

JUNE 2010

TROUT CREEK FITNESS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Members: \$6 (\$8 Yoga & Spinning) – Guests: \$10 (\$12 Yoga & Spinning)		<u>6:15 – 7:15 a.m.</u> Spinning (Logan)	<u>6:00 – 6:45 a.m.</u> Spinning (Kathy/Logan)	<u>6:15 – 7:15 a.m.</u> Spinning (Logan)	<u>6:00 – 6:45 a.m.</u> Spinning (Kathy/Logan)	<u>6:15 – 7:15 a.m.</u> Spinning (Logan)		
			<u>7:00 – 8:00 a.m.</u> Core Strength & Balance (Denise)	<u>7:30 – 8:30am</u> Pilates (Paula)	<u>7:00 – 8:00 a.m.</u> Core Strength & Balance (Denise)	<u>7:30 – 8:30am</u> Pilates (Paula)		
		<u>6:45–8:30 a.m. L II</u> <u>8:45–9:45 a.m. L I</u> Nordic Ski Walking (Denise) <i>*Starts 6/21</i> <i>@TDXC Center</i>	<u>8:30 – 9:30am</u> Deep Water Aerobics (Denise) <i>*Starts 6/22</i> <i>Northwoods Pool</i>	<u>6:45–8:30 a.m. L II</u> <u>8:45–9:45 a.m. L I</u> Nordic Ski Walking (Denise) <i>*Starts 6/21</i> <i>@TDXC Center</i>	<u>8:30 – 9:30am</u> Deep Water Aerobics (Denise) <i>*Starts 6/22</i> <i>Northwoods Pool</i>	<u>6:45–8:30 a.m. L II</u> <u>8:45–9:45 a.m. L I</u> Nordic Ski Walking (Denise) <i>*Starts 6/21</i> <i>@TDXC Center</i>	<u>8:00 – 9:15am</u> Summer Conditioning (Ivazina)	
		<u>9:30– 10:30am</u> Water Aerobics (Ivazina) <i>*Starts 6/19</i>	<u>9:00 – 10:00am</u> Water Aerobics (Ivazina) <i>*Starts 6/19</i>	<u>9:30 – 10:30 a.m.</u> Spirit Ride Spinning (Nikoletta)	<u>9:00 – 10:00am</u> Water Aerobics (Ivazina) <i>*Starts 6/19</i>	<u>9:30 – 10:30 a.m.</u> Spirit Ride Spinning (Nikoletta) <i>*No class 6/4</i>	<u>9:00 – 10:00am</u> Water Aerobics (Ivazina) <i>*Starts 6/19</i>	<u>9:30– 10:30am</u> Water Aerobics (Ivazina) <i>*Starts 6/19</i>
		<u>9:30 – 10:30am</u> Spinning (Logan)	<u>9:15 – 10:30am</u> Anusara Yoga (Nancy)		<u>9:15 – 10:30am</u> Anusara Yoga (Nancy)		<u>9:15 – 10:30am</u> Anusara Yoga (Nancy)	<u>9:30 – 10:30am</u> Anusara Yoga (Nancy)
			<u>10:45 – 11:45 a.m.</u> Yin Yoga (Nancy)	<u>4:30 – 5:45 p.m.</u> Line Dancing (Robin) <i>*No class 6/1 & 6/8</i>	<u>10:45 – 11:45 a.m.</u> Yin Yoga (Nancy)		<u>10:45 – 11:45 a.m.</u> Yin Yoga (Nancy)	
			<u>5:15 - 6:15 p.m.</u> Summer Conditioning (Ivazina)	<u>6:00 – 6:45 p.m.</u> Spinning (Marion) <i>*No class 6/1 & 6/8</i>	<u>5:15 - 6:15 p.m.</u> Summer Conditioning (Ivazina)	<u>6:00 – 6:45 p.m.</u> Spinning (Marion) <i>*No class 6/3</i>		
			<u>6:30 - 7:45 p.m.</u> Yoga for Structural Integrity (Lynne)	<u>7:00 - 8:15 p.m.</u> Cardio Cross Training (Karen)	<u>6:30 – 7:30 p.m.</u> Yoga for Cycling (Judy) <i>*No class 6/9</i>	<u>7:00 - 8:15 p.m.</u> Cardio Cross Training (Karen/Cindy)		

Anyusara Yoga:

Anusara Yoga is a modern style of hatha yoga with a Tantric philosophy and emphasis on "heart opening" postures.

Cardio Cross Training:

An intense workout that combines a short cardio warm-up (step and/or aerobics) with weight training and core strengthening in a fast paced environment. This class is the ultimate cross training fitness class.

Core Strength and Balance:

This intermediate/advanced class is designed to work every muscle from head to toe. This class also focuses on the "core" muscles. You will gain overall strength, balance, and stabilization.

Line Dancing for Everyone:

This class is for anyone and everyone who likes to dance and/or enjoys moving to music. The 1st half hour = Beginner Dances. The 2nd half hour = Intermediate Dances. The last 15 minutes = Advanced Dances. Come on out and give it a try!

Nordic Ski Walking:

This class is for all you outdoor enthusiasts and Cardio hungry folks! Walking with poles radically reduces the stress to the shins, knees, hips and back. Nordic Walking is low impact and yet provides a highly effective workout - burning more calories (40% more) and working more muscle groups than regular walking.

Pilates Mat Class:

Come enjoy a dynamic workout, and enhance your freedom of movement. This class uses the Pilates principles of core strength and alignment, to improve posture, strength, flexibility, and balance. Also incorporating exercises inspired by yoga and Gyrokinesis, the class promotes healthy, efficient movement in any sport or daily activity.

Summer Conditioning:

Get ready for summer fun and stay in shape all season long with this great fitness class that will prepare you for those brilliant summer days. This total body conditioning workout will enhance strength and muscle definition. Class may utilize weights, balance discs, gliding discs, medicine balls, and/or stability balls, combined with isometric exercises designed to tone and sculpt the body.

Spinning:

This class offers a non-impact, highly effective way to build cardiovascular strength and endurance. This class provides the perfect mix of hard work and great fun while burning up calories too. Class maximum is 11 participants.

Water Aerobics:

This class is a great way to work out your heart and major muscle groups while being easy on your joints. Water aerobics can help improve strength, flexibility and balance. Our water aerobics classes focus on cardiovascular conditioning using interval segments and target a beginner/intermediate level, while our deep water aerobics classes target the intermediate/advanced level.

Yin Yoga:

Yin yoga stretches the connective tissues rather than conditioning the muscles. It is a perfect compliment to the dynamic and muscular styles of yoga. Suitable for all levels.

Yoga for Cycling:

This is a sport related Yoga program for all those who currently ride any kind of bike or are planning on starting road cycling, mountain biking or both. In this class you will learn how to alleviate many cycling related symptoms including; tight hamstrings, hip flexors, gluteus and quadriceps, neck and trapezius stress, lower back pain, and shortened pectorals and upper back aches. The focus will be improved flexibility, strength and endurance to improve your sport via the benefits of a mind/body Yoga workout.

Yoga for Structural Integrity:

An integrative practice that focuses on the physical, psychological, and spiritual balance and integrity of the individual. Drawing from traditions of Iyengar, Asthanga, Kripalu, and Kundalini yoga, YSI practice utilizes asana (yoga postures), pranyama (breathwork), movement integrations, and philosophical exploration to bring the practitioner to a greater awareness of his body, mind, and spirit.