

Step – TaiChi – Spin – Forever Fit – Yoga – Aquatics – Karate – Body Sculpt – Kickboxing – GroupStep – 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																
	8:15-9:15 H.L.T. Jeanne			8:00-9:00 Hydro-therapy (Pool2) Ruth +	8:00-8:45 Beg. Reformer Judy			8:10-8:55 Spin Andrea	6:00-7:30 Power Yoga Bob		6:30-7:30 Beg Clasiscal Pilates Patty *				6:00-7:30 Ashtanga Bob		8:00-9:00 Hydro-therapy (Pool2) Ruth +	8:00-9:00 Beg. Pilates Lauren
						9:15-10:30 <i>Xtreme</i> Xtraining Brown Gym	9:00-9:10 Awesome Abs Andrea							9:30-10:45 <i>Bootcamp</i> Brown Gym			9:15-10:00 HiLo H2O Judy S.	
9:30-10:30 DMC Kathi	9:25-10:40 Cardio Cross Train Andrea *	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 Anne *	9:30-10:00 Zumba Express	9:25-10:25 H.I.T. Jeanne *	9:30-10:15 Spin Jen P. *	9:30-10:45 Hatha Helen. TL	9:15-10:00 Hi/Lo H2O Leyla	9:30-10:30 Intermediate Reformer Kathi *	9:25-10:40 DMC Jeanne/Ellen *	9:30-10:30 Zumba Kathi	9:30-10:15 Spin Diane *	9:30-11:00 Power Yoga		10:00-10:30 Sea Sculpt Judy S	9:30-10:30 Intermediate Pilates Lauren *
	10:50-11:35 FF Step & Tone Leslie +			10:00-10:30 Absolutely Core Judy S.	10:45 – 11:30 Intermediate Reformer Anne *	10:40-11:40 DMC Marilyn					10:45-11:30 FF Combo Leyla TL +		10:45-11:30 FF Combo Leyla TL +		Marilyn			10:45-11:45 Beginning Pilates Anne *
			11:30-12:30 Gentle Yoga June	12:15-1:15 Arthritis Aqua Leyla (Pool 2) *		12:00-1:00 FF Sculpt Leyla									11:30-12:30 Gentle Yoga Kim +		12:15-1:15 Arthritis Aqua Pool 2 Addie	
				1:15-2:15 Arthritis Aqua Leyla (Pool 2) *													1:15-2:15 Arthritis Aqua Pool 2 Addie	
		4:45-5:30 Spin Dave *				KP			4:30-5:30 Hatha Shelley TL +				KP					
	5:35-5:50 Awesome Abs w/ Dave				5:00-5:45 Beg Reformer Lauren *	5:30-6:00 Upper Body Tone Shighla		4:45-5:45 SpinX Tabby				5:00-6:00 DMC Robin	KP	4:45-5:30 Spin Leigh				5:00-6:00 Intern. Pil Tijen *
6:00-7:00 DMC Kathy LD	6:00-7:00 Step Kristin	6:00-7:00 Spin X Dan	6:00-7:00 Hatha Shelley +		6:00-6:45 Inter/Adv Reformer Lauren *	6:10-7:10 Group Step Shighla	6:00-7:00 Box-n-Tone Robin	6:00-6:15 <i>Intro to Spin</i> 6:15-7:00 Spin Mike	6:00-6:30 Stress Reduct	6:30-7:00 Meditation Patricia +	6:00-6:45 Intermediate Reformer Jen *		6:00-7:00 Zumba Katina	6:00-7:00 Spin X Tabby *	6:00-7:25 Vinyassa Flow Kim			
7:15-8:00 <i>Belly Dance</i> Anne Reg. Req	7:10-8:00 Zumba Kimberly	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 Jen *	7:15-8:00 Body Sculpt Kristin C.			7:35-8:35 Tai Chi Stan			7:00-7:45 Int/Adv Reformer Patti
									8:15-9:15 Aikido Steve	7:30-8:30 Master Swim								

All classes with a * requires a stamp from the front desk. Participants can stamp in up to 30 minutes prior to class start time to reserve a spot.

