



POULSBO ATHLETIC CLUB

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

FITNESS CLASS SCHEDULE

JULY 2018

	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			ULTIMATE STRENGTH MARY (room 3)		ULTIMATE STRENGTH PLUS MARY (room 3) OUTDOOR CYCLE MEET AT 6:00 AM BRING YOUR BIKE AND RIDE			6:00 AM
6:15 AM	CYCLE (45 min.) WADE (room 1)		CYCLE (45 min.) JESSICA (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	CARDIO WEIGHT CIRCUIT JAN /AI LING (room 3) Resumes 7/16		FLOW YOGA ANN MARIE (room 3)		CARDIO WEIGHT CIRCUIT JAN / AI LING(room 3) Resumes 7/16			8:00 AM
8:30 AM						STEP JAM JENN (room 3)		8:30 AM
9:15 AM			CARDIO BOX CIRCUIT CALLIE (room 2)		POWER YOGA ANN MARIE (room 3)			9:15 AM
9:30 AM	ULTIMATE STRENGTH CALLIE (room 3) ZUMBA® STELLA (room 2)	STEP JESSICA (room 3)	ULTIMATE STRENGTH ANN MARIE (room 3)	ANN "MARINE" BOOTCAMP ANN MARIE (room 2) ZUMBA® KRISTINA (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	SILVERSNEAKER® CLASSIC JESSICA / RONDA (room 3)	LOW IMPACT ZUMBA® AND STRENGTH STELLA (room 3)	SILVERSNEAKER® CLASSIC ANN MARIE / JANICE (room 3) BEGINNER TAI CHI CLARRISA (room 2)	LOW IMPACT ZUMBA® AND STRENGTH STELLA (room 3)	SILVERSNEAKER® 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 ANN MARIE (room 3)		BASIC LOW IMPACT FLOOR AEROBICS ANN MARIE (room 3)			12:00 PM
12:15 PM		SILVERSNEAKER® YOGA RONDA (room 3)		SILVERSNEAKER® 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
1:00 PM	QI GONG THOMAS (room 3)							1:00 PM
4:30 PM	CARDIOBOX STEVEN (room 3)	ULTIMATE STRENGTH ANN MARIE (room 3)	CARDIOBOX CIRCUIT STEVEN (room 2)					4:30 PM
5:45 PM	TOTAL BODY TABATA™ AUDREY (room 3)	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 provide a safe and fun workout. This is a great class for people who desire a basic low impact cardio workout.

CARDIOBOX (CV2) - Cardiovascular class which uses boxing-type moves to get the heart pumping. The **cardio box**

circuit class incorporates intervals of strength conditioning.

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

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..

LOW IMPACT ZUMBA AND STRENGTH (CV2/ST) - 30 minutes of Zumba with less impact, less turns and easy to follow choreography followed by 30 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 to move the 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 JAM (CV3) -. The right blend of physical intensity and choreography that provides a challenging workout for the 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.

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 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 body fat, increase metabolism to get in the best shape.

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 (FIST) - 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

FLOW YOGA (FIST) - Breathing is incorporated to move from one pose to another in this relaxing yoga class designed to improve mental acuity, balance, strength and flexibility.

POWER YOGA (FIST) - 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.