Evangelical **C**ommunity **H**ospital **F**itness **C**enter

See the front desk to **join our email list** to stay up to date on what's happening, class cancellations, changes, etc.

OCTOBER 2013-GROUP FITNESS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Complimentary week passes are available at the Fitness Center desk! Bring a friend!	**1** ***6am-*** *Pure Strength w/ Sonya* ***8:30*** *–HiLo Dance w/ Heather* ***9:30-*** *Strong & Stable w/ Heather* ***10:30-*** *CORE Basics w/Heather* ***4:30-*** *Stretch & Strengthen w/ Clayton* ***5:30-*** *Body Combat™ w/Jess B. & Jody* ***6:30-*** *Zumba® w/ Brittany*	**2** ***6am-*** *Step & ABS w/ Sonya* ***9:30-*** *Glide & Sculpt w/ Janice* ***10:30-*** *Integral Yoga w/ Dawn* ***12:00pm:*** *Chair Yoga w/ Dawn* ***4:30-*** *Zumba® & CORE w/ Richelle* ***5:30-*** *Body Pump™ w/Jess J.*	**3** ***6am-*** *Body Pump™ w/Jess B.* ***8:30-*** *Lean Legs & ABS w/ Janice 30 minutes* ***9:30-*** *Strong & Stable w/ Heather* ***10:30- No Class*** ***4:00- Gentle Yoga w/ Jess H.*** ***5:30-*** *Booty Barre® w/ Jess H.* ***6:30-*** *Yogafit w/Jess H.*	**4** ***6am-*** Cardio Attack w/ Jody ***8:30-*** *Body Pump™ w/Roni* ***9:30-****Yoga w/ Jessica R.* ***12:15 pm*** *— Forever Fit w/ Janice*	**5** ***8am-****Step and Sculpt w/ Brittany* ***9am-*** *Zumba® w/ Brittany* ***10-*** *Yogafit w/Cathy*
7 ***8:30-*** *HiLo Dance w/ Heather* ***10:30–*** *Integral Yoga w/Dawn S.* ***12:15 pm*** *– Forever Fit w/ Janice* ***4:30-*** *HiLo Dance w/ Deb* ***5:30-*** *Body Combat™w/Jess B.*	**8** ***6am-*** *Body Pump™ w/Jess J.* ***8:30-*** *Cardio Mash-Up w/ Maria* ***9:30-*** *Strong & Stable w/ Heather* ***10:30-*** *CORE Basics w/Heather* ***4:30-*** *Booty Barre® w/ Jess H.* ***5:30-*** *Body Pump™ w/Jess B.* ***6:30-*** *Step w/ Brittany*	**9** ***6am-*** *HiLo & ABS w/ Sonya* ***9:30-*** *Cardio Attack w/ Janice* ***10:30-*** *Integral Yoga w/ Dawn* ***12:00pm:*** *Chair Yoga w/ Dawn* ***4:30-*** *Tabata w/ Richelle* ***5:30-*** *Zumba® w/ Melanie*	**10** ***6am-*** *Pure Strength w/ Sonya* ***8:30-****Lean Legs & ABS w/ Janice 30 minutes* ***9:30-*** *Strong & Stable w/ Heather* ***10:30- No Class*** ***4:00- Gentle Yoga w/ Jess H.*** ***5:30-*** *Body Pump™ w/Jess B.* ***6:30-*** *Pilates w/ Jess H.* ***$5.00 fee***	**11** ***6am-*** *Boot Camp w/ Meg* ***8:30-*** *Step & Sculpt w/ Roni* ***9:30-****Yoga w/ Jessica R.* ***12:15 pm*** *- Forever Fit w/ Janice*	**12** ***8:30am:*** *Booty Barre® w/ Jess H.* ***75 min*** ***10-*** *Yogafit w/Jess H.*
14 ***8:30-*** *Body Pump™w/Jess B.* ***10:30–****Integral Yoga w/Dawn S.* ***12:15 pm*** *– Forever Fit w/Janice* ***4:30-*** *Hi Lo $ Sculpt w/ Deb* ***5:30-*** *Body Pump™ w/Jess J.*	**15** ***6am-*** *Pure Strength w/ Meg* ***8:30*** *–HiLo Dance w/ Heather* ***9:30-*** *Strong & Stable w/ Heather* ***10:30-*** *CORE Basics w/Heather* ***4:30-*** *Stretch & Strengthen w/ Clayton* ***5:30-*** *Body Combat™w/Jess B.* ***6:30-*** *Zumba® w/ Richelle*	**16** ***6am-*** *Sweat Express w/ Sonya* ***9:30-No Class*** ***10:30-*** *Integral Yoga w/Dawn* ***12:00pm:*** *Chair Yoga w/ Dawn* ***4:30-****Double Step w/ Deb* ***5:30-*** *Body Pump™ w/Jess J.*	***17*** ***6am-*** *Body Pump™ w/Jess B.* ***8:30-****Lean Legs & ABS w/ Janice 30 minutes* ***9:30-*** *Strong & Stable w/ Heather* ***10:30- No Class*** ***4:00- Gentle Yoga w/ Jess H.*** ***5:30-*** *Booty Barre® w/ Jess H.* ***6:30-*** *Yogafit w/Jess H.*	***18*** ***6am-*** *Body Combat™w/Jess B.* ***8:30-****Pure Strength w/ Roni* ***9:30-****Yoga w/ Jessica R.* ***12:15 pm*** *– Forever Fit w/ Janice*	**19** ***8am-*** *Body Pump™ w/Jess B.* ***9am-*** *Zumba® w/ Melanie* ***10-*** *Yogafit w/Jessica R.*
21 ***8:30-*** *HiLo Dance w/ Heather* ***10:30–*** *Integral Yoga w/DawnS.* ***12:15 pm –*** *Forever Fit w/ Janice* ***4:30-*** *Cardio Attack w/ Jody* ***5:30-*** *Boot Camp w/ Meg*	**22** ***6am-*** *Body Pump™ w/Jess J.* ***8:30****-Step w/ Maria* ***9:30-*** *Strong & Stable w/ Heather* ***10:30-*** *CORE Basics w/Heather* ***4:30-*** *Booty Barre® w/ Jess H.* ***5:30-*** *Body Pump™ w/Jess B.* ***6:30*** *– Step w/ Brittany*	**23** ***6am-*** *Step & ABS w/ Sonya* ***9:30-****HiLo & CORE w/ Janice* ***10:30-****Integral Yoga w/Dawn* ***12:00pm:*** *Chair Yoga w/ Dawn* ***4:30-*** *Body Combat™w/Jess B.* ***5:30-*** *Step & Kettle bells w/ Melanie*	**24** ***6am-****Lean Legs & ABS w/ Sonya* ***8:30-****Lean Legs & ABS w/ Janice 30 minutes* ***9:30-*** *Strong & Stable w/ Heather* ***10:30- No Class*** ***4:00- Gentle Yoga w/ Jess H.*** ***5:30-*** *Body Pump™ w/Jess B.* ***6:30-*** *Pilates w/ Jess H.* ***$5.00 fee***	**25** ***6am-*** *Tabata w/ Deb* ***8:30-*** *Body Pump™ w/Roni* ***9:30-****Yoga w/ Jessica R.* ***12:15 pm*** *– Forever Fit w/ Janice*	***26*** ***8am-*** *Body Pump™ w/Jess J.* ***9am-****Double Step w/ Deb* ***10-*** *Yogafit w/Cathy*
28 ***8:30am-*** *HiLo Dance w/ Heather* ***10:30–*** *Integral Yoga w/DawnS.* ***12:15 pm -*** *Forever Fit w/ Janice* ***4:30-*** *Pure Strength w/ Deb* ***5:30-*** *Body Pump™ w/Jess B.*	***29*** ***6am-****Pure Strength w/ Meg* ***8:30****-Cardio & Kettle bells w/ Maria* ***9:30-*** *Strong & Stable w/ Heather* ***10:30-*** *CORE Basics w/Heather* ***4:30-*** *Pilates w/ Jess H.* ***$5.00 fee*** ***5:30-*** *Body Combat™w/Jess B.* ***6:30*** *– Zumba® w/ Brittany*	**30** ***6am-*** *Boot Camp w/ Sonya* ***9:30-****HiLo & Sculpt w/ Janice* ***10:30-****Integral Yoga w/Dawn* ***12:00pm:*** *Chair Yoga w/ Dawn* ***4:30-*** *Stretch & Strengthen w/ Clayton* ***5:30-*** *Body Pump™ w/Jess J.*	***31*** ***6am-*** *Body Pump™ w/Jess B.* ***8:30-*** *CORE & Glide w/ Heather* ***9:30-*** *Strong & Stable w/ Heather* ***10:30- No Class*** ***4:00- Gentle Yoga w/ Jess H.*** ***5:30-*** *Booty Barre® w/ Jess H.* ***6:30-*** *Yogafit w/Jess H.*		

