

# North Shore Group Exercise Schedule



All Classes FREE for Members!

## Group Exercise Schedule Effective 2/20/2010

North Shore Elite

day class local time inst.

### MONDAY

6:00 a.m.	Spin	B	45	JE
8:15 a.m.	Spin	B	45	Ca
	Sculpt	A	45	JE
9:15 a.m.	Spin	B	45	Gi
	Kick n Core	Gym	60	Tr
	Progressive Mat	A	45	G
6:00 p.m.	Body Sculpt	A	60	Gr
	Spin	B	45	M
6:15 p.m.	Tread & Shed	Gym	45	Ad
6:45 p.m.	Kundalini Yoga	A	60	Ji

### TUESDAY

6:00 a.m.	Sunrise Sculpt	A	60	AH
8:15 a.m.	Pilates Mat	A	45	S
	Spin	B	45	Gr
9:15 a.m.	Bosu Blast	Gym	45	JE
9:15 a.m.	Yoga Flow	A	60	An
6:00 p.m.	Pump Up	A	60	AH
6:15 p.m.	Tread & Shed	Gym	45	Ad
7:05 p.m.	Yoga Flow	A	60	SH

### WEDNESDAY

6:00 a.m.	Spin	B	45	P
8:00 a.m.	Kundalini Yoga	A	60	Ji
8:15 a.m.	Spin	B	45	Ca
	F.I.T.	Gym	45	Ga
9:15 a.m.	Spin	B	45	R
	Vinyasa Yoga	A	60	T
5:45 p.m.	Step Fusion	A	60	AH
6:00 p.m.	Spin	B	45	Gr
7:00 p.m.	Pilates Mat	A	45	S

### Instructors Key

Ad = Andy Dick  
An = Anne H  
AH = Amy H.  
Bm = Barb  
Ca = Capper  
C = Christy

D = Dominic  
G = Geri  
Ga = Gage  
Gi = Ginger  
Gr = Grace  
JB = Jennifer

JE = Jenna  
Ji = Jim  
LB = Lorraine  
LG = Lorraine G  
M = Mark  
P = Paul A.

R = Rachel  
S = Sharon  
SH = Sharon H  
SW = Steve W  
ST = Staff  
T = Tom

TR = Traci Kurtin  
Z = Zack

day class local time inst.

### THURSDAY

6:00 a.m.	Pump Up	A	60	AH
8:15 a.m.	Spin	B	45	M
	Pilates w/ props	A	45	S
9:05 a.m.	Yogalates	A	60	Gi
9:15 a.m.	Bosu Blast	Gym	45	AH
4:00 p.m.	Teen Spin	B	45	JE
6:00 p.m.	20/20/20	Gym	60	D
	Spin	B	45	Z
6:30 p.m.	Yoga Flow	A	60	An
7:00 p.m.	Spin	B	45	Z

### FRIDAY

6:00 a.m.	Spin	B	60	SW
8:15 a.m.	Spin	B	45	Ca
	Sculpt	A	45	JE
9:15 a.m.	Spin	B	45	R
	Power Zone	A	60	Ca

### SATURDAY

7:00 a.m.	Spin	B	45	C
8:00 a.m.	Spin	B	45	C
	Pump Up	A	60	Gr
9:00 a.m.	Ultimate Push	Gym	50	Gi
9:15 a.m.	Vinyasa Yoga	A	60	T

### SUNDAY

9:00 a.m.	Spin	B	45	JE
10:00 a.m.	Body Sculpt	A	45	JB
11:00 a.m.	Pilates Mat	A	45	JB

NEW SCHEDULES find changes online at our website [eliteclubs.com](http://eliteclubs.com)

# North Shore Elite Group Exercise Class Definitions

## CARDIO CLASSES

**KICK-N-CORE** This is a high energy, stress busting, fat burning cardio workout. You will fight your way fit through 60 minutes of kicks, blocks, punches, conditioning drills, and core intervals designed to leave you feeling strong and powerful.

**SPIN** is an instructor-led stationary spin bike class for all levels of fitness. Climb, lift, sprint and surge on the bike to motivating instruction and music.

**SPIN to SCULPT** 30 minutes of instructor-led stationary spin bike class for all levels of fitness. Climb, lift, sprint and surge on the bike to motivating instruction and music. 30 minutes of high energy body sculpting, combines moving and stationary resistance work to sculpt and define the body.

