



# JAN./FEB. 2012

# AEROBICS, FITNESS & SPINNING SCHEDULE

START TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15		Weight Circuit Annette					
8:30	Zumba Chris R.	SPINNING Naomi	Major Tone Up Trina	SPINNING LuAnn		Power House Trina / Angela	
8:45					Senior Boot Camp Annette		
9:00					Water Aerobics Paula (begins at 9:15am)		Cardio Circuit Marcy
9:30	YOGA Duane		YOGA Duane				
9:35		Weight Circuit Sue		Weight Circuit Ann	Mat Pilates Trina	Weight Circuit ROTATING	
10:00		Water Aerobics Paula		Water Aerobics Paula			
10:30						Water Aerobics Paula	
10:35	Senior Aerobics Sandy		Senior Aerobics Trina		Chairobics Trina/Audrey		
11:30	Chairobics Sandy						
2:00							
5:30							
6:00	Major Tone Up Lisa	Fitball Trina	Mat Pilates Chris S.				
6:00	Water Aerobics Tarshia		Water Aerobics Donna				
6:30				Ripped Angela			
7:00		YOGA Chris S.	Zumba Chris R.				
7:30							

Jan. 2 - Feb. 29

All classes are 55 minutes or less unless stated otherwise.

Cardio and Weight Circuit Classes are held in the Fitness Center.

Water Aerobics held at Indoor Pool.

All other classes are held in the Aerobics Studio.

www.chancellors.org

Phone: 713.772.9955

**Cardio Circuit:** Participants perform rotating cardiovascular intervals on the various cardio machines in the fitness center. A fat burning and endurance building workout.

**Chairobics:** A choreographed workout using light dumbbells and gentle chair stretching. You will tone up all of your major muscle groups as well as lengthen them. Simple yet effective!

**Core & More:** Flexibility training and core work to build abdominal and back strength.

**Fit Ball:** This class will increase endurance as well as enhance strength, balance, coordination, core stability and functional performance. Exercises utilize the stability ball.

**Major Tone-Up:** A choreographed workout using a weighted bar and/or dumbbells. You will tone up all of your major muscle groups.

**Mat Pilates:** This class will increase your core strength and tone your muscles to give you a lean physique. This class involves slow and controlled movements.

**Power House:** A weekly rotating class that will feature class formats such as Hi/Lo Step, Zumba, Major Tone-Up, and others.

**RIPPED:** Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of **R.I.P.P.E.D.** to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective...

**Senior Aerobics:** Class geared for the "Young at Heart". A Lo-Impact floor workout combined with strengthening and stretching exercises. This class is NOT for Seniors only. Beginners are encouraged and welcome.

**Spinning®:** A unique 45 minute stationary cycling class that brings the element of athletic training to people of all ages and fitness levels. This high energy class integrates music, camaraderie, and visualization in a complete mind/body exercise routine.

**Turbo Kick:** This class is a revolutionary group exercise program that has changed the direction of kickboxing. Inspired by dance, Tae Kwan Do, boxing, Tai Chi, and funk, it is the ideal kickboxing workout.

**Weight Circuit:** A 60 minute fitness center class where participants perform intense resistance training in 45 second intervals. Workout includes upper and lower body exercises as well as abdominal work. (Participants must know how to use all of the equipment before attending 1st class).

**Water Aerobics:** This class lets the coolness, and smoothness of water provide all the muscle resistance you need to benefit from a great cardio workout without the wear and tear on your joints of traditional methods. You can take the class at your own pace, and is great for all ages.

**Yoga:** Yoga is a 8,000 year old art of total fitness. It promotes toning of body organs, calming of the nerves, and strengthening of the muscles. Emphasis is on body alignment, increased bone density, and flexibility. Yoga is age defying!!

**Zumba:** Zumba combines high energy, motivating, Latin based music with unique moves and floor combinations. Participants can dance away their worries. Zumba is for all fitness levels.