



August 7th – September 3rd, 2017 GROUP FITNESS SCHEDULE

351 E. Morrissy Drive
Elkhorn, Wisconsin 53121
262-743-2000
Fax 262-743-2027
www.4flac.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am SUNRISE SWEAT <i>Rachel/Liz</i>		5:15-6:00am SUNRISE SWEAT <i>Rachel/Liz</i>		5:15-6:00am TGIF (G) <i>Jamie</i>	
8:15-9:00am CYCLING <i>Terri</i>	7:45-8:45am ZUMBA(G) <i>Emily</i> 8:45-9:30am KICK START <i>Amanda</i>	8:00-9:00am PILATES <i>Andi</i>	8:00-9:00am YOGA 101 <i>Kayleigh</i>	7:45-8:45am ZUMBA(G) <i>Emily</i> 8:15-9:15am CYCLING <i>Joy</i>	8:00-9:00am CYCLING <i>Terri /Joy</i> 8:00-9:00am STEP STRONG (G) <i>Kerri R.</i>
9:00-10:00am SILVER SNEAKERS CLASSIC®(G) <i>Bonnie</i>	9:00-10:00am SILVER SNEAKERS YOGA-STRETCH®(G) <i>Bonnie</i>	9:00-10:00am SILVER SNEAKERS CLASSIC®(G) <i>Amanda</i>	9:00-10:00am SILVER SNEAKERS CARDIO®(G) <i>Diane</i>	9:00-10:00am ON FRIDAY WE FLEX! (G) <i>Liz</i>	9:00-10:00am WEEKEND WARRIORS(G) <i>Jamie</i>
9:15-10:00am TERRI'S TONING <i>Terri</i>	9:30-10:15am SUMMER STRENGTH <i>Liz</i>		9:30-10:15am "JUST JAMIE" <i>Jamie</i>	9:00-10:00am PILATES <i>Diane</i>	9:00-10:00am YOGA MOOD <i>Kayleigh</i>
10:15-11:15am TAI CHI <i>Marla</i>		10:15-11:15am TAI CHI <i>Marla</i>	10:15-11:00am BETTER YOU YOGA <i>Bonnie</i>	10:15-11:15am TAI CHI <i>Marla</i>	
5:15-6:15pm CYCLING <i>Andi</i> 5:15-6:15pm MYSTERY MONDAY(G) <i>Jamie</i>	4:45-5:45pm BOSU/STEP <i>Joy</i> 5:15-6:00pm ROCKBOTTOM (G) <i>Liz</i>	4:45-5:30pm KICK START <i>Amanda</i>	5:15-6:15pm UPPERCUTS (G) <i>Liz</i> 6:00-7:00pm YOGA 201 <i>Kayleigh</i>		*Cycling classes please sign in at the front desk to secure your bike 30 minutes beforehand. (G) = GYM
6:00-7:00pm YOGA 101 <i>Hannah</i>			6:15-7:15pm ZUMBA (G) <i>Emily</i>		

FLAC reserves the right to cancel, reschedule or combine classes. Thank you for understanding!

CLUB HOURS: Mon-Thurs 5am-10pm, Friday 5am-9pm, Sat-Sun 7am-6pm

Kids Club Hours: Mon-Sat Mornings 8:00am-12:00pm, Mon-Thurs Nights 4:00pm-7:30pm

Fitness Class Descriptions

CARDIO STRENGTH

Bosu-/Step: A heart-pumping workout involving simple movements on the Bosu balance trainer/step with higher intensity intervals. Designed to challenge your body (cardio, strength, balance) and all movements can be modified to fit your needs!

Cycling: This class is a combination of interval and steady stationary training intended to improve cycling efficiency and cardio respiratory conditioning.

"Just Jamie" :45 minute workout combination of cardio, core, and weight training using kickboxing bags, bosu, and more. Anything goes!

Kick Start: Focuses on the entire body and incorporates punches and kicks found in traditional kickboxing classes.

Mystery Monday: A 60 min interval type format class utilizing the entire body. All levels and many modifications offered.

Rock Bottom: Class will focus on using your own body weight as well as functional fitness equipment to tone and sculpt our lower body. We will mix in cardio intervals and tabata to help shred fat as we work to achieve a lean lower body!

Step Strong: Traditional Step combinations of cardio with strength training intervals to complete an hour full body workout.

Summer Strength/On Friday's We Flex: Full body workout with an emphasis on building lean muscle mass. Incorporate interval training to shred fat, while gaining muscle

Sunrise Sweat: Wake up with an energy filled class designed to kick start your day.

Terri's Toning: A 45 minute full body toning class designed to hit all the major muscle groups.

T.G.I.F.: Anything goes in here! Be prepared to sweat it, move it, and start your Friday morning strong!

Upper Cuts.: Class will focus on using your own body weight as well as functional fitness equipment to tone and sculpt our upper body and core. We will add cardio intervals and tabata to help shred fat as we work to achieve a lean and sleek upper body!

Weekend Warriors: Join us in the gym too get in your weekend workout. Anything goes circuits, boot camp inspired, HIIT training, and more!

Zumba®: Latin rhythms and fun dance moves create a dynamic workout system. Interval cardio and resistance training will maximize calorie burning, fat burning, and total body toning. Get ready to sweat!

ACTIVE OLDER ADULT

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises to increase strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and balls for resistance. A chair is used for seated and/or standing support.

SilverSneakers Cardio Circuit®: Fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and balls are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers Yoga Stretch®: YogaStretch teaches gentle, effective stretching, while increasing muscular endurance and restorative breathing techniques.

MIND & BODY

Better You Yoga: This class will provide a yoga experience for seniors and people of all abilities. We will work through ranges of motion to incorporate better balance, stability and increase flexibility. Students should be able to stand and get up off the floor unassisted.

Pilates: A series of exercises performed with control and precision. Designed to strengthen and challenge the "core" muscles. Pilates will also lengthen, define and sculpt legs, arms, lower back and smaller supporting muscle groups.

Tai Chi: Slow, rhythmic, Chinese art form designed to improve breathing, strength, balance, and flexibility. Tai Chi is designed to promote health and mental clarity.

Yoga 101: A mixed level class geared towards beginner vinyasa flow. This class focuses on alignment and linking breath to movement.

Yoga 201: A mixed level class geared towards advanced power flow. Encourages you to the next stage in their practice. Focus on breath, core strength and beyond.

Yoga Mood: A mixed level class combining prana, vinyasa and power yoga. Designed to make you work from the inside out.