



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective January 7, 2012

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack of attendance.
- Cycling tickets are available at the front desk 15 minutes prior to the start of class. Class size limited to 23 riders.

GROUP EXERCISE SCHEDULE

CLARK COUNTY BRANCH

GROUP FITNESS STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 6:00-7:00 a.m. Jeana	TurboKick 8:00-8:50 a.m. Lisa	BODYPUMP 6:00-7:00 a.m. Roxanne	TurboKick 8:00-8:50 a.m. Lisa	BODYPUMP 6:00-7:00 a.m. Tami	BODYPUMP 8:15-9:15 a.m. Roxanne	
Forever Fit 9:00-9:50 a.m. Tami	Circuit 9:00-9:50 a.m. Jeana	The Silver Sneakers Fitness Program Cardio Circuit 9:00-9:45 a.m. Kate	Circuit 9:00-9:50 a.m. Jeana	Forever Fit 9:00-9:50 a.m. Ginger		
TurboKick 10:00-10:55 a.m. Lisa	BODYPUMP 10:00-11:00 a.m. Lori	TurboKick 10:00-10:55 a.m. Jeana	BODYPUMP 10:00-11:00 a.m. Shannon	TurboKick 10:00-10:55 a.m. Amanda J.	Taekwondo 10:00-11:00 a.m.	Ab Express 12:40-12:55 p.m. Deana
	The Silver Sneakers Fitness Program 11:15-12:00 p.m. Kate		The Silver Sneakers Fitness Program 11:15-12:00 p.m. Sheri			TurboKick 1:00-1:50 p.m. Deana
BODYPUMP 4:15-5:15 p.m. Sheri	Turbo Kick 4:15-5:00 p.m. Amanda J.	BODYPUMP 4:15-5:15 p.m. Jeana		Zumba 4:15-5:00 p.m. Mandi		BODYPUMP 2:00-3:00 p.m. Deana
TurboKick 5:30-6:20 p.m. Jeana	BODYPUMP 5:15-6:15 p.m. Tami	Circuit 5:30-6:20 p.m. Shannon/Angie	BODYPUMP 5:15-6:15 p.m. Lori	Ab Express 5:10-5:25 p.m. Amanda J.		
BODYPUMP 6:30-7:30 p.m. Shannon	Cardio Sculpt 6:30-7:15 p.m. Brooke	BODYPUMP 6:30-7:30 p.m. Whitney	Cardio Sculpt 6:30-7:15 p.m. Brooke	TurboKick 5:30-6:20 p.m. Amanda J.		
	Zumba 7:30-8:15 p.m. Kate		Zumba 7:30-8:15 p.m. Kristie	BODYPUMP 6:30-7:30 p.m. Ariel		

CYCLING/ACTIVITY STUDIO (MPR = Meet in Multipurpose Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength Ride 6:00-6:45 a.m. Sue		Strength Ride 6:00-6:45 a.m. Roxanne		Strength Ride 8:15-9:00 a.m. Lori/Brooke	
Strength Ride 9:00-9:45 a.m. Jeana	Strength Ride 9:00-9:45 a.m. Lori	Strength Ride 9:00-9:45 a.m. Shannon	Strength Ride 9:00-9:45 a.m. Shannon	Strength Ride 9:00-9:45 a.m. Sue	Power Yoga 9:15-10:30 a.m. Kristi	
Stretch and Balance 10:15-11:00 a.m. Tami	Yoga (MPR) 9:00-9:55 a.m. Ludmila	Strength Ride 10:00-10:45 a.m. Lori	Yoga (MPR) 9:00-9:55 a.m. Ludmila	Stretch and Balance 10:15-11:00 a.m. Ginger		Strength Ride 1:00-1:45 p.m. Rotation
	Core Fusion 10:00-10:55 a.m. Whitney		Core Fusion 10:00-10:55 a.m. Sheri			PiYo 2:00-3:00 p.m. Whitney
Strength Ride 5:30-6:15 p.m. Sheri	Below the Belt 5:30-5:55 p.m. Angie	Core Fusion 5:30-6:15 p.m. Whitney	Below the Belt 5:30-5:55 p.m. Angie			
	Above the Belt 5:55-6:20 p.m. Angie		Above the Belt 5:55-6:20 p.m. Angie			
PiYo 6:30-7:25 p.m. Sheri	Zumbatonic Lil Starz (MPR) 5:30-6:00 p.m. Mandi	Strength Ride 6:30-7:15 p.m. Angie/Shannon	Zumbatonic Lil Starz (MPR) 5:30-6:00 p.m. Mandi			
	Zumbatonic Big Starz (MPR) 6:00-6:30 p.m. Mandi		Zumbatonic Big Starz (MPR) 6:00-6:30 p.m. Mandi			
	Strength Ride 6:30-7:15 p.m. Tami		Strength Ride 6:30-7:15 p.m. Janelle			

