

# Group Exercise Summer Schedule – Effective June 21, 2010

Step – TaiChi – Spin – Forever Fit – Yoga – Aquatics – Karate – Body Sculpt – Boxing – Pilates – DMC – Zumba

MONDAY						TUESDAY						WEDNESDAY						
Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	
		6:00-6:45 Spin Ken							6:00-7:30 Power Yoga Bob				6:00-7:00 Superfit X-training Michelle		6:00-7:30 Ashtanga Bob			
	8:15-9:15 H.I.T. Jeanne			8:00-9:00 Hydro-therapy (Pool2) Ruth +	8:00-9:00 Intermediate Pilates Judy *	9:15-10:30 Extreme Training Brown Gym	9:00-9:10 Awesome Abs Jeanne	8:10-8:55 Spin Jeanne	Intermediate		6:30-7:30 Beg Classical Pilates Patty *	9:30-10:30 Bootcamp Brown Gym Andrea	8:00-9:00 Muscles in Motion Andrea	9:30-10:30 Belly Dance TKD Studio Anne		8:00-9:00 Hydro-therapy (Pool2) Ruth +	8:00-9:00 Beg. Pilates Lauren *	
9:30-10:30 Sculpt-n- Tone Kathi *	9:30-10:30 Step Amy M.	9:30-10:30 Spin X Susan *	9:30-11:00 Power Yoga June	9:15-10:00 Water Warrior Judy S. +	9:30-10:30 Beginner Pilates Diana *	9:30-10:00 Zumba Express 10:00-10:30 Core/Stretch Shelley	9:30-10:30 Cardio Pump Andrea *	9:30-10:15 Spin Jen *	9:30-10:45 Hatha Helene +TL	9:15-10:00 Hi/Lo H2O Leyla +	9:30-10:30 Intermediate Kathi *	9:30-10:30 DMC Jeanne *	9:30-10:30 Zumba Kathi	9:30-10:15 Spin Leigh *	9:30-11:00 Power Yoga	9:15-10:00 HiLo H2O Judy S. +	9:30-10:30 Intermediate Pilates Lauren *	
	10:50-11:35 FF Step & Tone Marilyn/ Kathi +			10:00-10:30 Absolutely Core Judy S. +	10:45 – 11:30 Intermediate Combo Diana *						10:45-11:30 Interm Pilates Kathi *		10:45-11:30 FF Combo Leyla TL +		Marilyn	10:00-10:30 Sea Sculpt Judy S +	10:45-11:45 Beginning Pilates Anne *	
			11:30-12:30 Gentle Yoga June +												11:30-12:30 Gentle Yoga Kathy +			
				12:15-1:15 Arthritis Aqua Leyla (Pool 2)													12:15-1:15 Arthritis Aqua Pool 2 Addie	
				1:15-2:15 Arthritis Aqua Leyla (Pool 2)	1:00-1:45 Beginner. Pil Marion *												1:15-2:15 Arthritis Aqua Pool 2 Addie	1:00-1:45 Beginner Pil Marion *
							5:15-6:15 Boxing Skills Boxing room Susan											
	5:35-5:50 Awesome Abs w/ Dave	4:45-5:30 Spin Dave *			5:00-5:45 Beg Reformer Lauren *	5:00-5:50 Cardio Pump Express Robin	*	4:45-5:45 SpinX Tabby	4:30-5:30 Hatha Shelley TL +				4:45-5:45 Sculpt-n-Tone Robin		4:45-5:30 Spin Ellen			5:00-6:00 Interm. Pil Tijen *
6:00-7:00 Sculpt-n- Tone Andrea *	6:00-6:50 Cardio Cross Train Express Diana		6:00-7:00 Hatha Helene +		6:00-6:45 Inter/Adv Reformer Lauren *	6:15-7:15 Sculpt-n-Tone Tina	6:00-7:00 Step Tracks Shighla	6:00-6:15 Intro to Spin 6:15-7:00 Spin Amy M.	6:00-6:30 Stress Reduct 6:30-7:00 Meditation Patricia +		6:00-6:45 Intermediate Reformer Diana *		6:00-7:00 Cardio Cross Train Ellen	6:30-7:15 Spin X Tabby *	6:15-7:30 Vinyassa Flow Tijen		6:15-7:00 Beginner Reformer Patty *	
7:15-8:00 Beginner Belly Dance Anne	7:10-8:00 Zumba Express Hayes	7:15-8:00 Spin Kathy LD.	7:05-8:20 Hatha Jim +						7:05-8:05 Hatha Jim TL +	6:30-7:30 HydroMania Gail +	7:00-7:45 Beginner Pilates Diana *		7:15-8:00 Sculpt-n-Tone Amy M.	7:10-8:00 Zumba Express Leslie	7:35-8:35 Tai Chi Stan 7/7-8/25 Free to members		7:15-8:00 Intermediate Reformer Patty *	
	8:05-9:00 Adult Hip Hop Dance Studio Lauren								8:15-9:15 Aikido Steve	7:30-8:30 Master Swim								

Classes with a \* requires a stamp from front desk. Members can stamp in up to 30 minutes prior to class start time to reserve a spot.

