

July 2008 Gold Pass Plan Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Functional Fitness	Pilates/Yoga	Functional Fitness	Pilates/Yoga	
9:00 AM	Basic Cardio		Basic Cardio		Step Aerobics
12:00 PM	Strength and Condition	Step Interval	Strength and Condition	Step Interval	Pilates/Yoga
5:15 PM	Pilates/Yoga	Intense Cardio	Pilates/Yoga	Intense Cardio	
6:15 PM	Step Aerobics	Yoga Flow	Step Aerobics	Yoga Flow	
7:15 PM	Step Aerobics		Step Aerobics		

DESCRIPTIONS:

BASIC CARDIO – HI INTENSITY AEROBIC WORKOUT WITH LITTLE IMPACT. A COMBINATION OF TRADITIONAL HI/LO CHOROGRAPHY MIXED WITH DANCE MOVES INCLUDING UPPER AND LOWER BODY TONING AND COOL DOWN. GUARANTEED YOU WILL HAVE FUN AND GET A GREAT WORKOUT. GREAT FOR ALL FITNESS LEVELS. MODIFICATIONS ARE OFFERED THROUGHOUT THE CLASS.

FUNCTIONAL FITNESS – A CLASS FOR SENIORS AND OTHERS LOOKING FOR SUPERVISED STRENGTH AND STRETCHING EXERCISES USING BALLS, CHAIRS, AND BANDS.

INTENSE CARDIO – CARDIO DOES A BODY GOOD! A FAST PASED COMBINATION OF HI/LO IMPACT, KICKBOXING, AND STEP AEROBICS AND RESISTANCE AND TONING SEGMENT. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

PILATES/YOGA – THIS CLASS IS TARGETED TOWARD IMPROVING TONING AND CONDITIONING OF ALL MUSCLE GROUPS USING RESISTANCE OF THE BODY WHILE DEVELOPING BETTER BREATHING HABITS, IMPROVING POSTURE, AND LEARNING TO USE MENTAL CONCENTRATION AND FLEXIBILITY. THIS CLASS IS VERSATILE AND APPROPRIATE FOR ALL FITNESS LEVELS YET CHALLENGING FOR THE MIND AND BODY.

STEP – AN EXCELLENT FAT BURNING CLASS THAT INCLUDES COMBINATIONS ON THE STEP FOLLOWED BY A CHALLENGING WEIGHT-TRAINING SEGMENT OR TONING FOR THE ABS, BACK AND CORE. APPROPRIATE FOR ALL FITNESS LEVELS.

STEP INTERVAL – A VIGOROUS FULL BODY WORKOUT THAT INCLUDES STEP MOVEMENTS ALTERNATING WITH STRENGTH TRAINING EXERCISES. APPROPRIATE FOR ALL FITNESS LEVELS.

STRENGTH AND CONDITION – FOR PARTICIPANTS WHO WANT TO BOOST THE METABOLISM BY INCREASING LEAN BODY MASS. THIS CLASS IS DESIGNED TO STRENGTHEN MAJOR MUSCLE GROUPS USING A VARIETY OF EQUIPMENT AND/OR OWN BODY RESISTANCE. APPROPRIATE FOR ALL FITNESS LEVELS.

YOGA FLOW – A FLOWING YOGA PROGRAM WHICH FOCUSES ON USING BREATHING TECHNIQUES TO MOVE RAPIDLY FROM ONE POSE TO ANOTHER INCREASE THE FOCUS ON UPPER-WEIGHT BEARING EXERCISES, LOWER-BODY STRENGTHENING, TORSO STABILITY AND BALANCE. SCULPT A LEANER, STRONGER BODY WHILE RELEASING STRESS AND FATIGUE. INTERMEDIATE TO ADVANCED FITNESS LEVELS. GREAT FAT BURNING WORKOUT. GET READY TO SWEAT!

**Gold pass plan holders may register for classes held in August on Wednesday, July 16, at the front desk.*

Fitness Instructors: Patti Mills, Melanie Halsey, Thelma Surber, Doreen Crouse, Curt Wiseley

Please feel free to contact us with any questions or comments at the following:

Patti Mills: Fitness Coordinator (276) 223-3522, pattim@wytheville.org

Melanie Halsey: Assistant Recreation Supervisor Fitness (276) 223-3522, melanieh@wytheville.org