




CLASS PASS MENU

EFFECTIVE 3-4-2018



9950 CALUMET AVENUE, MUNSTER, IN 46321
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30A-8:25A Med. Yoga Andy (LS)	5:30A-6:25A Cycle Debbie (CA)	6:30A--7:25A Med. Yoga Andy (LS)	5:30A-6:25A Cycle Debbie (CA)	7:30A-8:25A Med. Yoga Andy (LS)	7:30A-8:25A Med. Yoga Andy (LS)
8:00A-8:40A Gentle Joints Heather (TP)	8:00A-8:40A Flowlates Deidra (TP)	8:00A-8:40A Gentle Joints Kathy J (TP)	8:00A-8:40A Flowlates Kathy J (TP)	8:00A-8:40A Gentle Joints Kathy/Kim (TP)	8:30A-9:25A Cycle Bobbie (CA)
9:00A-9:40A Aqua Tone Aziza (TP)	8:05A-8:55A Yoga Fusion Katie (LS)	9:00A-9:40A Aqua Tone Kathy J (TP)	8:05A-8:55A Hatha Blend Cindy (LS)	9:00A-9:40A Aqua Tone Aziza (TP)	8:30A-9:25A Aqua Bootcamp Rotation (LP)
10:00A-10:55A Pilates Plus June (LS)	9:00A-9:55A Rest. Yoga Andy (UCL)	10:00A-10:55A Pilates Plus June (LS)	9:45A-10:25A T.B.T. Deidra (LS)	9:00A-9:55A Rest. Yoga Andy (UCL)	8:30A-9:25A Med. Yoga II Andy (UCL)
10:00A-10:55A Cycle Debbie (CA)	9:00A-9:40A Zumba Lilia (LS)	10:00A-10:55A Bike & Tone Deidra (CA)	10:45A-11:25A F.L.Y. Louise (UCL)	10:00A-10:55A Pilates Katie (UCL)	9:30A-10:25A Bike & Tone Kathy (CA)
11:00A-11:40A Anything Goes Aziza (LS)	10:30A-11:10A Core Fit Becky (LS)	11:00A-11:55A Zumba Lilia (LS)	11:30A-11:55A Bal. Trn. Louise (UCL)	10:00A-10:55A Cycle Deidra (CA)	10:30A-11:25A Zumba Lilia (LS)
11:00A-11:45A F.L.E.E. Rotation (UCL)	10:45A-11:25A F.L.Y. Louise (UCL)	5:00P-5:55P P.U.M.P. Debi/Kim (LS)	12:15P-12:55P Rest. Stretch Louise (LS)	10:15A-10:55A Zumba Gold Lilia/Nicole (LS)	
5:00P-5:55P P.U.M.P. Aziza (LS)	11:15A-11:55A Dance Fit Katie (LS)	6:00P-6:55P B.C.Kick Leslie (LS)	4:30P-5:25P Body Blast Deidra (LS)	11:00A-11:55A Zumba Lilia (LS)	
5:00P-5:40P Aqua Pilates Bobbie (TP)	11:30A-11:55A F.L.E.E. Louise (UCL)	6:00P-6:55P Aqua II Patty (LP)	5:00P-5:40P Aqua Pilates Bobbie (TP)		SUNDAY
6:00P-6:40P Core de Force Marcia (LS)	1:00P-1:55P Yoga Flow Cindy (LS)	7:00P-7:55P Zumba Lilia (LS)	6:00P-6:55P Deep Water Bobbie (LP)		
6:00P-6:55P Virtual Cycle Jon (CA)	4:30P-5:25P Body Blast Deidra (LS)				
6:00P-6:55P Aqua Bootcamp Aziza (LP)	5:00P-5:40P Aqua Barre Louise (TP)		\$90 for 12 classes OR \$50 for 6 classes Expires one year from purchase date. All appropriate paperwork MUST BE COMPLETED and APPROVED BEFORE Class Pass can be activated. Pre-registration at Front Desk REQUIRED.		
7:00P-7:55P Med. Yoga Andy (LS)	5:45P-6:40P Cycle Kathy (CA)				
8:00P-8:55P Zumba Lilia (LS)	6:00P-6:55P Pilates Sculpt Kathleen (LS)				
	6:00P-6:55P Rest. Yoga Andy (UCL)				
	6:00P-6:55P Deep Water Bobbie (LP)		CLASS REMINDERS		
KEY	7:00P-7:40P Yoga Fusion Kathleen (UCL)		QUALITY CONTROL "CHECKS" ASSURE THAT OUR CLASSES FOLLOW OSHA GUIDELINES OF <85 DB OF SOUND.	NOTE CONSULT WITH INSTRUCTOR FOR CLASS APPROPRIATE FOOTWEAR.	FOR YOUR SAFETY, PLEASE DO NOT ENTER ANY CLASS WHILE IT IS IN SESSION.
LARGE STUDIO= LS CYCLE ALCOVE= CA UPPER CLSRMS= UCL			INDOOR CYCLING SIGN UP AT THE FITNESS DESK. PLEASE BRING WATER BOTTLE AND TOWEL.		
LAP POOL= LP THERAPY POOL= TP					
NEW CLASS= ★ NEW TIME= 🕒					

Class Pass Menu descriptions:

Aqua II - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

Aqua Barre - Aqua Barre combines the formats of aqua exercise with traditional barre movements. You will learn creative barre choreography while experiencing the amazing benefits of the water which includes: functional training for activities of daily living, balance challenges, agility exercises and mind/body awareness.