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OCTOBER 2013-SPIN® ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60 min SPIN® every Sunday @ 11:15am: **6th-Erin** **13th- Erin** **20th-Michelle** **27th-Cathy**	**1** **Noon SPIN w/ Cindy** ***5:30pm***- *w/Cathy*	**2** ***6am***- *w/Jody* ***6:30pm*** – *w/Jesse*	**3** **Noon SPIN w/ Cindy** ***5:30pm***-*w/ Cathy*	***4*** ***6am***- *w/Lis*	**5** ***9am***-*w/Erin*
7 ***6am***- *w/Lis* ***6:30pm*** – *w/ Jesse*	***8*** **Noon SPIN w/ Cindy** ***5:30pm***- *w/Cathy*	**9** ***6am***- *w/Jody* ***6:30pm*** – *w/Cathy*	**10** **Noon SPIN w/ Cathy** ***5:30pm***-*w/ Jesse*	**11** ***6am***- *w/Lis*	**12** ***9am***-*w/ Erin*
14 ***6am***- *w/Lis* ***6:30pm –No Class***	**15** **Noon SPIN w/ Cindy** ***5:30pm***-*w/Cathy*	**16** ***6am***- *w/Jody* ***6:30pm*** – *w/Jesse*	***17*** **Noon SPIN w/ Cindy** ***5:30pm***-*w/Cathy*	***18*** ***6am***- *w/ Lis*	**19** ***9am***-*w/Jody*
21 ***6am***- *w/Jody* ***6:30pm*** – *w/Jesse*	**22** **Noon SPIN w/ Cindy** ***5:30pm***-*w/Cathy*	**23** ***6am***- *w/Cathy* ***6:30pm*** – *w/Cathy*	**24** **Noon SPIN w/ Cindy** ***5:30pm***-*w/Cathy*	**25** ***6am***- *w/Lis*	***26*** Karaoke Spin is back! ***9am***-*w/Cathy & Jody*
28 ***6am***- *w/ Lis* ***6:30pm*** – *w/Cathy*	***29*** **Noon SPIN w/ Cindy** ***5:30pm***-*w/Cathy*	**30** ***6am***- *w/Jody* ***6:30pm*** – *w/Jesse*	**31** **Noon SPIN w/ Cathy** ***5:30pm***-*w/Jody*	*Complimentary week passes are available at the Fitness Center desk! Bring a friend!*	

