



September 5th – November 5th , 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
<p>*NEW* 5:15-6:00am MANIC MONDAY <i>Rachel/Liz</i></p>		<p>*NEW* 5:15-6:00am CARDIO KICKBOX <i>Jamie</i></p>		<p>5:15-6:00am TGIF (G) <i>Jamie</i></p>	
<p>7:15-8:00am CYCLING <i>Terri</i></p>	<p>7:45-8:45am ZUMBA™(G) <i>Emily</i></p>	<p>*NEW* 7:15-8:00am CYCLING <i>Terri</i></p> <p>8:00-9:00am PILATES <i>Andi</i></p>	<p>8:00-9:00am YOGA 101 <i>Kayleigh</i></p>	<p>7:45-8:45am ZUMBA™(G) <i>Emily</i></p> <p>8:00-9:00am CYCLING <i>Joy</i></p>	<p>8:00-9:00am CYCLING <i>Terri /Joy</i></p> <p>8:00-9:00am STEP STRONG (G) <i>Kerri R.</i></p>
<p>9:00-10:00am SILVER SNEAKERS CLASSIC®(G) <i>Bonnie</i></p>	<p>9:00-10:00am SILVER SNEAKERS YOGA-STRETCH®(G) <i>Bonnie</i></p>	<p>9:00-10:00am SILVER SNEAKERS CLASSIC®(G) <i>Amanda</i></p>	<p>9:00-10:00am SILVER SNEAKERS CARDIO®(G) <i>Diane</i></p>	<p>9:00-10:00am PILATES <i>Diane</i></p>	<p>9:00-10:00am WEEKEND WARRIORS (G) <i>Jamie</i></p>
<p>*NEW* 9:00-9:45am STRONGER <i>Rachel</i></p>	<p>*NEW* 9:00-9:45am CARDIO KICKBOX <i>Amanda</i></p>	<p>*NEW* 9:00-9:45am WORK IT WEDNESDAY <i>Andi</i></p>	<p>*NEW* 9:00-9:45am STRONGER <i>Rachel</i></p>	<p>*NEW* 9:00-9:45am TGIF (G) <i>Amanda</i></p>	<p>9:00–10:00am YOGA MOOD <i>Kayleigh</i></p>
<p>10:15-11:15am TAI CHI <i>Marla</i></p>		<p>10:15-11:15am TAI CHI <i>Marla</i></p>	<p>10:15-11:15am BETTER YOU YOGA <i>Bonnie</i></p>	<p>10:15-11:15am TAI CHI <i>Marla</i></p>	
<p>5:15-6:15pm CYCLING <i>Andi</i></p> <p>*NEW* 5:15-6:15pm MANIC MONDAY (G) <i>Jamie</i></p>	<p>5:15-6:15pm BOSU/STEP <i>Joy</i></p> <p>*NEW* 5:15-6:15pm “LET’S GET PHYSICAL” (G) <i>Liz</i></p>	<p>*NEW* 5:15-6:15pm CARDIO KICKBOX <i>Amanda</i></p>	<p>*NEW* 5:15-6:15pm “LET’S GET PHYSICAL” (G) <i>Liz</i></p> <p>6:00-7:00pm YOGA 201 <i>Kayleigh</i></p>		<p>*Cycling classes please sign in at the front desk to secure your bike 30 minutes beforehand.</p>
<p>6:00-7:00pm YOGA 101 <i>Hannah</i></p>			<p>*NEW* 6:15-7:15pm STRONG BY ZUMBA™(G) <i>Emily</i> <i>*starts 9/21*</i></p>		<p>(G) = GYM</p>

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.

Cardio Kickbox: Focuses on the entire body and incorporates punches and kicks found in traditional kickboxing classes. Also using some functional weights.

"Let's Get Physical": We will mix in high energy cardio intervals with a focus on abs and strength training.

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

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

Stronger: 45 minutes focusing on full body. Building strength, muscle endurance, and working on functional training movements.

Strong By Zumba: In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

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

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

Work It Wednesday: Let's all work it out during this powerful 45 minute class focusing on core, cardio and strength. Get your sweat on and work it!

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.