Aqua Bootcamp - Aqua Bootcamp class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training and the popular **TABATA** technique. This class targets cardiovascular and muscle conditioning while in an aquatic environment.

Aqua Pilates - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

Aqua Tone - A well rounded muscle toning workout using water resistance equipment such as noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

Balance Training - Fall prevention is a KEY training technique that should be included in all exercise programs for the mature adult. This class focuses on strengthening muscles, as well as improving the visual and vestibular systems to improve balance and stability with the goal of reducing the risk of falling.

Bike & Tone - You will cycle for 40 minutes and tone up those muscles with light resistance equipment for an additional 15 minutes.

Body Blast - This class provides the variety your body needs to see results by utilizing specific muscle conditioning that will be tailored to the class' needs each week.

Cardio Fit - This high intensity cardio with a twist class is designed to challenge you in the studio and throughout the facility.

Core de Force - Workouts are broken into 3-minute "rounds" just like a real boxing match, which includes a cardio spike in every round. This mixed martial arts-inspired workout is designed to utilize 360° rotational movement to sculpt total body definition - no equipment needed.

Core Fit - Train for improvements in everyday, real life activities. Participants will use hand weights and functional movement patterns.

Cycle - This class will offer a great total body workout on upright cycles.

Dance Fit - This fun and engaging class will combine Jazz, Ballet and Belly Dancing to not only provide overall physical activity, but also to tone and firm the muscles without the bulk of lifting weights.

Deep Water - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs. Buoyancy belts provided. No swimming skills required.

F.L.E.E. - Functional Living Exercises for Everyone - This class incorporates exercises to strengthen your muscles as well as improve balance, coordination, posture and agility. Props such as light hand weights, balls and bands will be utilized for best results.

F.L.Y. - Functional Living Yoga - Experience the beauty of yoga and meditation while seated and standing with a chair for support. Learn to relax and enhance your body, breath, and mind with Hatha Yoga and meditation. Class held in upstairs classrooms.

Flowlates - A simple exercise and relaxation program performed using a combination of deep breathing and slow movements of the arms, legs and torso. Pilates/Tai Chi principles will be implemented and adapted for the water.

Gentle Joints - This warm water class is perfect for individuals looking to improve their strength and flexibility using the water's buoyancy properties. Gentle Joints will incorporate Yoga principles adapted for the water.

Hatha Blend - A hybrid between several different styles of yoga incorporating strength, flexibility and alignment to create a challenging yet safe practice. This class includes a flow section linking one movement into the next focusing on strengthening your body, as well as, holding the poses to increase flexibility.

Meditation (Med.) Yoga - A beginning Hatha Yoga class that promotes inner peace and balance through breath and meditation.

Meditation (Med.) Yoga II - Intermediate/Advanced level.

Pilates - Based on the theories of Joseph H. Pilates, this unique stretching and strengthening program will improve your alignment, coordination, strength, and flexibility through specific mat work exercises that focus on abdominal control and pelvic stability.

Pilates Plus - This class takes you to the next "core training" level by incorporating techniques to ensure proper body and spinal alignment. Exercises will move in progression and flexibility is integrated.

Pilates Sculpt - This class expands upon beginner Pilates and progresses towards more advanced techniques while incorporating weights, balls and bands.

P.U.M.P. - Progressive Unlimited Muscle Plan - Combined with calorie burning athletic segments, this class is guaranteed to provide the best of both worlds...strength and cardio!

Restorative Stretch - This class is a full body stretch program that will help to increase flexibility, release tension, improve posture and range of motion. Participants must be able to transition from standing to floor independently.

Restorative Yoga - This class uses props and postures to restore and heal the over stressed, distracted body/mind as well as breath and body work to open areas such as the back, hips and shoulders while reducing stress and promoting healing. Wear loose comfortable clothing.

Virtual Cycle - These classes use a variety of scenic **Virtual** DVD rides from Epic Planet.com.

Yoga Flow - This class will begin and end with traditional yoga poses and will incorporate fluid yoga sequences for increased muscle tone. Participants will achieve peace of mind and spirit while receiving fitness benefits associated with this style of yoga.

Yoga Fusion - An exciting new style of yoga that focuses on a deeper connection between the body and the core. This class is a mixture of Vinyasa Yoga, Yogilates, dance conditioning techniques and meditation.

ZUMBA - Join the hottest dance workout craze in the comforts of your 'own' club. Our certified ZUMBA instructors will have you doing the Salsa, Cha-cha and Meringue to the driving Latin rhythms of Zumba.

ZUMBA Gold - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Participation can be either standing or seated.