

MCLAREN FITNESS

September 2018

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Kristy 9/17 Annie 9/10, 9/24 5:30-6:30a NO CLASS 9/3</p> <p>-----</p> <p>Silver Sneakers Yoga Barb 10:15-11:15a NO CLASS 9/3</p> <p>-----</p> <p>Body Sculpt Catherine 4:30-5:15p NO CLASS 9/3</p> <p>-----</p> <p>Step/Sculpt Cindy 5:30-6:30p NO CLASS 9/3</p> <p>-----</p> <p>PM Pedal Power Catherine 5:30-6:15p NO CLASS 9/3</p> <p>-----</p> <p>Yoga/Pilates on 9/17</p> <p>-----</p> <p>Pilates for Golfers 9/10and 9/24 Catherine 6:30-7:30p NO CLASS 9/3</p>	<p>Rip & Ride Kristy 5:30-6:30a</p> <p>-----</p> <p>Silver Sneakers Classic Kenny 10:15-11:15a</p> <p>-----</p> <p>Lunch Crunch Cycle Jennifer 12:15-1:00p</p> <p>-----</p> <p>Booty & Body Sculpt Barb 5:30-6:15p</p> <p>-----</p> <p>Cycling Laura 6:00-7:00p</p> <p>-----</p> <p>Aikido Scott 6:30-7:45p</p>	<p>Rip & Ride Kristy 7:45-8:45a</p> <p>-----</p> <p>Silver Sneakers Yoga Paula 10:15-11:15a</p> <p>-----</p> <p>CM Ride Paula 12:15-12:45p</p> <p>-----</p> <p>Body Sculpt Catherine 4:30-5:15p</p> <p>-----</p> <p>Step/Sculpt Cindy 5:30-6:30p NO CLASS 9/5</p> <p>-----</p> <p>PM Pedal Power Catherine 6:30-7:15p</p>	<p>Cycling Annie 5:30-6:30a</p> <p>-----</p> <p>Body Sculpt Kristy 8:15-9:00a</p> <p>-----</p> <p>Silver Sneakers Classic Kenny 10:15-11:15a</p> <p>-----</p> <p>Cycling Barb 5:30-6:15p</p> <p>-----</p> <p>Zumba Angie 5:30-6:30p</p>	<p>Cycle & Core Kristy 5:30-6:30a</p> <p>-----</p> <p>Cardio Fuse Kristy 8:15-9:15a</p>	<p>September 1st NO CLASS 8:15-9:00a Cycling NO CLASS 9:15-10:15a Kids Aikido NO CLASS 11:00-12:00p Aikido NO CLASS 12:00-1:00p</p> <hr/> <p>September 8th NO CLASS 8:15-9:00a Cycling NO CLASS 9:15-10:15a Kids Aikido Scott 11:00-12:00p Aikido Scott 12:00-1:00p</p> <hr/> <p>September 15th Booty & Body Sculpt Barb 8:15-9:00a Cycling Barb 9:15-10:00a Kids Aikido Scott 11:00-12:00p Aikido Scott 12:00-1:00p</p> <hr/> <p>September 22nd Body Sculpt Kristy 8:15-9:00a Cycling Kristy 9:15-10:15a Kids Aikido Scott 11:00-12:00p Aikido Scott 12:00-1:00p</p> <hr/> <p>September 29th Body Sculpt Kristy 8:15-9:00a Cycling Kristy 9:15-10:15a Kids Aikido Scott 11:00-12:00p Aikido Scott 12:00-1:00p</p>

FEES

Specialty Classes

All Members: \$3.00/class
Nonmembers: \$8.00/class
Senior Nonmembers: \$5.00/class
Nonmember Punch card: 12 for \$84.00

Signature Classes:

All Members: Free
Nonmember: \$5.00/class
Senior Nonmembers: \$3.00/class
Nonmember Punch card: 10 Sessions(Adult): \$40.00

Signature Classes:

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

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

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

CM Ride: Ride at your own intensity level within the structure of a class. This half hour long ride will improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! **Set to Christian music. All Levels. FREE to members.**

Rip& Ride: This class is a great combination of Cycling and Sculpting! The first 30 min will be cycling, and the second 30 min will be sculpting. So if you want a little bit of everything in one class, this one's for you! **All Levels**

SilverSneakers Yoga: Offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Benefits: Yoga increases flexibility, strength, balance, and helps you relax. **Beginner**

SilverSneakers Classic: is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: this class improves overall strength, flexibility, posture, and balance. **Beginner**

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.**

Total Body Blast: Maximize your workout with this cardio and muscle strength interval class. The intervals will include short cardio bursts followed by strength training and sculpting. A variety of equipment will be utilized". **All Levels.**

Zumba: 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. **All Levels**

Specialty Classes:

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.**

Kids Aikido: Basic self-defense techniques are taught we teach them to falling properly, do front rolls, back rolls, how to take a hard fall safely and stretching. Minimum age is 8.

Mid-Morning and Lunch Crunch: Only 45 minutes, ride at your own intensity level to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance. **All Levels**

Pilates for golfers: is a routine that provides a warm-up, cool-down and conditioning drills for balance, flexibility, co-ordination and power.

P.M Pedal Power and Cycling: Because you are riding your own individual bike, you are able to ride at your own intensity level within the structure of the class. Come to experience an hour long ride to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! **All Levels.**