

POULSBO ATHLETIC CLUB

19611 7th Ave. NE ■ Poulsbo ■ WA 98370 ■ (360) 779-3285

FITNESS CLASS SCHEDULE

APRIL 2017

	MON	TUES	WED	THUR	FRI	SAT	SUN	
5:30AM	CYCLE (35 min.) WADE (room 1)		CYCLE (35 min.) MARK (room 1)		CYCLE (35 min.) MARK (room 1)			5:30 AM
6:00 AM		TOTAL BODY TABATA™ JENN (room3)	ULTIMATE STRENGTH MARY (room 3)	TOTAL BODY CIRCUIT JANICE (room 2)	ULTIMATE STRENGTH PLUS MARY (room 3)			6:00 AM
6:15 AM	CYCLE (45 min.) WADE (room 1)		CYCLE (45 min.) JESSICA (room 1)		CYCLE (45 MIN) WADE (Room 1)			6:15 AM
6:45 AM		CYCLE (45 min.) AUDREY (room 1)		CYCLE (45 min.) AUDREY (room 1)				6:45 AM
7:45 AM		SLOW FLOW YOGA (75 min.) CHERYL (room 3)		SLOW FLOW YOGA (75 min.) CHERYL (room 3)				7:45 AM
8:00 AM	STEP BLAST CIRCUIT JAN (room 3)				STEP BLAST CIRCUIT JAN (room 3)	CYCLE CHALLENGE JULIE/AUDREY (room 1/2)		8:00 AM
8:15 AM	BOOT CAMP JANICE (room 2)		HIIT IT ANN MARIE (Room 3)					8:15 AM
8:30 AM						STEP JAM JENN (room 3)	ULTIMATE STRENGTH PLUS AI LING/ JANICE (room 3)	8:30 AM
9:15 AM			CARDIO BOX CIRCUIT Boot camp returns 5/3 STEVEN (room 2)		POWER YOGA ANN MARIE (room 3)			9:15 AM
9:30 AM	ULTIMATE STRENGTH HEIDI (room 3) ZUMBA® STELLA (room 2)	STEP JAN/JANICE (room 3) JESSICA RETURNS 5/2	ULTIMATE STRENGTH ANN MARIE (room 3)	ANN "MARINE" BOOTCAMP ANN MARIE (room 2) ZUMBA® KRISTINA / STELLA (room 3)	CYCLE JULIE (room 1)			9:30 AM
9:45 AM						POWER YOGA AUDREY (room 3)	ZUMBA® BECKY (room 3)	9:45 AM
10:35 AM	CYCLE STELLA (room 1)		CYCLE STELLA (room 1)					10:35 AM
11:00 AM	SILVERNEAKERS® CLASSIC JESSICA / RONDA (room 3)	LOW IMPACT ZUMBA® AND STRENGTH STELLA (room 3)	SILVERNEAKERS® CLASSIC ANN MARIE / JANICE (room 3) BEGINNER TAI CHI CLARRISA (room 2)	LOW IMPACT ZUMBA® AND STRENGTH STELLA (room 3)	SILVERNEAKERS® CLASSIC RONDA / ANN MARIE (room 3)	BEGINNER TAI CHI CLARRISA (room 2)		11:00 AM
11:30 AM			INTERMEDIATE TAI CHI (60 min.) CLARRISA (room 2)			INTERMEDIATE TAI CHI (60 min) CLARRISA (room 2)		11:30 AM
12:00 PM	BASIC LOW IMPACT FLOOR AEROBICS RONDA (room 3)		BASIC LOW IMPACT FLOOR AEROBICS JAN / ANN MARIE (room 3)		BASIC LOW IMPACT FLOOR AEROBICS ANN MARIE (room 3)			12:00 PM
12:15 PM		SILVERNEAKER® YOGA RONDA (room 3)		SILVERNEAKER® YOGA ANN MARIE (room 3)				12:15 PM
12:30 PM			ADVANCED TAI CHI (30 MIN) CLARRISA (room 2)			ADVANCED TAI CHI (30 min.) CLARRISA (room 2)		12:30 PM
1:30 PM	QI GONG THOMAS (room 3)							1:30 PM
4:30 PM	CARDIOBOX STEVEN (room 3)	ULTIMATE STRENGTH ANN MARIE (room 3) ZUMBA® JIM (room 2)	CARDIOBOX CIRCUIT STEVEN (room 3)	ULTIMATE STRENGTH PLUS MARY (room 3) ZUMBA® JIM (room 2)				4:30 PM
5:45 PM	BOOT CAMP AUDREY (room 1)	POWER YOGA ANN MARIE (room 3)	TOTAL BODY TABATA™ AUDREY (room 3)					5:45 PM
7:00 PM	SLOW FLOW YOGA (75 MIN) JUDITH (room 3)		SLOW FLOW YOGA (75 MIN) JUDITH (room 3)					7:00 PM

