

Mount Vernon Athletic Club

Group Fitness Schedule 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>5:15-6:15AM</u> Cycle Power Hour <i>Gretchen</i>		<u>5:15-6:15AM</u> Cycle/Sculpt <i>Gretchen</i>	<u>6:00-7:00AM</u> Body Sculpting <i>Gretchen</i>	<u>5:15-6:15AM</u> Boot, Scoot and Cycle <i>Gretchen</i>	
<u>9:00-10:00AM</u> Cycle <i>Judy</i>	<u>9:15-10:15AM</u> Low Impact <i>Gretchen</i>	<u>9:15-10:00AM</u> Cycle 45 <i>JJ</i>	<u>9:15-10:15AM</u> Body Pump <i>Gretchen</i>	<u>9:15-10:15AM</u> Cross Training & Cardio Core <i>Leslie</i>	<u>9:15-10:15AM</u> Body Pump <i>Gretchen</i>	<u>8:00-9:00AM</u> Boot Camp Corey
<u>10:15-11:15AM</u> Body Pump <i>Cat</i>	<u>10:30-11:30AM</u> Body Pump <i>Gretchen</i>	<u>10:30-11:30AM</u> Fitness Pilates <i>Brenda</i>	<u>10:30-11:30AM</u> Ball Flexibility <i>Erin</i>	<u>10:30-11:30AM</u> Pilates Fusion <i>Brenda</i>	<u>10:30-11:30AM</u> Zumba <i>Emily</i>	<u>9:15-10:15AM</u> Zumba Kamila
<u>11:30AM-12:30PM</u> Yoga <i>Sujata</i>					<u>11:30AM-12:30PM</u> Yoga <i>Kara</i>	<u>11:00-12:00PM</u> Cycle <i>Brenda</i>
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	<u>5:30-6:30PM</u> Body Pump <i>Catherine</i>	<u>5:00-6:00PM</u> Athletic/Total Conditioning <i>Steff</i>	<u>5:00-6:00PM</u> Cycle <i>JJ</i>	<u>5:00-6:00PM</u> Boot Camp Total Conditioning <i>Steff</i>	<u>5:30-6:30PM</u> Body Pump <i>Catherine</i>	
	<u>6:45-7:45PM</u> Yoga <i>Kara</i>	<u>6:15-7:15PM</u> Cycle/Sculpt <i>Laura</i>	<u>6:15-7:15PM</u> Yoga <i>Johanna</i>	<u>6:15-7:15PM</u> Cycle/Sculpt <i>Linnea</i>		
		<u>7:30-8:30PM</u> Zumba <i>Emily</i>	<u>7:30-8:30PM</u> Body Pump <i>Cat</i>	<u>7:30-8:30PM</u> Zumba		

* Effective June 2011

Group Fitness Class Descriptions

All classes are 60 minutes in length unless noted. Please be on time for class. The warm-up is important as it focuses on specific muscles used in class and will enhance your athletic performance. In the event you are running late, please keep in mind that some of our classes may fill to capacity early. I hope you enjoy your Group Fitness program. Feel free to contact me if you have questions or comments. Please direct any questions to Gretchen Thompson ~ (703) 360-7300 your feedback is important to us.

Athletic Conditioning	This class is the ultimate for the cross trainer. We will change your agility, strength and endurance. You will never be "stuck in a rut" with this athletic challenge. This class provides a great cross training workout to supplement your regular workout or training program for any sport. Step, slide and BOSU your way into shape.
Ball-Flexibility	This is a total body strengthening workout using slow controlled movements that improve posture through special emphasis on spinal stabilization and core strengthening. This fun class uses the stability ball to enhance your core stability and balance with every move!
BODYPUMP®	The most successful group fitness program in history, BODYPUMP® is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. BODYPUMP® is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits.
Body Sculpting	Boost your metabolism, increase your strength and bone density in this class. You'll use a wide range of exercises incorporating free weights, stability balls, benches, mat work to tone and strengthen your body. Attention is given to the major muscles of upper and lower body as well as the abdominal region. This class is designed to define, shape, and strengthen your muscles.
Boot Camp	This workout involves calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.
Boot Scoot and Cycle	Come join us on an exhilarating mind/body journey into the world of cycling! You're in control of the intensity and challenge you desire! This non-impact instructor led class allows you to achieve your maximum fitness potential in a non-competitive environment! The twist is at the end of class where you'll finish with some awesome boot camp style exercises to charge up your day.
Cycle 45/60 45 minutes or 60 minutes	Ride into high gear with this incredible and exhilarating stationary cycle class. Cycle 45 or Cycle 60 is a continuous aerobic and anaerobic cardio class that also builds muscle strength and endurance. Participants are led through "anaerobic threshold levels" in a team cycling experience to burn from 200 to 1000+ calories in a single class! Set to motivating music matched to the activities in each section. Your instructor will show how to properly set up your bike and guide you through intensity options.
Cycle/Sculpt	Get your engines running? This total body workout is for both muscular strength and endurance. Keeps the heart rate up for a sweat drenched sculpting session. Relieve stress and have fun while strengthening and toning your arms, legs, core and get the benefits of cardio as you cycle.
Fitness Pilates	Fitness Pilates is class specifically designed for the mainstream fitness industry. Pilates focuses on core strength alignment of hips, back and abdominal area. Rhythmic breathing and flow to the order of mat exercises will leave you balanced and elongated. Preparatory exercises will build a base strength and flexibility necessary to progress to a higher degree of body awareness.
Low Impact	This is the perfect class for people wanting a light but energetic workout. The class will leave you full of energy, enthusiasm while having fun! This class is designed to lessen the stress on your joints while you get a great cardiovascular workout.
Pilates Fusion	A Pilate's themed class focusing on the Pilates principles of core muscular control and proper body alignment. In addition Pilates Fusion will utilize props, such as weights, balls, medicine balls, xertubes, and resistance bands to actively strengthen and lengthen your deepest torso muscles.
Power Yoga	A fast-paced yoga class focused on upper and lower body strength, endurance, and balance. An intermediate class, some yoga experience recommended.
Cross Training Cardio & Core	Step, Slide, Bosu and Glide into this high intensity cardio class. This cardio workout will challenge you to exercises to increase your balance strength and endurance
Yoga	This class is suitable for anyone wishing to bring more balance to their lives through Yoga. The seemingly gentle movements can have a profound positive influence on health and well being. Individuals with physical limitations, chronic illness or recuperating from recent surgeries are encouraged to participate. This class is appropriate for all levels!
Zumba	Ditch the workout Join the party! Zumba® is a fun dance workout that fuses hypnotic Latin rhythms and easy to follow moves creating a dynamic fitness program that gives you a fun, high calorie burning workout!

**Classes and instructors are subject to change

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