



# May 2012



## Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<b>(April 30)</b> 6:15 AM CYCLING (DS) 9:00 AM PILATES (KK) 4:00 PM Yolates (KK) 5:00 PM CYCLING(KK)	<b>1</b> 8:30 AM WATER X (CL) <b>NO 10:00 Gentle Yoga</b> 5:00 PM CYCLING (RW)	<b>2</b> 9:00 AM TOTAL BODY (RK) 4:15 PM CYCLING (RK) 5:00 PM CORE ESSENTIALS (RK) 5:45 PM ESSENTIAL STRETCH (RK)	<b>3</b> 8:30 AM WATER X (CL) <b>NO 10:00 Gentle Yoga</b> 5:15 PM CYCLING (RW)	<b>4</b> 6:15AM CYCLING (DS)
<b>7</b> 6:15 AM CYCLING (KH) 9:00 AM PILATES (KH) <b>NO 4:00 PM Butt, Thighs &amp; Guts</b> 5:00 PM CYCLING(RW)	<b>8</b> 8:30 AM WATER X (CL) 10:00 AM GENTLE YOGA (LR) 5:00 PM CYCLING (RW)	<b>9</b> 9:00 AM TOTAL BODY (RK) 4:15 PM CYCLING (RW) 5:00 PM CORE ESSENTIALS (RK) 5:45 PM ESSENTIAL STRETCH (RK)	<b>10</b> 8:30 AM WATER X (CL) 10:00 AM GENTLE YOGA (LR) 5:15 PM CYCLING (RW)	<b>11</b> 6:15AM CYCLING (DS)
<b>14</b> 6:15 AM CYCLING (DS) 9:00 AM PILATES (KH) 4:00 PM Butt, Thighs & Guts (KH) 5:00 PM CYCLING(RW)	<b>15</b> 8:30 AM Water X (CL) 10:00 AM GENTLE YOGA (LR) 5:00 PM CYCLING (KH)	<b>16</b> 9:00 AM TOTAL BODY (RK) 4:15 PM CYCLING (RK) 5:00 PM CORE ESSENTIALS (RK) 5:45 PM ESSENTIAL STRETCH (RK)	<b>17</b> 8:30 AM WATER X (KH) 10:00 AM GENTLE YOGA (LR) 5:15 PM CYCLING (RW)	<b>18</b> 6:15AM CYCLING (DS)
<b>21</b> 6:15 AM CYCLING (DS) 9:00 AM PILATES (KH) 4:00 PM Butt, Thighs & Guts (KH) 5:00 PM CYCLING(RW)	<b>22</b> 8:30 AM WATER X (KH) 10:00 AM GENTLE YOGA (KH) 5:00 PM CYCLING (RW)	<b>23</b> 9:00 AM TOTAL BODY (RK) 4:15 PM CYCLING (RK) 5:00 PM CORE ESSENTIALS (RK) 5:45 PM ESSENTIAL STRETCH (RK)	<b>24</b> 8:30 AM WATER X (KH) 10:00 AM GENTLE YOGA (KH) 5:15 PM CYCLING (RW)	<b>25</b> 6:15AM CYCLING (DS)
<b>28</b> <b>Closed for Memorial Day</b>	<b>29</b> 8:30 AM WATER X (KH) 10:00 AM GENTLE YOGA (KH) 5:00 PM CYCLING (RW)	<b>30</b> 9:00 AM TOTAL BODY (RK) 4:15 PM CYCLING (RK) 5:00 PM CORE ESSENTIALS (RK) 5:45 PM ESSENTIAL STRETCH (RK)	<b>31</b> 8:30 AM WATER X (KH) 10:00 AM GENTLE YOGA (KH) 5:15 PM CYCLING (RW)	<b>(June 1)</b> 6:15 am Cycling (DS)

# CLASS DESCRIPTIONS

**CORE ESSENTIALS**—A strong core is essential to daily living. Protect yourself from injury and tone your mid-section in this workout geared towards functional strength. Appropriate for ALL abilities, modifications will be given. **45 Min.**

**GENTLE YOGA**—Gentle Yoga presents an introduction to basic yoga poses. The class is designed to enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations. Classes will offer modifications for all abilities. **60 Min.**

**PILATES**—The ultimate method to tone, streamline and realign your body. Emphasizes building and lengthening the muscles to improve strength, posture, flexibility and balance. **60 Min.**

**BUTT, THIGHS & GUTS**—This class will focus on the toning of muscles in the lower extremity & core (quads, glutes, abdominals, obliques and hamstrings). The strengthening of these muscles will aid in overall fitness and help prevent injury. Circuit training and cardio exercises will be used to their potential to maximize results.! **45 Min.**

**WATER EXERCISE**—An energized class for all levels using the water as resistance to achieve a great cardiovascular workout with reduced stress on all joints. The resistance of the water helps strengthen joints and muscles and increases flexibility. **60 Min.**

**FREE WATER X CLASSES MAY 17-31. THANK YOU FOR YOUR PATIENCE.**

**CYCLING**—This 45 minute class will focus on the multiple fitness benefits of cycling including muscular strength and aerobic and anaerobic training. Workouts are appropriate for all individuals, and can be modified to your individual goals and needs. Rides will include various forms of interval training, “pace-line” training, hill climbing, sprinting, and/or endurance training. **45 Min** Please call to reserve a seat.

**TOTAL BODY**—Tone your entire body utilizing a wide variety of equipment including weights, bands, stretch cords, balls and more! Gain strength and feel great. **45 Min.**

## CLASS FEES AND PUNCH CARDS

Classes are not included in membership at MMC. Separate fees apply. We will keep the card and punch for every class you attend. You will not lose out if you miss a class. Separate cards are required for Land, Aqua and Cycling.

## ADDITIONAL INFORMATION

All water exercise classes will meet at the Stoney Creek Inn pool, located right off Hwy 20, across from McDonalds. Upon entering the hotel, your instructor will greet you and open the pool door for you. Please arrive 10-15 minutes early for all water classes, as changing facilities are limited. We ask that you bring you own towel. All other classes will meet in either the Studio room or Cycling room located in the Midwest Health & Fitness Center.

### **PUNCH CARDS: BUY 10 CLASSES FOR THE PRICE OF**

	MMC Members	Non-Members
Land Classes	\$5	\$7
Aqua/Cycling Classes	\$6	\$8
Land Punch Card	\$40	\$56
Aqua/Cycling Punch Card	\$48	\$64

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