



THE DOWNTOWN FITNESS CLUB



www.downtownfitnessclub.com

Club Hours

Monday – Friday 5:30am until 10:00pm

Saturday & Sunday 8:30am until 5:00pm

Summer 2008 GROUP EXERCISE SCHEDULE

EFFECTIVE June 2 THRU August 31 , 2008 (CLASS DESCRIPTIONS on back of SCHEDULE)		
Monday		
8:00 AM	T'ai Chi	John Wagner
11:30 AM	Pilates On Ball (45 min)	Tom S
12:15 PM	Turbokick (45 min)	David
5:30 PM	Yoga Flow (75 min)	Tom S
5:30 PM	Aqua Fit	Brian
5:30 PM	Core Strength (30 min)	Heidi
6:00 PM	Turbokick	Heidi
Tuesday		
6:00 AM	Boot Camp	John H
12:00PM	Turbopump	Rick
5:30 PM	Turbopump	Rick
A5:30PM	Pilates	Cathleen
c5:45 PM	Yoga w/ Jeffery Young (level 2-90 min)	Jeffery Young
6:30 PM	Step Circuit	Sal
Wednesday		
11:30 AM	Pilates On Ball (45 min)	Tom S
12:15 PM	Zumba (45 min)	Shelley
5:30 PM	Yoga Flow (75 min)	Tom S
5:30 PM	Aqua Fit	Megan
5:30 PM	Core Strength (30 min)	Heidi
6:00 PM	Turbokick	Heidi
Thursday		
6:00 AM	Boot Camp	John H
12:00 PM	Turbopump	Rick
5:30 PM	Turbokick	David
A5:30PM	Pilates	Cathleen
c5:45 PM	Yoga w/ Jeffery Young(level 2-90 min)	Jeffery Young
6:30 PM	Turbopump	Rick
Friday		
11:30 AM	BOSU & Step	Brian
12:15 PM	Boot Camp (45 min)	John H
5:30 PM	Step Kick and Pump	Summer
Saturday		
c9:00 AM	Yoga w/ Jeffery Young (level 1-90 min)	Jeffery Young
9:30 AM	Boot Camp	John H
10:30 AM	Core Strength (30 min)	John H
Sunday		
NO classes		

UNLESS OTHERWISE NOTED, ALL CLASSES ARE 60 MINUTES IN LENGTH

A THIS CLASS WILL BE TAUGHT ON THE 4TH FLOOR IN GARTH FAGAN'S NEW DANCE STUDIO

B SEE BACK OF SCHEDULE FOR COST AND DETAILS ON T'AI CHI

C SEE BACK OF THE SCHEDULE FOR COST AND DETAILS ON YOGA WITH JEFFERY YOUNG

Yoga with Jeffery Young Punch cards for six classes may be purchased by members for **\$36** and non-members for **\$72**. All punchcards now expire 60 days from purchase date, so if you don't use them, they do not carry over. The single class drop in rate is **\$10** for members and **\$15** for non-members. The classes are as follows....Tuesdays and Thursdays are Yoga 2/3 for experienced yoga students. The Tuesday/Thursday classes begin at 5:45pm and last approximately 90 minutes. Saturday classes are suitable for all levels of students, including first-time students. Saturday classes start at 9am and last approximately 90 minutes. All students must bring their paid receipt to class. Breath work, alignment, posture and balance will be explored in depth in this sequentially structured class. Weekly we will explore a wide variety of yoga "asanas" (postures) building on previously learned materials creating a focused and experiential yoga practice. Taught on two levels, see below. **Yoga Level 1**- Develop, refine and broaden a current practice. This class is tailored for all age groups and skill levels. Previous yoga experience is helpful but not necessary. **Yoga Level 2**- Instructed in the Iyengar tradition, this course is designed for those that have practiced Yoga for at least a year and desire to further refine, broaden and deepen their current practice. These courses are designed and instructed by Jeffery Young, dedicated to the highest standards of Yoga instruction. Jeffery has instructed Yoga at the University of Rochester and is a registered instructor with the Yoga Alliance. Please be on time for class. Approximate class time is 90 minutes. The fee for this class is \$6 per class if purchased in a six class series(\$36); drop-in rate for members is \$10. Non-members can purchase 6 classes for \$72 or attend for \$15 drop-in rate. There is a **60 day expiration date on six class packages**, please plan accordingly when purchasing.

T'ai Chi with John Wagner T'ai Chi, a martial art that improves balance, reduces stress, increases body awareness and offers increased energy, is offered Monday mornings at 9:00am. The cost of this class is \$5 per class and may be paid at the desk prior to attending class.

Aqua Fit- A fun and enthusiastic style of class taught in the pool, using floatation belts in deep water, working your entire upper body, legs and especially core in a non-impact, cardio and sculpting class that now includes a shallow water segment for additional work.

Basic Training-Like the name indicates, basic exercises taught in intervals including strength training and cardio segments. Much like Boot Camp, but a little less intensity for beginners and intermediates, but you can make it as challenging as you like

Boot Camp-Boot Camp combines weight training with cardio intervals along with calisthenics, agility and plyometric drills, designed to help build endurance and strength, increase muscle tone, burn bodyfat and challenge you to push your limits to reach your fitness goals. This class is for all levels of fitness with modifications.

Core Strength-Sculpt a strong and sexy midsection with core specific exercises utilizing the exercise balls, designed to strengthen all the muscles of the midsection, including ones you never knew you had.

Interval Kickboxing-Kickboxing class with sculpting intervals that will keep your heart rate up for the whole class.

Kick Camp-A 45 minute class combining the rigors of Boot Camp with the fun and exhilaration of kickboxing, as only Sgt. Dan can bring it!

Pilates-A method of lengthening and strengthening the body using the core muscles of the abdominals and back. Great for toning without adding bulk.

Pilates On Ball-A stability ball, added to Pilates class to further challenge the core muscles. No impact on the joints, suitable for all abilities. Great lunchtime stress reliever!

Relaxation & Meditation- Turn off and tune in. A great way to "escape" from the weekly grind and head into the weekend refreshed and clear-minded.

Step Circuit- A creative way to use the step. Basic and Double step combinations along with weights and body conditioning exercises.

Step Kick & Pump- 60 minute class combining moves from Step class, Kickboxing class with some elements of weight training. High energy, lots of variety...lots of fun. A great Friday class to start your weekend!

T'ai Chi-This class is a martial art "form" that "loosens" the body by releasing stress and developing positive Chi (internal energy) while focusing on body mechanics that will improve movement and posture in daily life and sport. \$5 per class, pay before class at the front desk.

Turbokick™-It's kickboxing, but so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super SAFE and EFFECTIVE workout.

Turbopump-This class uses barbells and dumbbells to train all the major muscle groups with a great soundtrack using one song for each bodypart with breaks to adjust weights. Recommended if you are bored with weight training.

Yoga Flow- An energetic yoga practice that blends strength and flexibility in a class that thoroughly tones the body and disciplines the mind.

Zumba-This exhilarating Latin-inspired dance fitness workout requires no prior dance experience. All ages, genders, shapes and sizes can benefit from this high-energy workout party! It's a great cardio workout with bonus opportunities to learn some salsa, calypso, reggaeton, hip hop and more!