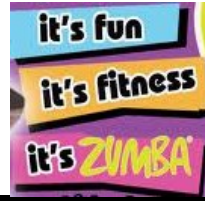


American Fork Fitness Center GROUP FITNESS SCHEDULE



New Schedule start Nov. 1st 2011 ALL CLASSES SUBJECT TO CHANGE)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am CYCLE	CYCLE JAM 5:15 Suzanne	Cycle Mix Moneka	Cycle Sim. John	CYCLE JAM Moneka	Cycle Drill John	
6:00-7:00 am	Muscle Plus 5:30-7:00 Rachel	Step & Sculpt Becky	Muscle Boot Camp Rachel	Cardio Kickbox Stacey	Muscle Plus Trudy	7:00 Turbo Kick® Jill
6:00-7:00 a.m. Classroom 1,2	Yoga I AMBER	Cycle Jam 6:30-7:30 Lindsey	Yoga Trudy	Cycle Jam 6:30-7:30 Lindsey		7:30 am Cycle Drill-Nichole
8:00 a.m. (Upstairs Group Fitness Room)	ZUMBA Laura 8:30-9:30am	Pump Plus Christy S.	ZUMBA Tone Laura 8:30-9:30am	Pump Plus Catherine	ZUMBA Laura fitness 8:30-9:30am	8:00 Yoga Amber/Jessica
8:15-9:15 am CYCLE	Cycle Mix Anahi		Cycle Mix Rachel		CYCLE JAM Christy	8:30 -9:30 2nd Sat. of the month INTRO. To Cycle Cathleen
9:00-9:30 am		ZUMBA Christy fitness		ZUMBA Christy fitness		2nd Sat. of the month INTRO. To Yoga 8:30-9:30am Catherine
9:15am CYCLE YOGA Rm. 1-2	9:30 Yoga II Christy	Cycle Mix Rachel	9:30 Cycle Mix Ruth Ann	Cycle Mix Rachel	9:30-11:00 Yoga Challenge Lisa B.	■ Cycling □ Yoga Rm 1-2
9:35-10:30am	Step & Pump Becky	Yoga I/II RuthAnn	Turbo Kick® Catherine		Turbo Kick TINA	ZUMBA fitness
	Treadmill Class Rachel 10:00		Treadmill Class Heather 10:00		Treadmill Class Rachel 10:00	
10:00-11a.m.	Senior Fit Markae		Senior Fit Markae	Pilates Express 10:00-10:30 am	Senior Fit Christene W.	
6:00-7:00 pm Cycle Rm.	6:00 Road Cycle Ryan	6:00-7:00 Trail Cycle Christene	6:00 Road Cycle Ryan	6:00-7:00 Trail Cycle Nicole		
7:00-7:55 pm Group Fitness Rm.	ZUMBA fitness Angela	ZUMBA fitness Eryn	ZUMBA fitness Libby	ZUMBA fitness Amy		
8:00 p.m. Mind-Body	Pilates Fusion Christy	Yoga 1 Catherine	Yoga Tone Trudy	Yoga II Amber		

