

THE I'ON CLUB GROUP FITNESS — *Schedule* —

- MONDAY -	- TUESDAY -	- WEDNESDAY -	- THURSDAY -	- FRIDAY -
5:30 a.m. BOOT CAMP* (60) Shane	6 a.m. SPIN ABS** (55) Stephanie	5:30 a.m. BOOT CAMP* (60) Wade	8 a.m. INSANITY** (50) Maggie	5:30 a.m. BOOT CAMP* (60) Brennan
8:10 a.m. HIIT** (30) Deniece	8 a.m. INSANITY** (50) Maggie	7 a.m. MEDITATION † (45) Mimi	8 a.m. YOGA w/ WEIGHTS† (60) Mimi	8:10 a.m. CIRCUIT BURN* (30) Deniece
8:45 a.m. BODY BLAST* (45) Stephanie	8 a.m. YOGA† (60) Mimi	8 a.m. PILATES MAT † (60) Mimi	9:15 a.m. CARDIO ABS** (60) Maggie	8:45 a.m. BODY BLAST* (45) Deniece
9:30 a.m. VINYASA FLOW † (60) Jill	9:15 a.m. CARDIO ABS** (60) Maggie	8:10 a.m. CIRCUIT BURN* (30) Deniece	10:30 a.m. AQUA AEROBICS (60) Karen	9:30 a.m. VINYASA FLOW† (60) Patrick
10:30 a.m. AQUA AEROBICS (60) Karen	10:30 a.m. AQUA AEROBICS (60) Karen	8:45 a.m. BODY BLAST* (45) Deniece	11 a.m. STRETCHING† (45) Maggie	10:30 a.m. AQUA AEROBICS (60) Karen
11 a.m. SENIOR FIT** (60) Joy	11 a.m. STRETCHING† (45) Maggie	9:30 a.m. VINYASA FLOW † (60) Jill	12 p.m. VINYASA FLOW† (60) Jill	11 a.m. SENIOR FIT** (60) Joy
12 p.m. POWER UP/ POWER DOWN** (60) Maggie	7 p.m. TORCH** (30) Stephanie	10:30 a.m. AQUA AEROBICS (60) Karen	7 p.m. TORCH** (30) Stephanie	12 p.m. POWER UP/ POWER DOWN** (60) Maggie
		11 a.m. SENIOR FIT** (60) Joy		
		12 p.m. POWER UP/ POWER DOWN** (60) Maggie		
		6 p.m. KETTLEBELL CARDIO** (55) Stephanie		
		7 p.m. SPIN** (45) Stephanie		
				- SATURDAY -
				8 a.m. SPIN** (45) Stephanie
				9 a.m. KETTLEBELL CARDIO** (55) Stephanie
				10 a.m. YOGA† (60) Patrick
				11 a.m. BEGINNER YOGA† (60) Patrick

THE I'ON CLUB CLASS DESCRIPTIONS

AQUA AEROBICS

Get in a great cardiovascular workout, tone muscle, and increase flexibility, all in the comfort of the pool!

Intensity Level: 1-2

BEGINNER YOGA †

The yoga class is gentle, and perfect for beginner students of yoga.

Intensity Level: 1-2

BODY BLAST*

This class is a "blast" and focuses on toning and strengthening of all muscle groups.

Intensity Level: 2

BOOT CAMP*

Get a head start on your day! This early morning workout includes running, resistance training, and calisthenics.

Intensity Level: 3

CARDIO ABS**

Designed to rock your core, this class will get your heart pumping, burn fat, and attack your abs from every angle.

Intensity Level: 2-3

CIRCUIT BURN**

High intensity, full body, calorie blast intended to increase your heart rate, make you sweat, and burn calories fast! This 30 minute class consists of 8-12 stations.

Intensity Level: 3

HIIT**

HIIT (high intensity interval training) includes repeated short bursts of exercise, followed by brief recovery periods. Exercises are basic but can be modified to increase or decrease intensity for any level.

Intensity Level: 3

INSANITY**

You've seen it on TV, now try it at the club! This total body interval training class will challenge you to dig deep, and improve endurance and muscle composition. Burn calories, and have a lot of fun in the process. This class can be modified for all fitness levels. **Intensity Level: 3**

KETTLEBELL CARDIO**

Swing and sweat it out in this heart-pumping workout! This 55-minute class combines muscle strengthening kettlebell work with calorie-torching cardio for an exciting total body workout.

Intensity Level: 2-3

MEDITATION †

A 45 minute guided meditation to calm your mind, settle your body and find a softer focus to your day.

Intensity Level: 1

PILATES MAT †

Pilates Mat focuses on fluid floor work excersizes designed to improve flexibility, strength, and coordination.

Intensity Level: 1-2

POWER UP/POWER DOWN**

Lunchtime just got more intense! Power Up and Power Down are separate, complimentary midday classes. Power Up pairs strength training with cardio drills in a circuit-training setting. Power Down focuses on deep muscle strengthening and stretching. **Intensity Level: 2-3**

SENIOR FIT**

This group exercise class is designed specifically for seniors looking to become more physically active. This class will increase balance, decrease loss of bone density boost confidence and alertness, and improve overall physical function.

Intensity Level: 1

SPIN**

This is a calorie-burning ride to heart-thumping music! Improve endurance, cardiovascular fitness, and lower body strength. **Intensity Level: 2-3**

SPIN ABS**

This class pairs a 40-minute spin class with 10 minutes of abs and 5 minutes of stretch.

Intensity Level: 2-3

STRETCHING †

Improving your flexibility is an important component of good health at any age. This 45-minute class focuses solely on total body stretching. **Intensity Level: 1**

TORCH*

High intensity, full body, calorie blast intended to increase your heart rate, make you sweat, and burn calories fast! This 30 minute class consists of 8-12 stations.

Intensity Level: 3

VINYASA FLOW †

This energetic practice will emphasize strength building postures in a mindful manner. Proper alignment and breathing techniques will be emphasized in long, heat-building holds. This practice also improves flexibility and balance to the mind and the body. **Intensity Level: 2-3**

YOGA AND YOGA WITH WEIGHTS †

The yoga class is gentle, and perfect for those looking for greater flexibility and a relaxing workout. In Yoga with Weights, enjoy all the benefits of traditional yoga with the use of small hand weights.

Intensity Level: 1-2

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