GROUP EXERCISE CLASS DESCRIPTIONS

Ab Express

An intense and effective fifteen-minute class targeting the abdominal region. (B)

Above the Belt

This class will focus on the upper body improving strength and definition. Free weights, body bars, medicine balls and resistance bands will be used. (B)

Below the Belt

A class designed to improve lower body muscle strength and definition using free weights, body bars, medicine balls and resistance bands. (B)

BODYPUMP

The revolutionary new weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. Bodypump is a simple, athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners right through to experienced exercisers. (B)

Cardio Sculpt

This cardio combination class is perfect for those desiring a low to moderate cardio workout. Cardio will be combined with a firming and toning portion followed by a stretch that will leave your body feeling totally worked. (B)

Circuit

An intense, athletic based, cardio workout combined with muscle strengthening stations.

Core Fusion

A combination of strength movements to target the back, abs and other problem areas. BOSU® balance trainers, stability balls, medicine balls and Bodybars may be used in this class. (B)

Forever Fit

This low impact aerobic class is perfect for any beginner, pre/post natal women, and older adults who want to make fitness part of their life. (B)

PiYo

If you enjoy the stretch and challenge of yoga but also enjoy the strength and core control of Pilates then this is the class you want. It combines both trainings into a challenging workout. (B)

Power Yoga

An energized and vigorous yoga practice that will build strength, flexibility, endurance, and mental focus through a moderately fast paced sequence of poses. While this class will challenge all fitness levels, beginners are welcome. Please come prepared to sweat.



“Get fit, have fun and make friends” that’s the motto of the Silver Sneakers fitness program that was designed exclusively for older adults. The class is designed to increase strength, range of movement, agility, balance, coordination and to improve participants’ functional capacities, physical fitness level and sense of well being. (B)



Cardio Circuit

Increase your cardiovascular and muscular endurance with this high-energy circuit workout. You’ll use hand-held weights, elastic tubing with handles, and the Silver Sneakers ball to increase upper-body strength. The multi-level, equipment-based workout is alternated with non-impact aerobics. Complete your total-body workout with a cooldown, stretching and relaxation. (B)

Strength Ride

In this traditional stationary cycling class, you will experience a variety of cycling situations, including hill climbs, fast flats and exhilarating finishes while focusing on speed, power, intensity and technique. (B)

Stretch & Balance

General stretches for every muscle group, beginner yoga postures and balancing are the focus for this class. (B)

TurboKick

The hottest new athletic based kickbox class that will challenge you physically and mentally.

Yoga

A low impact exercise regimen that encourages stress management, blood pressure control, and increased muscle strength and flexibility. (B)

Zumba

“Ditch the workout, join the Party” is Zumba’s motto. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including cumbia, meringue, salsa, reggaeton, mambo and calypso. Selections include both fast and slow rhythms to help.

KIDS CLASSES

Zumbatomic

Zumbatomic classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Lil Starz: Ages 4-7

Big Starz: Ages 8-13

B – Beginner Friendly