Group Exercise



Schedule: Fall 2012 updated 9/5/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30					Spin Tracy	
6:00	Jazzercise- Add'l pass needed		Jazzercise- Add'l pass needed		Jazzercise- Add'l pass needed	
7:30						Spin Tracy
8:00	Jazzercise- Add'l pass needed		Jazzercise- Add'l pass needed		Jazzercise- Add'l pass needed	
8:30						Fit Factory Tracy
8:30						Jazzercise- Add'l pass needed
9:00	30/30 Cardio & Strength Jana	Pilates Express (30 min) Natalie		Pilates Express (30 min) Natalie	Step and Strength Jana	
9:30	Jazzercise- Add'l pass needed	Spin Natalie		Spin Natalie	Jazzercise- Add'l pass needed	
10:00						
10:15	Core (30 min) Jana				Core (30 min) Jana	
10:30		Muscle Blast (30 Min) Natalie		Muscle Blast (30 Min) Natalie		
11:00	Total Body Conditioning for Women Jana	Pilates Fusion (45 min) Natalie		Pilates Fusion (45 min) Natalie	Ball Class Jana	
5:30	Spin Sharron		Spin Sharron			
5:30	Jazzercise- Add'l pass needed	Jazzercise- Add'l pass needed		Jazzercise- Add'l pass needed		
6:45	Fit Factory Tracy		Fit Factory Tracy			
7:00		Zumba Debra		Zumba Debra		

Redmond Fit Pass

Valid for classes September 1– December 31 Drop-in fee: \$5 for Zumba, all others \$7 30 day Unlimited: \$60 R/ \$72 NR 30 day Jazzercise add-on \$37 R/ \$45 NR 4– Month Unlimited: \$200 R/ \$240 NR 4– Month Spin Unlimited \$150 R/ \$180 NR

- You must bring your card to each class
- \$10 replacement fee for lost cards
- Classes may be cancelled due to continual low attendance. Classes with less than 3 people, 5min after the start time will not run for the day.



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Fall Class Details

30/30 Cardio and Strength:

This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio, and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout

Ball Class:

Build core strength and body awareness in this hour long class designed to develop flexibility, stamina in every part of your body.

Core Workout:

Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques.

Fit Factory: Build yourself a better body! This 60-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, fun instruction and your choice of weight inspire you to get the results you came for – and fast! The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Jazzercise Add-on:Push your bodyfind your beat! Each 60-minute Jazzercise class offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements into easy to follow dance routines. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall 'feel good' factor.

Muscle Blast: Strength training isn't just for the weight room. Muscle Blast is the ultimate class designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, TRX, stability balls, and more. This class is fun, effective, and for all levels of fitness.

Pilates Express:Condition your body using unique stretching and strengthening exercises that tone muscles, improve posture, and promote flexibility. This class is open to all levels and is a great add-on before your cardio workout.

Pilates Fusion: This program integrates mind-body focus based on the principles of Pilates and fitness conditioning. There is a strong emphasis on core strength, balance and flexibility in a safe and effective environment. All fitness levels welcome.

Spin:

Come take a ride on our LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience. Please bring a towel and water bottle.

Step and Strength:

Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels will be shown so you can work on your own level. Step is followed by a total body workout, core included, followed by relaxing stretches.

Total Body Conditioning for Women:

Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.

ZUMBA®:

Zumba fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required