

FITNESS CENTER SUMMER CLASS SCHEDULE 2011



June 17th – September 5th

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00 am	Sole Fit Robert Sidoti	Yoga Core Sian Williams	BRoga Robert Sidoti	Power Yoga Sian Williams		Core Blast Teri Pirozzi	
9:00 am	BODYPUMP Melissa Adleborgh	Kettlebell Cardio Circuit Mathea Morris	BODYPUMP Melissa Aldeborgh	Kettlebell Cardio Circuit Mathea Morris	BODYPUMP Melissa Aldeborgh	Zumba Lisa Grain	Yoga Johanna Hynes
10:15 am		Pilates Judy Kranz	Foam Roller Release Griffin Hughes	Core Blast Teri Pirozzi	Pilates Judy Kranz	Foam Roller Release Griffin Hughes	Pilates Laura Alexander
4:00 pm	Yoga Bennett Coffey	Zumba Lisa Grain	Yoga Bennett Coffey	Zumba Lisa Grain			
4:00 pm *beginning July 4th	Outdoor Agility Class Damon Burke	<p>*Schedule Subject to Change*</p> <p>To sign up for a class, please call the Fitness Center at 508-627-3535 x 202</p>					

Yoga

Class emphasis is on alignment, breath and flowing movements. The poses will strengthen and lengthen your muscles, stabilize your joints and ease physical tension. This is a non-competitive class that is safe, challenging and restorative.

Yoga Core

Focuses on the mid section of the body from chest to knees. This class takes you through yoga postures that develop core strength to help tone the body and prevent injury. Breath work and warm-ups lead into standing and balancing postures. The class ends with floor work focusing on the abdomen.

BRoga

Robert Sidoti's signature strength and yoga class for men (women welcome too). Deepen your flexibility with postures that target typically tight areas (hamstrings, low back, and hips) and build muscle and power in the arms, legs and core. Improving your balance and stabilize and strengthen the entire body. Be ready to sweat!

Pilates

This class will improve posture, increase lung capacity, and give you strong, sculpted muscles. Its emphasis is on all around, complete fitness and supports a variety of fitness goals, from building strength to increasing flexibility.

Zumba

A Fusion of Latin and International dance moves that create a dynamic and exciting cardio workout.

Sole Fit

Is a NEW barefoot training class created by Robert Sidoti for all genders and ages. This class is all about old school functional fitness drills and plyometric moves, with an emphasis on breath and getting "in the zone": planks, burpees, mountain climbers, squats, some weights, lunges, core work and more.

BODYPUMP

The original barbell class that strengthens the entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for and fast!

Kettlebell Cardio Circuit

In this killer cardio circuit, you'll get your heart pumping and increase your flexibility and endurance at the same time! Tone, shape and train your body with a dynamic tool (kettlebells) used by celebrity trainers and professional athletes all over the world. See and feel results almost instantly.

Core Blast

This lower body workout class focuses on carving out and stabilizing your abs and strengthening the smaller muscle groups. This class utilizes a variety of equipment, including Bosu trainer, balance ball and free weights.

Foam Roller Release

This class brings your body back to a more ideal state by directly enhancing body awareness, rehydrating connective tissue, and quieting the nervous system. By using foam rollers and other tools, we will melt through connective tissue and muscles with a series of techniques and stretches. This class is an absolute must for maintaining your body for sport and daily life.

Outdoor Agility Class

Geared toward athletes of all ages looking to train hard and get an edge on their sport and their fitness levels. Come ready to sweat!