

CLASS PASS MENU

EFFECTIVE 1-13-2019



9950 CALUMET AVENUE, MUNSTER, IN 46321
 PHONE: (219) 924-5FIT
 FAX: (219) 924-8581

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30A-8:25A Med. Yoga Andy (LS)	5:30A-6:25A Cycle Debbie (CA)	7:30A-7:55A Tai Chi Adv. 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 FUNctional Flow Deidra (TP)	8:00A-8:25A Chi Gong Andy (LS)	8:00A-8:40A FUNctional Flow Kathy J (TP)	8:00A-8:40A Gentle Joints Kathy (TP)	8:30A-9:25A Cycle Bobbie (CA)
9:00A-9:40A Aqua Tone Aziza (TP)	8:05A-8:55A Yoga Fusion Katie (LS)	8:00A-8:40A Gentle Joints 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)	9:00A-9:40A Aqua Tone Kathy J (TP)	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)
★ 11:00A-11:40A Zumba Gold Yde (LS)	9:00A-9:40A Zumba Lilia (LS)	10:00A-10:55A Pilates Plus June (LS)	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-11:45A F.L.E.E. Rotation (UCL)	10:30A-11:10A Core Fit Becky (LS)	10:00A-10:55A Bike & Tone Deidra (CA)	11:30A-11:55A F.L.E.E. Louise (UCL)	10:00A-10:55A Cycle Deidra (CA)	10:30A-11:25A Zumba Lilia (LS)
★ 12:00P-12:40P Let's Dance Louise (LS)	10:45A-11:25A F.L.Y. Louise (UCL)	11:00A-11:55A Zumba Yde (LS)	12:15P-12:55P Rest. Stretch Louise (LS)	10:15A-10:55A Zumba Gold Lilia/Yde (LS)	
5:00P-5:55P P.U.M.P. Aziza (LS)	11:15A-11:55A Dance Fit Katie (LS)	5:00P-5:55P Turbokick Pam (LS)	4:45P-5:40P Body Blast Deidra (LS)	11:00A-11:55A Zumba Nicole (LS)	
5:00P-5:40P Aqua Pilates Bobbie (TP)	11:30A-11:55A F.L.E.E. Louise (UCL)	6:00P-6:40P PiYo Pam (LS)	5:00P-5:40P Aqua Pilates Bobbie (TP)		SUNDAY
★ 6:00P-6:40P PiYo Pam (LS)	1:00P-1:55P Yoga Flow Cindy (LS)	6:00P-6:55P Aqua II Patty (LP)	6:00P-6:55P Deep Water Patty (LP)		
6:00P-6:55P Virtual Cycle Jon (CA)	4:45P-5:40P Body Blast Deidra (LS)	7:00P-7:55P Zumba Yde (LS)			9:00A-9:55A Virtual Cycle Bobbie/Colleen/Jon (CA)
6:00P-6:55P Aqua Bootcamp Aziza (LP)	★ 5:00P-5:25P Aqua Tone Exp. Pam (TP)		\$90 for 12 classes OR \$50 for 6 classes		
7:00P-7:55P Med. Yoga Andy (LS)	★ 5:30P-5:55P Aqua Yoga Exp. Pam (TP)		Expires one year from purchase date.		
8:00P-8:55P Zumba Lilia (LS)	5:45P-6:40P Cycle Kathy (CA)		All appropriate paperwork MUST BE COMPLETED and APPROVED BEFORE Class Pass can be activated.		
	6:00P-6:55P Pilates Sculpt Kathleen (LS)		Pre-registration at Front Desk REQUIRED.		
	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 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. **Aqua Tone Exp. = 25 minutes**

Aqua Yoga Exp. - This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility.

All poses will be adapted for the water.

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 each class.

Chi Gong - Join us for the art and practice of energy for self-healing, balance, a form of meditation, exercise and recreation. Forms include movement and non-movement, breath work focus and centering. The work is gentle with standing and walking postures and will both invigorate and calm the participant.

Core de Force - Workouts are broken into 3-minute "rounds". This mixed martial arts-inspired workout is designed to utilize 360° rotational movement to sculpt total body definition.

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 class will combine Jazz, Ballet and Belly Dancing to not only provide overall physical activity, but also to tone and firm the muscles.

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.

FUNctional Flow - This class will focus on improving balance, agility, coordination, strength, flexibility and endurance which will help you function effectively and efficiently throughout each day.

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.

Let's Dance - Dance your way through the decades to fun sing along music as well as explore different dance genres and cultures.

Great for heart health, stamina, coordination and balance.

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

Med. (Meditation) 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/spinal alignment and enhance flexibility.

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

PiYo - Designed to increase flexibility, strength & cardio stamina using a combo of Pilates & yoga poses sped up to music. Come ready to sweat!

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!

Rest. (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.

Rest. (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.

Tai Chi Advanced - This class will continue to review and perform 24 form Tai Chi. While all participants are invited to attend, those just learning will be encouraged to learn the form work at their own pace as no new beginning classes will be offered.

T.B.T. - Total Body Toning - This well-rounded workout will strengthen the muscles of the upper, middle and lower body using various props.

Turbokick - This class will have you working through high and moderate intervals of simple kickboxing moves and will conclude with strength training.

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.

Yoga Fusion - 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.

Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. Single class with less than two participants will be determined by Instructor.
2. Classes with less than five participants over a three month period may be cancelled until further notice.