Fitness Class Descriptions

Fitness class formats are indicated with the following codes:

CV = Cardiovascular Conditioning
ST = Strength Training
F = Flexibility Training

Level 1 = 10-20 min. Cardiovascular Conditioning
Level 2 = 20-35 min. Cardiovascular Conditioning
Level 3 = 35-55 min. Cardiovascular Conditioning

ANN "MARINE" BOOTCAMP (ST/CV3) Ann Marie is offering a class for the more advanced exerciser. The class will challenge the participants weekly with a variety of conditioning and strengthening exercises, calisthenics, plyometrics, and stability drills. Class ends with a core workout and a yoga-based cool-down/stretch. Great class format for both men and women.

BASIC LOW IMPACT FLOOR AEROBICS (CV2) - A low impact floor aerobic class that uses basic movements and patterns. Basic steps and rhythmic movements for the upper and lower body are designed to give you a safe and fun workout. This is a great class for people who desire a basic low impact cardio workout.

BOOT CAMP (CV/ST/1/2/3) This class includes creative circuits and exercises set up with options for all fitness levels. It includes a variety of Cardiovascular and strength exercises including weights, bag boxing, agility and plyometrics

CARDIOBOX (CV2) - Cardiovascular class which uses boxing-type moves to get the heart pumping. The cardio box circuit class incorporates intervals of core conditioning.

CYCLE (CV2) - A popular alternative for aerobic training because it is non-impact. An instructor guided 30-45 minute fitness class which uses stationary cycles in a group setting. Participants are guided through various routines. Classes are easily adapted to a variety of fitness levels since each participant is in control of their bike..

CYCLE CHALLENGE (CV3) - A challenging 90 min. cycle class which includes 50-60 min. cycle and 30 min. core conditioning and stretching. Class can be modified for a variety of fitness levels.

HIIT IT (CV3) - Short bouts of high intensity cardio alternating with active rest exercises

LOW IMPACT ZUMBA AND STRENGTH (CV2/ST) - Thirty minutes of Zumba with less impact, less turns and easy to follow choreography followed by Thirty minutes of strength conditioning. Options will be shown for various fitness levels. Great class for those intimidated by the faster-paced classes.

SILVERSNEAKERS® CLASSIC (CV1/ST/F) - 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 a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKER® YOGA (F) - Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity,.

STEP BLAST/CIRCUIT (CV3/ST) - 60 min. cardio/strength circuit class which alternates intervals of stepping and strength conditioning. The goal of the class is to keep you in your aerobic zone for a minimum of 35-45 minimum and is a great total body workout in a short period of time.

STEP JAM (CV3) -.The right blend of physical intensity and choreography that gives you a challenging workout for your body and mind.

TAI CHI (F) - A class which is best thought of as a moving form of yoga and meditation combined. This class is great for a variety of ages and fitness levels as the movements are slow, soft and graceful with smooth and even transitions between them.

TAI CHI ADVANCED (F) - An advanced level Tai Chi class for those students who have been practicing consistently and have been approved by the instructor to progress to the advanced level.

TOTAL BODY CIRCUIT (CV3/ST) - This is a circuit style class, containing heavy bags, TRX Straps, body weight exercises and other stations designed to get your heart pumping!

TOTAL BODY TABATA™ (CV3/ST) - This is an exciting non stop HIIT workout. This class will push through 20 second intervals of high intensity cardio/strength exercise followed by 10 seconds of rest, just enough to catch your breath and wipe your brow. The series repeats 8 times, then on to another set of exciting exercises. Scientifically formulated to decrease your body fat, increase your metabolism, and get you in the best shape of your life!

ULTIMATE STRENGTH (ST) - This is a group strength training class appropriate for every fitness level. Ultimate Strength is designed to be both simple and effective in improving muscular strength, function, shape and definition. This motivating and easy to follow class helps to boost metabolism, increase bone density, and improve mobility. **U.S. PLUS** uses additional equipment, and is never the same twice.

SLOW FLOW YOGA (F/ST) - A yoga class designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on Hatha yoga, it blends balance, strength, flexibility into one format

POWER YOGA (F/ST) - A yoga class focusing more on power and strength with some balance and flexibility mixed in

ZUMBA® (CV2/3) - A fast-paced, dance/fitness class set to Latin and International rhythms. There are intervals of high-intensity mixed in, fitness options and plenty of core/lower body training disguised as fun. There are options for beginners as well as the hard-core fitness fanatics.