

March 2010 Group Exercise Schedule

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Room	Saturday	Sunday
5:30 a.m.	A		Body Bar Challenge		Body Bar Challenge	<i>Zumba</i>				2:00 p.m. Spinning Room B
	B	Spinning	Spin - N - Core	Spinning	Spin - N - Core	Spin Circuit				
6:30 a.m.	A	Senior Fitness		Senior Fitness		Senior Fitness	7:30 a.m.	A	Flex-N-Tone	
	B	<i>MVe</i> *		<i>MVe</i> *			8:30 a.m.	A	<i>Zumba</i>	
7:00 a.m.	A		<i>Yoga</i> *		<i>Yoga</i> *		B	Spinning		
8:30 a.m.	A	Step	F. I. T.	Circuit Step	F. I. T.	<i>Zumba</i>	9:30 a.m.	A	F. I. T.	
	B						B			
9:30 a.m.	A	Low Impact	Beginning CWLD	Low Impact	Beginning CWLD	Low Impact	<p>MVe Pilates Chair Orientations Now being offered the third Saturday every month from 10:30 to 11:15 a.m. Please sign up for your free orientation in the lobby area. For more information call 624-3450.</p> <p>REBUILD YOUR BRAIN</p> <p>Up until about 10 years ago, it was believed that we were born with a fixed number of brain cells that eventually died out. Now scientists know that brain cells regenerate throughout our lives. And one thing seems clear: To keep the sharpest memory you can for as long as you can, get moving. Aerobically, that is.</p> <p>Studies have shown that people who engage in aerobic exercise perform better cognitively and show increased brain volume. In another study, participants who exercised showed lower rates of dementia. That's because exercise actually encourages neuron generation in the part of the brain that processes memories.</p>			
	B	Maternity-N-Motion	<i>MVe</i> *	Maternity-N-Motion	<i>MVe</i> *	Spin Circuit				
10:30 a.m.	A	Senior Fitness	<i>Osteo - Pilates</i> *	Senior Fitness	<i>Pilates Mat</i> *	Senior Fitness				
	B	Breathing Easy		Breathing Easy		Breathing Easy				
11:00 a.m.	A									
	B		Sit-N-Be Fit		Sit-N-Be Fit					
11:30 a.m.	A		Intro / Adv CWLD		Intro / Adv CWLD					
	B									
12:00 p.m.	A	<i>Beginning Yoga</i> *		<i>Beginning Yoga</i> *						
	B		12:15 p.m. Spinning	Steady Steps	12:15 p.m. Spin Circuit					
2:00 p.m.	A	Healthy Heart		Healthy Heart		Healthy Heart				
	B									
4:00 p.m.	A									
	B									
4:30 p.m.	A	Low Impact	TLC Kidz Klub	Low Impact	TLC Kidz Klub	Low Impact				
	B	Spin Circuit	Spinning	Spin Circuit	Spinning					
5:30 p.m.	A	<i>Zumba</i>	F. I. T.	<i>Zumba</i>	Body Bar Challenge	<i>Zumba</i>				
	B	Box - N - Kick	Body Bar Challenge	Box - N - Kick	Kids Karate	Spinning				
6:30 p.m.	A	<i>MVe</i> *	Pilates*	<i>MVe</i> *	Pilates*					
	B	Spinning	Beginning Karate	Spinning	Beginning Karate					
7:30 p.m.	A	<i>Yoga</i> *	Arms/Legs/Core	<i>Yoga</i> *	Arms/Legs/Core					
	B	Tai Chi	Advanced Karate		Advanced Karate					

* For your safety, you will not be permitted to participate in Yoga or Pilates if more than 5 minutes late for class. You must be pre-registered to participate in the MVe series.