AKB Aero Kick Box/ ACE Aerobics, Core, Elongation
ABS Abdominals / + Appropriate for 55 years and up
Reg. Req – must register at front desk.

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

NAC Group Exercise Schedule

Effective June 22, 2009

Step – Spinning – Forever Fit – Yoga – Aquatics – Karate – Body Sculpt – Kickboxing – 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 Dave	6:00-7:30 Power Yoga					6:00-6:45 Spin Diana										
			Bob								8:00-8:45 Beg Classical Pil Patty *							
8:15-9:15 DMC Andrea *						9:15-10:30 Xtreme Xtraining Brown Gym	8:00-9:00 Latin Dance Rose	8:00-8:45 Spin Jeanne			8:00-9:00 Hydro-therapy (Pool 2) Ruth +	8:00-9:00 Zumba Kristin W.	8:00-9:00 Step X Rose/Kristin C. *	8:00-9:00 Spin X Carole L. *	8:30-10:00 Mixed Level Yoga Sam			
				8:30-9:30 Aqua Interval Addie		8:50-9:00 Awesome Abs Jeanne				9:15-10:00 Aqua Medley Leyla		9:15-10:15 DMC Jeanne *	9:15-10:15 Box-n-Bags Andrea	9:20-10:05 Spin Dave *		8:30-9:15 Water Circuit Judy S.	9:15-10:15 Intermediate Pilates Michelle *	
9:30-10:30 CORE Fusion Kathi	9:30-10:30 Step Judy V. *	9:30-10:15 Spin Andrea *	9:30-10:30 Hatha Darla * TL		9:30-10:30 Beginner Pilates Marilyn *	9:25-10:25 Cardio Dance Shelley TL +	9:30-10:30 AKB Diane L. *	9:30-10:30 Spin X Leigh *		9:30-11:00 Yogalates June	10:00-10:30 Noodles&More Leyla	9:30-10:30 Inter/Adv Pilates Judy S. *		10:20-11:05 Spin Judy S. *		9:15-9:45 Aqua Tone Judy S.	10:30-11:30 Beg. Pilates Jen *	
11:00-12:00 Forever Fit Body Sculpt Leyla +TL							10:45 -11:30 FF Low Impact & Tone Leyla TL +											
										11:30-12:30 Gentle Yoga Marilyn +								
											12:15-1:15 Arthritis Aqua (Pool 2) Addie							
KP		4:45-5:30 Spin Susan	4:30-5:30 Hatha CarolAnn +															
5:35-5:45 Awesome Abs Susan		KP					5:00-6:00 Group Step Leslie				5:00-6:00 Inter Pilates Tijen *							
6:00-7:00 DMC Marilyn	6:15-7:15 Group Step Leslie	6:15-7:00 Spin Robyn	6:35-8:05 Power Yoga Kathy	6:30-7:30 Water Pilates Gail	6:00-6:45 Intermediate Reformer Jen *			6:00-6:45 Spin Kathy LD (3rd Fri of mth - 60 min)					9:15-10:15 DMC Marilyn *	9:15-10:15 Cardio Cross Train Gail	9:15-10:00 Spin Judy S. *		9:15-11:15 Power Yoga Monica *	9:15-10:15 Beg. Pilates Patti *
	7:30-8:30 Adult HipHop Courtney *Reg Req			7:30-8:30 Master Swim	7:00-7:45 Beginner Reformer Jen *													
			8:15-9:15 Akido Bob												11:00-12:00v "Spin 101" 1 st Sunday of each Month Sign-up at front desk	11:30-12:45 Hatha Carol Ann		

SUNDAY					
Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio
8:00-9:00 DMC Gail *		8:00-9:00 Spin X Jeanne *	7:15-9:15 Ashtanga Monica	8:30-9:30 Hi/Lo H2O Gerda TL, G	8:00-9:00 Inter Pilates Judy S. *
9:15-10:15 DMC Marilyn *	9:15-10:15 Cardio Cross Train Gail	9:15-10:00 Spin Judy S. *			9:15-10:15 Beg. Pilates Patti *
	10:30-11:30 Zumba Kimberly				10:15-11:15 Intermed. Reformer Patti

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 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!

6/17/09

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