

# Excell Fitness- February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 5:30-6:30 AM Step & Tone 9:30-10:25 AM ZUMBA 10:30-11:30 AM Silver Sneakers MSROM  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	2 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00AM Yoga  4:30-5:15PM Turbo-Kick 5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	3 5:30-6:30 AM R.I.P.P.E.D  9:00- 10:00 AM Cardio Circuit 10:30-11:30 AM Silver Sneakers MSROM 11:35-12:20 PM ZUMBA Gold	4 8:15-9:15 AM Cycle  9:30-10:30 AM PUMP	5
6 5:30-6:30 AM Step & Tone 9:00-10:00 AM Turbo-Kick 10:30-11:30 AM Silver Sneakers MSROM 11:30-12:15 PM Zumba Gold  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	7 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00 AM Yoga  5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	8 5:30-6:30 AM Step & Tone 9:30-10:25 AM ZUMBA 10:30-11:30 AM Silver Sneakers MSROM  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	9 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00 AM Yoga  4:30-5:15PM Turbo-Kick 5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	10 5:30-6:30 AM R.I.P.P.E.D  9:00- 10:00 AM Cardio Circuit 10:30-11:30 AM Silver Sneakers MSROM 11:35-12:20 PM ZUMBA Gold	11 8:15-9:15 AM Cycle  <b><u>TURBO-KICK</u></b> <b><u>vs</u></b> <b><u>ZUMBA</u></b> <b><u>Extravaganza!</u></b> <b><u>9:30-11:00AM</u></b>	12
13 5:30-6:30 AM Step & Tone <b>9:00-10:00 AM Turbo-Kick**</b> 10:30-11:30 AM Silver Sneakers MSROM 11:30-12:15 PM Zumba Gold  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	14 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00 AM Yoga  5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	15 5:30-6:30 AM Step & Tone 9:30-10:25 AM ZUMBA 10:30-11:30 AM Silver Sneakers MSROM  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	16 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00AM Yoga  4:30-5:15PM Turbo-Kick 5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	17 5:30-6:30 AM R.I.P.P.E.D  9:00- 10:00 AM Cardio Circuit 10:30-11:30 AM Silver Sneakers MSROM 11:35-12:20 PM ZUMBA Gold	18 8:15-9:15 AM Cycle  9:30-10:30 AM PUMP	19
20 5:30-6:30 AM Step & Tone 9:00-10:00 AM Turbo-Kick 10:30-11:30 AM Silver Sneakers MSROM 11:30-12:15 PM Zumba Gold  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	21 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00 AM Yoga  5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	22 5:30-6:30 AM Step & Tone 9:30-10:25 AM ZUMBA 10:30-11:30 AM Silver Sneakers MSROM  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	23 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00AM Yoga  4:30-5:15PM Turbo-Kick 5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	24 5:30-6:30 AM R.I.P.P.E.D  9:00- 10:00 AM Cardio Circuit 10:30-11:30 AM Silver Sneakers MSROM 11:35-12:20 PM ZUMBA Gold	25 8:15-9:15 AM Cycle  9:30-10:30 AM PUMP	26
27 5:30-6:30 AM Step & Tone 9:00-10:00 AM Turbo-Kick 10:30-11:30 AM Silver Sneakers MSROM 11:30-12:15 PM Zumba Gold  4:30- 5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:35 PM Yoga	28 5:30-6:15 AM Cycle <b>8:00-8:50 AM SilverSneakers</b> <b>MSROM</b> 9:00-9:55 AM PUMP 10:00-11:00 AM Yoga  5:30-6:15 PM Cycle 6:35-7:35 PM ZUMBA	29 5:30-6:30 AM Step & Tone 9:30-10:25 AM ZUMBA 10:30-11:30 AM Silver Sneakers MSROM  4:30-5:25 PM PUMP 5:30-6:30 PM PUMP 6:35-7:15 PM Yoga		<b>**Turbo-Kick** Launches New Music &amp; Choreography Monday, Feb. 13<sup>th</sup></b>		

## ~ Group-Exercise Class Descriptions ~

**CYCLE** - We simulate road cycling on an adjustable stationary bike to music. Referred to as a “journey,” cycle sport is put to a variety of music as the instructor guides you through flat roads, uphill climbs, mountains terrains, and other various simulated terrains. Classes incorporate heart rate training techniques. Please arrive 5 minutes prior to class to allow time for bike for set up and to review the basic technique. A towel and a water bottle are a necessity. Open to all levels.

**PUMP**- This weight-lifting class will work every main muscle group in your body. With fun music and challenging lifts, come see what everyone is talking about!

**SILVERSNEAKERS MSROM**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support. Designed for the active older adult.

**STEP & TONE** – In just 1 hour, you will gain great cardiovascular benefits as you use the step bench and a combination of different cardio formats. Incorporates resistance training for toning muscles. Warm-up and cool down included.

**TURBO KICK**- You’ll kick, punch and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. Each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and a PiYo™ style cool down that work together to transform your body!

**YOGA**- Open to all levels, this class is designed to incorporate pranayama (breathing techniques), safety/alignment in postures, increase flexibility/balance, and develop strength in the muscles and joints. Beneficial for everyone, we invite you to feel challenged, to relax, and to restore the mind and the body. Open to all levels

**ZUMBA**-This “Fitness Party” is the latest revolution sweeping the fitness industry. It fuses easy-to-follow moves with Latin rhythms making you forget you’re even exercising. You will burn fat, tone core muscles, and have fun doing it!

**ZUMBA GOLD**- Designed for the active older adult or true beginner. Zumba gold is low impact, generally has simpler moves than regular Zumba. and more repetitive movements. You will sweat, smile and groove your way through this 45 minute workout!