is designed to promote health and mental clarity.

Turn 'n Burn: (60 min) 30 min cycling in the spin room and 30 min upper body toning in the fitness studio.

Yoga: (60 min) Class designed on Hatha yoga postures designed to improve strength, flexibility and balance, develop relaxation and concentration, and enhance overall well-being and health.

Zumba: (60 min) Latin musical rhythms and fun dance moves create a dynamic workout system designed to be fun! Interval cardio and resistance training to maximize caloric burning, fat burning, and total body toning is all set to an irresistible Latin beat. Get ready to sweat! (Fee based class)

Zumba Fusion: (60 min) Non-Fee based! A combination of traditional Zumba, Zumba Sculpt, and Zumba Gold. Great for any fitness level!

Zumba Kids: (45 min) Zumba Kids is the perfect combination of fitness & fun! Introduce Latin & International rhythms to your children. Our classes combine high energy, motivating music with easy to follow kid friendly moves. Free to members' kids! \$5 for non-members.

30 Min. Cardio Blast: (30 min) Good old-fashioned cardio—get your heart rate in your training zone and burn tons of calories.