

SPRING 2012 Weekly Schedule

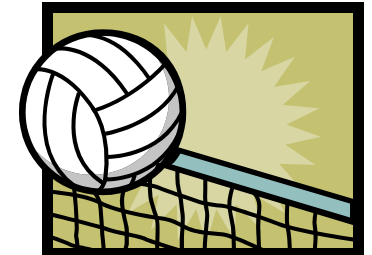
Mondays

12:15pm -1:00pm – Kickboxing
2:30pm – 4:00pm - Volleyball
4:00pm-7:00pm – Soccer



Tuesdays

12:15pm – 1:00pm - Step Aerobics
1:00pm – 3:00pm - Volleyball



Wednesdays

12:15pm – 1:00pm - Boot Camp



Thursdays

12:15pm – 1:00pm - Yoga
4:00pm – 5:00pm – Alternative
Dancing (Hip Hop)



COURSE DESCRIPTIONS

- **Kickboxing**
A combination of aerobics, boxing, and martial arts, Kickboxing is a great full body cardio workout.
- **Soccer**
No Hands, use your feet! Gym available for open soccer, Mondays, 4-7pm.
- **Step Aerobics**
Sue takes you through a highly cardiovascular workout using steps and quick choreographed movements. It's suitable for beginners and advanced participants due to Sue's style. She shows a low intensity and high intensity alternative to the moves!
- **Volleyball**
Jump, Set, Hit! Gym available for open volleyball, Mondays 2:30-4pm and Tuesdays 1-3pm.
- **Boot Camp**
Burn, baby, burn! Battle it out with your body as you challenge your cardiovascular endurance using a variety of exercise equipment. Excellent for burning calories.
- **Yoga**
Focus on your mental, physical and spiritual wellness as you relax, stretch and tone your muscles in Yoga class with Denine.
- **Alternative Dance**
Learn some great new dance moves in this Hip-Hop focused Alternative Dance class. Class begins with stretching and some warm ups, then you can get into the groove with this instructor led class.