



# FALL GROUP EX. SCHEDULE

Begins Sept. 7, 2010

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Elkhorn, Wisconsin 53121  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	Cycling Kent		Turn & Burn Kerri B.		Cycling Janeen	
8:15a	Yoga Rachel	Turn & Burn Kerri R.	Zumba Tone® Sindy (Fee Based)	Bosu/Step Intervals Kerri R.	Zumba Gold® Sindy (Free!)	8:00 am Cycling Joy /Jason 8:00am Step Strong Kerri/Janeen
9:15a	Super Sculpt Rachel Cycling Joy	Gentle Pilates Sonja	Kickin' Strength Rachel	Strengthen & Lengthen (Iron Yoga) Rachel	Pilates Challenge Traci Cycling Joy	9:00am Express Abs Joy/Jason Yoga Janeen
9:00a 1 <sup>st</sup> Floor	SilverSneakers® Sonja	SilverSneakers® II Cardio Bonnie	SilverSneakers® Bonnie	SilverSneakers® II Cardio Sonja		
10:15a	Tai Chi Marla Zumba® Nicole 1 <sup>st</sup> Floor (Fee Based)		Tai Chi Marla		Tai Chi Marla	<b>SUNDAY</b> 10:15a Zumba® Nicole (Fee Based)
5:15p	Cycling Janeen Zumba® Josh (Fee based)	Zumba Tone® Sindy (Fee Based) Turbo Box Joe Downstairs	Super Sculpt Rachel	Just Steppin'?? Starting Oct. 6		
6:15p	Pilates Traci/Nicole	Yoga Sindy	Cycling Steve Zumba® Susie (Fee Based)	Biggest Loser Jason		

**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 Programs.  
Sindy Leibbrand, Fitness Director 743-2000 ext. 23

Revised  
8/30/10

## 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! (LEVEL 3)

**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! (LEVEL 2/3)

**Cycling:** (45-60 min) This class is a combination of interval and steady state training intended to improve cycling efficiency and cardio-respiratory conditioning. (LEVEL 2/3)

**Just Steppin':** (60 min) Even if you've been stepping for years, come join our newest instructor as she leads you through new and exciting step combos. (Level 2/3)

**Kickin' Strength:** (60 min) Bringing back our traditional Cardio Kickboxing class fused with body strengthening exercises for a total body combination of high intensity cardio and toning. Get Ready To Kick It Up & Bring It! (LEVEL 2/3)

**Pilates:** (60 min) A series of exercises performed with control and precision. Designed to strengthen and challenge the "core" muscles. This advanced pilates class will also lengthen, define and sculpt legs, arms and smaller supporting muscle groups. (LEVEL 2/3)

**Gentle Pilates:** (60 min) Traditional Pilates with a more gentle and restorative approach. (LEVEL 1)

**SilverSneakers®: Muscular Strength and Range of Movement:** (60 min) Have fun and move to the music through a variety of exercises to increase strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and balls for resistance and a chair is used for seated and/or standing support.

**SilverSneakers II ®: Cardio Circuit Class:** (60 min) Fun with fitness to increase your cardiovascular and muscular endurance 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:** (60 min) Traditional Step combinations combined with strength training intervals.(LEVEL 2/3)

**Strengthen & Lengthen (Iron Yoga):** (60 min) A fusion class designed to build functional strength through light weight training and increase flexibility with safe and effective yoga postures. (LEVEL 2)

**Super Sculpt:** A total body workout utilizing a variety of equipment and toys designed to tone and define all your major muscle groups. Also will involve some "partner play" challenges! (LEVEL 3)

**Tai Chi:** (45-60 min) Slow, rhythmic, Chinese art form designed to improve breathing, strength, balance, and flexibility. Tai Chi is designed to promote health and mental clarity. (LEVEL 1)

**Turbo Box:** (45-60 min) Jab, kick, and punch your way to a leaner, stronger you! Punching bags will be used. (LEVEL 3)

**Turn & Burn:** (60 min) A fusion class of cycling and strength training designed for a complete full body workout. (LEVEL 2/3)

**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. (LEVEL 1/2 )

**Zumba:** (60 min) Latin rhythms and fun dance moves create a dynamic workout system! Interval cardio and resistance training to maximize calorie burning, fat burning, and total body toning. Get ready to sweat! (Fee based class. \$1 members, \$7 non-members)

**Zumba Gold:** (60 min) **Non-Fee based!** Great for any fitness level! Zumba geared for Seniors and beginners, still the same great rhythms and music with more cueing and coaching

**Zumba Toning:** (45 min) Take your Zumba to a whole new level of fitness. 100% Zumba cardio using light maraca-style toning sticks to sculpt a beautiful, symmetrical body. (Fee based class. \$1 members, \$7 non-members)

**LEVEL 1-APPROPRIATE FOR ALL FITNESS LEVELS (LOW INTENSITY)**

**LEVEL 2-APPROPRIATE FOR ALL FITNESS LEVELS –MORE CHALLENGING EXERCISES**

**LEVEL 3-APPROPRIATE FOR ALL FITNESS LEVELS- OUR MOST CHALLENGING CLASSES (HIGH INTENSITY/ADVANCED)**