**TEEN SPIN** An instructor-led stationary spin bike class geared up towards teens of all levels of fitness. Climb, lift, sprint and surge on the bike to motivating modern music.

**TREAD & SHED** Designed to accommodate all levels of walkers and runners. Classes include speed and strength work, incorporating intervals of speed and challenging hills.

## STRENGTH TRAINING CLASSES

**BODY SCULPT** A muscle conditioning class for the total body incorporating elements of both cardiovascular and strength conditioning.

### **F.I.T. (Functional Intense Toning)**

An effective body sculpting workout that splits 60% lower and 40% upper body exercises.

**PUMP UP** is an exercise concept that works every major muscle group in a complete workout ideal for men & women, beginners right through to experienced exercisers. This weight workout uses barbells with adjustable weights and is set to motivating music directed by well trained instructors.

**SCULPT** High energy body sculpting, combines moving and stationary resistance work to sculpt and define the body.

**ULTIMATE PUSH** Increase overall fitness by including high intensity interval training and strength training. The combination will increase your cardiovascular endurance and strength endurance.

## TRAFFIC LIGHT PROGRAM

The Elite Clubs offer a variety of classes each week.

We have an attendance goal for each of these classes.

We have implemented the following system to communicate with you, our members, about class status.

**Green Light** ~ Classes achieving > 75% of target

**Yellow Light** ~ Classes achieving 30-75% of target

**Red Light** ~ Classes achieving < 30% of target

You will see a colored dot next to the class name on the studio posters if the class goal is not being met.

**Yellow** ~ Bring your friends!

The class needs more attendance to stay on our schedule.

Next check in 4 weeks.

**Red** ~ Class is in danger of leaving the schedule!

Next check in 2 weeks!

**See our posted signs**

## CROSS TRAINING / FUSION CLASSES

**20/20/20** An all in one work out!! 20 minutes of cardio, 20 minutes of strength, and 20 min. of abs and stretch. It doesn't get better than this.... All levels.

**BOSU BLAST** is 45 minutes of dynamic interval training. It combines strength & cardio using the amazing Bosu, weights, bands, body bars and YOU! This is one blast of a workout.

**POWERZONE** Powerzone is a core intensive class that focuses on combining strength with balance utilizing the Reebok Core Boards to strengthen your "powerhouse", ie. glutes, stomach, and back. By using slow, controlled movements, single leg exercises, and static exercises, you will improve your pillar strength!

**STEP FUSION** Improve your speed agility and stamina! This 60 minute class combines the intensity of step and high / low impact movement followed by upper body and core conditioning. Appropriate for individuals with an intermediate level of conditioning.

## YOGA/MAT CLASSES

All Yoga classes focus on breathing & postures that improve Flexibility, Balance, Coordination & Strength

**KUNDALINI YOGA** This specialty class is an uplifting blend of stretches, dynamic breathing techniques, meditation, and the chanting of mantras. The goal is to build physical vitality and increase consciousness adding balance to your life.

**PILATES MAT** This class teaches awareness of breath and alignment of the spine utilizing the deep torso muscles of the core. Controlled movements in the form of basic mat exercises help build flexibility, strength, endurance, and coordination without adding muscle bulk.

**Progressive Mat** Builds off the strong foundation developed in the Pilates mat course, to teach both new and challenging exercises of the full Pilates repertoire. Not recommended for anyone new to Pilates

**POWER YOGA** This progressive yoga class is taught with an athletic approach following the Vinyasa Flow methods of holding poses longer and adding inversions that include balance and core strengthening exercises.

**VINYASA FLOW** A flowing yoga style that adapts the practice to each student's individual needs. Attention is focused on breathing techniques and developing advanced skills through weekly progressions and modifications.

**YOGA FLOW** Enjoy Yoga's restorative properties of health and harmony by practicing basic Yoga postures synchronized with breathing.

**YOGALATES** An upbeat class that combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates.

For proper warm-up and as a courtesy to others, please arrive on time! Out of courtesy to other participants, please do not visit with neighbors during class.

Call Group Exercise Director Tom Feest to discuss your group exercise experiences or to set up an orientation before attending your first class.

For an online schedule & for aerobic notices visit our website  
[www.eliteclubs.com](http://www.eliteclubs.com)