GROUP FITNESS CLASS DESCRIPTIONS

All classes are 1 hour unless otherwise stated.

CARDIO CLASSES

Basic Step~Beginner step class integrating basic choreography performed on a step platform.
Step~Traditional choreography performed on a step platform. Will range from basic moves to more technical choreography. Experience with step is preferred.
Interval Step~Basic Choreography performed on a step platform. Short bursts of intervals will be added throughout. Intensity will depend on you! All levels welcome.
Double Step~Traditional choreography performed using two step platforms. This is a more advanced step class.
Hi/Lo Aerobics~Floor aerobics that will range from basic to advanced combination of moves. It will include both high impact/intensity and low impact/intensity moves.
Kickboxing~Kick and punch you way to a great workout. Basic choreography and shadow boxing will be included in this workout. All levels welcome.
Basic Training This is a class that is intense with simple choreography! Push your body to its limit with major muscle moves…push-ups, squats, jumping jacks, etc. Intensity will depend on you! All levels welcome.
Sweat Express~This class is a combination of 30 minutes of step and 30 minutes Hi/Lo aerobics.
Kickin Cardio~This class is a combination of Hi/Lo aerobics, kickboxing and basic training.
SPIN®~An indoor cycling class that utilizes bikes designed to simulate road bikes. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! (45 minutes)
Zumba®~An effective, exhilarating, Latin-inspired, easy-to-follow, calorie burning dance fitness party. It achieves the perfect balance of a progressive core workout and cardio workout.
Cardio Attack- 30-60 minutes of intense power aerobics using basic choreography
Cardio Attack vs Body Combat™- 30 minutes of Body Combat™ followed by 30 minutes of Cardio Attack
Cardio Mash up-15 minutes of Step, 15 minutes of HiLo, and 15 minutes of Interval training. Not necessarily in that order!
Flirty Girl®-Booty Beat™-Booty Beat™ is an outrageously entertaining cardio intensive dance-based class that works the entire body.
Body Combat™- This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
HiLo Dance: This energetic workout combines HiLo aerobics with dance-based moves to create a fun, motivating atmosphere. Repetition of movement creates mastery of movement and success for all!
Bokwa® -Participants will sweat the alphabet and dance the digits in the newest cardio dance craze! Come out and draw letters and numbers with your feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music!

