

# GROUP EXERCISE SCHEDULE

## DOWNSTAIRS STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					8:00 - 9:00 a.m.  TAI-CHI John	
	11:00 - 12:00 p.m. <b>Beg. Aerobics</b> Annie		11:00 - 12:00 p.m. <b>Beg. Aerobics</b> Annie			
5:15 - 6:15 p.m. YOGA Christina Y.	5:30 - 6:30pm <b>Mix-Fit Cardio</b> Pam		5:30 - 6:30pm <b>Mix-Fit Cardio</b> Pam			
6:30 - 7:30 p.m. <b>Mix It Up</b> Tami	6:30 - 7:30 p.m.  TAI-CHI John		7:15 - 8:15 p.m.  ZUMBA FITNESS Sandra			



**Lakeridge Athletic Club**

6350 San Pablo Dam Road El Sobrante, CA. 94803 510-222-2500

# CLASS DESCRIPTIONS

## CARDIO KICKBOXING

A great class for exercisers of all levels. Moves are based on martial arts and kickboxing movements including kicking, punching, blocking and defending.

## CIRCUIT (all levels)

(stretch/weights/energy/aerobics/toning)

A circuit-type training class with different workout stations (step, jump rope, bicep curl, etc.). You perform different exercises at each station for several minutes until you complete the entire circuit. An new and exciting way to burn calories and get an overall body workout.

## PILATES (all levels)

A beginning class but also suitable for intermediate exercisers. Focuses on overall body conditioning, stresses core body strength, and incorporates Pilates-type floor training with mats, foam rollers, and balls.

## MIX IT UP (all levels)

A great class with variety which includes different forms of cardiovascular exercises including step, cardio kickbox, cardio dance, and other floor work **and** body sculpting using free weights, resistance bands and stability balls. If you want to keep your body guessing, this is the class for you.

## Beg. AEROBICS (beg./int.)

An innovative class combining low-impact aerobic movements with weight intervals. Geared towards the novice aerobics exerciser, seniors, and rehabilitation patients.

## SPINNING (all levels)

High intensity indoor group cycling classes taught by certified cycling instructors. If you are serious about burning **FAT**, this is the class for you!

## STEP 2 (intermediate/advanced)

An advanced, high intensity Step class that focuses on climbing movements utilizing two steps per person to strengthen the cardiovascular system and condition the lower body. Advanced students only!

## TAI CHI (all levels)

An ancient form of meditation and exercise using non-aggressive, martial arts, body movements.

## YOGA (all levels)

Learn different Yoga forms and postures while incorporating correct breathing techniques for an overall sense of well-being. Some classes may focus on more challenging poses and work at a deeper level of meditation.

## YOGA basics

Whether you're new to yoga or you're already hooked, this class reinforces the essentials for a safe, strong, and stress-relieving practice. People of all sizes, ages, and fitness levels are welcome to join the fun!

## ZUMBA (all levels)

The latest dance/aerobics craze fusing hypnotic Latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat

## ZUMBA Toning (all levels)

Description coming soon!

**Please let your instructor know if you are taking a class for the first time!**