Class Descriptions

Step & Sculpt- (all levels) Get your heart rate up with cardio step & sculpt your body with a variety of resistance exercises. **Step & Pump**- (all levels) 50% cardio step, 50% pump, 100% fun! Use weighted bars to intensify your sculpting workout to the next level! **Muscle Plus**- (all levels) Use bars, weights, tubing, medicine balls, etc. to tone upper and lower body, as well as abs. **Pump Plus**- Similar to "Muscle Plus" but with more use of the weighted bars to get you stronger faster! Consistency allows you, and everyone around you, to really notice your progress! **Yoga**- Redefine your mind and body with this centuries-old workout. Yoga strengthens your entire body, improves flexibility, and promotes better balance. Use blocks & straps to modify any pose necessary. Yoga II moves you into more challenging poses. *Yoga I recommended for beginners.* **NEW Yoga Tone**- A dynamic and physically challenging form of Yoga which incorporates moves from Pilates, Muscle toning and Cardio Yoga. **Pilates Fusion** blends traditional Pilates with influences from Yoga, TaiChi, Balletone, and body sculpting to give you the best workout ever! This class is a popular favorite! **Cardio Kickbox**- (int/adv) Experience the power of punching, kicking, and shuffling your way to a sleeker body! Kickbox bags & gloves provided; just bring your positive (and negative) energy! **Turbo Kick**- an addictive, intense pre-choreographed cardio kickboxing jam session! **Zumba**- (all levels) "Exercise in Disguise" Lose your muffin top with this Latin based cardio dance workout! **Cardio Circuit**- The cure for boredom: alternate from one station to another, varying the exercises to keep your heart rate up & your metabolism revved! **Cycle**- (all levels) The best low-impact, high-intensity cardio workout you can get. **Cycle Sim**- focuses on simulating real rides; **Cycle Drill**- utilizes timed drills to improve your performance; **Cycle Jam**- music-driven ride, this is a "rock concert on wheels" **Cycle Mix**- all of the above! **Trail Cycle**- Class simulates a trail ride in the mountains. **Weight Room Basics**- Intimidated by the weight room? No need to be now! Learn proper technique and get an amazing muscle-sculpting workout. **New Hip-Hop Hustle**- Come get a Great Fat Burning Workout in this FUN energetic new class. You will learn some of the latest new moves while working out to some great new tunes as well! Beginners welcome. **Senior Fit**- Fight osteoporosis, strengthen your core, and have fun with friends while you use a variety of equipment to get a great overall workout. **TNT**- Tummies & Thighs **NEW Intro to Cycle**- This class is geared for the beginning/int. cyclist. You will never be intimidated to go to a regular cycling class after taking this one. The prep class everyone needs to attend. Get valuable info. about you, your bike and your work out. **Cardio Pump**-Intervals of cardio throughout this workout using barbells, hand weights, balls and bands makes a great fat burner. **Rock Hard Abs**- This class will do just what it says...Give your those Rock hard abs everyone desires. **Senior Fit**- This Super Fun Class is for anyone 60 or older who wants to establish Life Long Strength, Vigor and Independence. **NEW Tread Class**- Will get you into shape!

American Fork Fitness Center AQUA FITNESS Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	<u>SHALLOW WATER</u>	<u>DEEP WATER</u>	<u>SHALLOW WATER</u>	<u>DEEP WATER</u>	<u>SHALLOW WATER</u>	<u>DEEP/SHALLOW WATER</u>
5:30 am	<u>Muscle Mania</u> Danielle	<u>Power Hour</u> Becky	<u>Aqua Circuit</u> Danielle	<u>Core Power</u> Becky	Angela	
8:00 am	<u>Ageless Aqua-</u> Tondi	<u>Seniors Splash</u> Michaun	<u>Seniors Aqua-Motion</u> Jeannie	<u>Seniors In the 50's</u> Tondi	<u>Seniors Aqua Motion</u> Jeannie	<u>T-N-T 4 EVERYONE</u> Sarah-1st,3rd Danielle- 2nd Charlotte- 4th
9:00 am	<u>Aqua Circuit</u> Tondi	Laura Wks. 1,3,4 <u>Killer Noodle</u> Michaun Wks. 2,5	Angela	<u>Aqua Interval</u> Tondi	<u>Aqua Circuit</u> Sarah	
8:00 pm	Angela	<u>Aqua Power Hour</u> Becky	<u>Interval Plus</u> Gay	Natalie A.		

CLASS DESCRIPTIONS

Interval Plus– The main focus in this class will be geared towards those “Problem Areas” on our bodies that we all want to get rid of. Lose weight, gain muscle and get that extra cardio burst we all need!

Muscle Mania– Get a head to toe workout using all the major muscle groups, plus keep your heart rate up!

Aqua Tone– This class emphasizes strengthening and stabilizing your Core Muscles, toning your arms, legs & abs.

Aqua Power Hour– This high energy, FUN class offers a total body work out by utilizing cardio and strength movements with user-friendly equipment.

(Includes a liquid abs segment) * All Fitness Levels * **Seniors Aqua Motion**– Men/Women with/without arthritis will gain motion while enjoying this fun class. endorsed by the American Arthritis Association. (You do not have to have arthritis to come enjoy this class!) improve your sense of well-being. Enjoy the warmth and buoyancy of H2O in an extra friendly atmosphere.

Core Power - A variety of moves incorporated to strengthen those core muscles. Get an amazing muscle workout.

Wet N' Wild- The best time you will ever have in the water with the use of water cuffs or belts! All around body workout.

TNT for Everyone– This is a great water workout concentrating on “Tummies n’ Thighs” Different techniques are incorporated each week.

Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™ that makes working out a splash.