STRENGTH TRAINING CLASSES

Pure Strength~A traditional approach to strength training utilizing different lifting techniques, rep/weight ranges, and equipment. All levels are welcome!
BODYPUMP®~The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscles groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weights inspire you to get the results you came for-and fast. All levels welcome.
Lean Legs-30 minutes of lower body conditioning
Kettlebells-a cast-iron weight (resembling a cannonball with a handle) used to perform exercises that combine cardiovascular, strength and flexibility training.
Bodyweight Conditioning- Total body interval training program consisting of upper body, lower body, CORE, balance conditioning and flexibility. Modifications are available for all.

MIND/BODY/CORE/FUNCTIONAL CLASSES

Integral Yoga: Each class includes postures to open and strengthen the body, deep relaxation, breathing practice, and a brief meditation. Emphasis is on integrating the mind, body, and breath into one, which leads to deeper awareness and focus. All levels welcome.
Gentle Yoga: A yoga which believes that EVERY person is capable of doing yoga. Modifications are used with every pose.
Chair Yoga: This 45-minute class is modified by using a chair instead of a yoga mat. Anyone is welcome, although this class is especially geared to those who "don't think they can do yoga", and those who sit for long periods of time working at a desk or on the road. Using a chair for support and stability, each class will include seated and standing postures, breathing techniques, and a short relaxation and meditation. The class is aimed to improve body awareness, flexibility and balance, and peace of mind.
Kripalu Vigorous Vinyasa Yoga: Is an all levels class designed to deepen the experience of yourself. We will explore asana, (postures) pranayama, (breath control) meditation, and deep relaxation to cultivate greater mindfulness and compassion both on and off the mat. Sequences emphasize linking breath with movement, self-inquiry, exploration, and play. Whether interested in the physical, mental, and spiritual benefits of this practice, or just want to flow to some great music, everyBODY is welcome!
YogaFit®: Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.
Butts and Guts~A combination of lower body sculpting and core strengthening exercises.
Strong/Stable~Stabilize before you mobilize! This is a senior fitness class that provides a combination of exercises that will increase flexibility, improve balance and strengthen your muscles!
Forever Fit(formerly Fit Over Fifty)~We will add energy to your life and help keep you motivated to stay fit with practical functional exercises that will improve balance, endurance and strength. Must have experience with a stability ball.
Core Basics~Basic core movements using your own bodyweight. These exercises will be performed on the floor. (30 min)

Core Fusion or Hard CORE~ Basic and Intermediate core movements using your own bodyweight, bands, or med balls. These exercises will be performed on floor, standing, and/or using a stability ball. (30 min)

Stretch-Just 15 minutes of stretching...that's it.

Pilates- A system of physical and mental exercises developed by Joseph Pilates in the 1920's. It incorporates the key principles of breath, concentration, control, center, flow and precision. Pilates increases physical and mental strength, coordination, and flexibility. It is suitable for women and men of all ages. Drop-in class**...$5.00 fee per class. Pay at front desk.**

Just ABS: that's it…just abdominal work for 15 minutes!

Stretch and Strengthen: A class for all fitness levels. It takes aspects from yoga, calisthenics, kettle bell, core and agility training. The class is improves strength, endurance, and flexibility.

COMBINATION CLASSES

Step/Kickbox/HiLo and Sculpt~A combo class that incorporates strength training exercises along with some kind of cardio.

Circuit: Interval training that provides a mix of cardio and CORE exercises. All levels are welcome. (45 minutes)

Ball/Band Blast~A high repetition, total body workout that uses medicine balls or stability balls or bands to give you cardio, strength and core training. (45 minutes)

SloMo Cardio: SloMo Balls (short for slow motion) are strong, light, easy to grasp exercise balls. Their light weight allows them to float just a little bit, providing a slower movement that s easier to eye track. This class will be combined with either step or HiLo aerobics.

Gliding: (may be used in combo with a sculpt or cardio**):** Specifically designed sliding discs that transform exercise movements into smooth, graceful lines of flowing motion. They help you achieve optimal range of motion more easily and consistently with many exercises. Classes will incorporate body sculpting, balance, flexibility, core and cardio.

The Booty Barre™ : This workout combines fat burning interval training, deep isometric conditioning, and elongating techniques that change and sculpt the body. No dance experience required!

CORE, CUT & CRAZY! - Partner up to punch and kick using and do interval training with stability balls, BOSU, and more.

Bootcamp-Go back to good old push ups, sit ups, and squats with an added level of creativity! Instructor will incorporate bodyweight exercises with props to challenge your strength and cardio level!

Tabata/HIIT: An interval training protocol that varies with work/rest ratio. Tabata will always be a 20/10 work/rest ratio. HIIT will vary in work/rest ratio depending on the workout. Classes will vary with strength and cardio exercises.