



# March 2015

## AEROBICS, FITNESS & SPINNING SCHEDULE

START TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30		SPINNING Naomi	Major Tone Up Trina	SPINNING LuAnn	Zumba Chris R.		
8:45					Senior Boot Camp Annette		
9:00						Power House Rotating	Cardio Circuit Marcy
9:00							
9:30		Water Aerobics Marcia		Water Aerobics Marcia	Water Aerobics Marcia	Water Aerobics Marcia	
9:30	YOGA Duane		YOGA Duane		Mat Pilates Trina		
9:35		Weight Circuit Sue		Weight Circuit Ann		Weight Circuit Annette	
10:00							
10:35	Senior Aerobics Sandy		Senior Aerobics Trina		Chairobics Trina/Audrey	<b>March 2nd - April 5th</b> All classes are 55 minutes or less unless stated otherwise. Cardio and Weight Circuit Classes are held in the Fitness Center. All other classes are held in the Aerobics Studio. Water Aerobics held at the Indoor Pool until further notice.	
11:30	Chairobics Sandy						
1:00							
5:30							
6:00				Cardio Step Trina			
6:00							
6:30	FIT with Nick Nick	YOGA Ruth					
7:00			Zumba Chris R.				
7:30							

www.chancellors.org

Phone: 713.772.9955

No Fitness Classes April 3rd through April 5th  
Club closed on Sunday, April 5th.

**Power House Schedule:**

3/7 Instructor's Choice w/Trina

3/14 Zumba w/Chris

3/21 Instructor's Choice w/Trina

3/28 Zumba w/Chris

\*Schedule subject to change

**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!

**FIT with Nick:** Let Nick energize your strength and cardio workout by adding a variety of exercise drills that will increase your overall fitness level and decrease your workout boredom. Workouts will consist of cardio exercises, shadow boxing, strength training, speed ladder drills, cone drills, partner drills, and heavy rope drills.

**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.

**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.

**Senior Boot Camp:** A class for all ages that focuses on building your balance, endurance and strength through stationed based exercises. Participants work at their own pace.

**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.

**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.