



FEBRUARY 2012



McLaren Fitness Group Exercise Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a		TurboKick/ Zumba Judi		PiYo Judi	Step/ Sculpt Judi	February 4 th 8a CardioKick 9a PiYo Paula
7:00a-8:00a		Sunrise Yoga Debb		Sunrise Yoga Debb		February 11 th 8a Step 9a Body Sculpt CINDY
8:30a-9:30a	CardioFuse Judi	CSI Judi	StepFuse Judi	CSI Kristy	CardioFuse Kristy	10:30a-1:30p Aikido Basics BILL
10:15a-11:15a	Silver Sneakers® YogaStretch Judi	Silver Sneakers® MSROM Judi	Silver Sneakers® YogaStretch Judi	Silver Sneakers® MSROM Kristy	Zumba Gold Judi	February 18 th 8a Step 9a Body Sculpt Jeni 10:15a-11:15a Yoga Sharon
4:15p-5:15p	Body Sculpt/Zumba Toning Judi	Vinyasa Yoga Austen	Muscle Up! Lisa	Vinyasa Yoga Austen	Zumba Judi	February 25 th 8a Zumba 9a PiYo Judi
5:30p-6:30p	SuperStep Kristy **5:30p-6:45p**	Cardio Kickboxing Barb	Step/Sculpt Cindy	Zumba Judi	Mat Pilates Catherine	
6:30p-7:00p		PiYo Express Barb		Butt and Gut Judi Barb Paula		
7:00p-8:00p	Yoga Flow Sharon	Aikido Scott **7:15p-8:45p**	Yoga Flow Sharon **6:45p-7:45p**	Aikido Scott **7:15p-8:45p**		

Group Exercise Classes: \$7/class; Punchcards \$50/12 or \$75/24 for nonmembers

Specialty Classes: \$10/class; Punchcards \$80/10 for nonmembers

MMCC Students: Cannot take: Aikido, Mat Pilates, SilverSneakers, and Yoga

Questions? Call 989.779.5602 and ask for Kristy or look for us on the Web:

www.wcfitness.org and www.facebook.com/mclarenfitness

Class Descriptions:

Aikido: A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. *Moderate*

Aikido Basics: This class is for those interested in learning the basics of Aikido, a defensive martial arts class. It is to help solidify the basic Aikido techniques and cover even more basic aspects that support Aikido techniques. Basic terminology will also be reviewed over time. *Beginner*

Body Sculpt: A total-body work-out designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, physioballs and dumbbells. *All Levels*

Butt and Gut: A half hour of a variety of abdominal and glute exercises to strengthen these key areas of the body. Various materials may be used: physioball, BOSU, bands, Body Bars, step, dumbbells, and/or body weight. *All Levels*

CardioFuse: A good mix of CardioKickboxing OR Step and sculpting! The first half is Kickboxing OR Step...just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing and Step. *Moderate*

Cardio Kickboxing: Discover strength and attitude through an intense cardiovascular workout combining jabs, punches, kicks, blocks, and easy-to-follow combinations that may include using punch shields and mitts. Abdominal training, toning, and stretching are included. *Moderate/Advanced*

CSI (Cardio Strength Interval): High Intensity Interval Training (HIIT) using various exercise materials for both cardio and strength. A great class to improve endurance! Be prepared to sweat! *Advanced*

Mat Pilates: This is a mat-based class focusing on a classical Pilates repertoire to achieve core stability and optimal postural alignment. A flexibility component will include yoga stretches. *All Levels*

Muscle Up!: Build muscle and boost your metabolism! This 60 minute strength class targets the entire body increasing your muscle tone. Class participants use free weights and his/her own body weight. *All Levels*

PiYo: A dynamic, faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. This class is great for core strength, balance, and flexibility. *All Levels*

PiYo Express: Same as PiYo (see above), but condensed into a half hour. A great way to stimulate your core in a shorter time-frame! *All Levels*

SilverSneakers® MSROM (Muscle Strength and Range of Motion): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. *Beginner*

SilverSneakers® YogaStretch: YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. *Beginner*

StepFuse: A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various strength materials. *Moderate*

Step/Sculpt: Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. *Moderate/Advanced*

Sunrise Yoga: Meet the day as you stretch, relax, and renew! Linking breathing with movement to strengthen, build stamina and balance! *All Levels*

SuperStep: An extra 15 minutes of Step fun! A cardiovascular conditioning class with high-intensity and low/high-impact choreography using a step platform. All are welcome if you want a challenge! *Advanced*

TurboKick: A class that combines traditional group exercise techniques and martial arts. It is a cardiovascular challenge with a sport specific warm-up, bouts of intense cardio intervals with easy-to-follow combinations, kickboxing specific strength/endurance training, and a cooldown. *Moderate/Advanced*

Vinyasa Yoga: "Vinyasa" means "synchronized movement". By linking the movement with the breath, participants build an internal heat which purifies the body and mind. This class can be a physically challenging practice, but all are welcome! *Intermediate*

Yoga Flow: Continuous flow of movement including twists, arm balances, and inversions. All are welcome if you want a challenge! *Advanced*

Zumba: Zumba is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. Zumba provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have hesitated to join group exercise classes. *All Levels*

Zumba Gold: This class is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. *Beginner*

Zumba Toning: Zumba Toning takes the original Zumba dance-fitness class to the next level with the addition of light weight toning sticks or dumbbells. It was created to emphasize muscle work along with rhythms. *All levels*