AKB Aero Kick Box/ ABS Abdominals / + Appropriate for 55 years and up  
Reg. Req – must register at front desk  
KP – kids programs, studio in use.

TL Think Light – indicates lite to moderate workout.  
DMC = Deep Muscle Conditioning  
X= Extra time or intensity



# NAC Group Exercise Summer Schedule – Effective June 21, 2010

Step – Spin – Forever Fit – Yoga – Aquatics – Karate – Body Sculpt – Boxing – CORE Fusion – Pilates – DMC Zumba

THURSDAY						FRIDAY						SATURDAY					
Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio
		6:00-6:45 Spin Dan	6:00-7:30 Power Yoga Bob					6:00-6:45 Spin Michelle									
8:15-9:15 DMC Ellen *						9:15-10:30 Extreme Training Brown Gym	8:00-9:00 StepX Rose	8:00-8:45 Spin Mike/Judy		8:00-9:00 Hydro-therapy (Pool 2) Ruth +		8:00-9:00 Zumba Kristin W.	8:00-9:00 Step X Rose/Amy M. *	8:00-9:00 Spin X Carole L. *	8:30-10:00 Align & Flow Sam	8:30-9:15 Water Circuit Judy S. *	
9:30-10:30 CORE Fusion Kathi *	9:30-10:30 Step Judy V. *	9:30-10:15 Spin Ellen *	9:30-10:30 Hatha CarolAnn + TL	9:15-10:00 Aqua Interval Kathy M. +	9:30-10:30 Beginner Pilates Marilyn *	9:25-10:25 Cardio Dance Shelley TL +	9:30-10:30 Circuit Training Amy K. *	9:30-10:30 Spin X Andrea *	9:30-11:00 Yogalates June	9:15-10:00 Aqua Medley Leyla +	9:15-10:15 Inter/Adv Pilates Judy S. *	9:15-10:15 DMC Marilyn *	9:15-10:15 Box-n-Bags Andrea	9:20-10:05 Spin Dave *		9:15-9:45 Aqua Tone Judy S. *	
11:00-12:00 Forever Fit Body Sculpt Leyla +TL	10:45-11:30 Sculpt-n-Tone Marilyn		Last Thurs of the month will be restorative yoga	10:00-10:45 AiChi Kathy M. +		10:45-11:30 Sculpt-n-Tone Andrea	10:45 -11:30 FF Low Impact & Tone Leyla TL +			10:00-10:30 Noodles&More Leyla +			10:20-11:05 Spin Judy S. *				9:15-10:15 Intermediate Pilates Michelle *
									11:30-12:30 Gentle Yoga Marilyn +								10:30-11:30 Beg. Pilates Michelle *
										12:15-1:15 Arthritis Aqua (Pool 2) Addie							
5:15-6:15 Boxing Skills Boxing room Susan *	4:45-5:45 Zumba Kristin	4:45-5:30 Spin Leigh	4:30-5:30 Hatha CarolAnn +							1:15-2:15 Arthritis Aqua (Pool 2) Addie							
											5:00-6:00 Inter Pilates Tijen *						
6:00-7:00 DMC Marilyn	6:15-7:15 Bootcamp Trisha	6:15-7:15 Spin Diana	6:35-8:05 Vinyasa Flow Monica	6:30-7:30 Hydromania Gail +	6:30-7:15 Intermediate Reformer Patty *			6:00-6:45 Spin Kathy LD (3rd Fri of mth - 60 min)									
				7:30-8:30 Master Swim	7:15-8:00 Beginner Reformer Patty *							9:15-10:15 Bars, Bands, BOSU Jeanne	9:10-10:10 Cardio Cross Train Gail	9:15-10:00 Spin Judy S. *			9:15-10:00 Beg. Pilates Patty *
			8:15-9:15 Akido Bob										10:30-11:30 Zumba Kimberly/ Kristin	11:00-12:00v "Spin 101" 1 <sup>st</sup> Sunday of each Month Sign-up at front desk			10:15-11:00 Intermed. Reformer Patty *
															11:30-12:45 Hatha Carol Ann +		

## SUNDAY

**PLEASE Note:**

1. Descriptions of these classes are available in the main lobby kiosk. Schedules are subject to change based on attendance, special events, and availability.
2. Beginning or Intro "clinics" are provided for novice students or for anyone who wants or needs more instruction, better performance, and/or greater benefits.
3. Please refer to Dance and Karate flyers for additional adult class times/dates.
4. At the NAC, we strongly encourage cross-training. The schedule is designed so that you may take all or parts of various classes. Please be sure to warm up and warm down properly. We also greatly appreciate you letting your instructor know that you are feeling physically OKAY if you leave early!

6/16/10

**Kid's Club Hours:**  
**Mon - Thur. 8:00am-8:30pm**  
**Fri: 8:00am-7:00pm**  
**Sat & Sun – 8:00-3:00**  
**Club Phone – 215-968-0600**