

Group Fitness Class Descriptions Winter 2010

60+ FUNCTIONAL FITNESS – 50+ CENTER

60 minutes. This class offers seniors a chance to increase range of motion, flexibility, strength, coordination, and balance while seated in a chair. Strength–Light Cardio–Flexibility.

60+ REJUVENATE YOUR BODY – 50+ CENTER

45 minutes. Beach balls + socializing + music = *fun*. Cardiovascular workout, + muscle conditioning + range of motion = *fitness*. Light Cardio-Strength–Flexibility.

CARDIO FIT – 50+ CENTER 40 minutes. Low impact cardio class designed for beginners, 50+, pre-postnatal and postnatal, or those looking for choreographed Cardio–Low Intensity.

CARDIO KICKBOX – STUDIO 1 60 minutes. This class is designed for all fitness levels. Upper and lower body core strengthening exercises, training in balance, stability, and stretching specifically for boxing and martial arts. Cardio–Med–High Intensity.

CORE CONDITIONING – STUDIO 2 30 minutes. class that will focus on abdominal, low back strengthening exercises and stretches. Strength.

FIT EXPRESSO – STUDIO 1 45 minutes. Class guaranteed to wake you up and get you going in the right direction. Formats may include: Hi/Lo, Step, Interval training, etc. Choreographed Cardio/Strength.

HI RIDER – LIFE CYCLE ROOM 60 minutes. A great class for beginners and advanced fitness levels!! You will learn basic seating position and riding techniques as you complete a 50-55 minute journey. Please reserve your seat by stopping at Welcome Center, no phone reservations. Cardio High-Low intensity.

JACKI'S AEROBICS – STUDIO 2 60 minutes. Come join Nan Blasy for a great cardiovascular and toning class!! Cardio-strength Low-Med. Intensity.

MOTIONLIVE – WELLNESS CENTER A circuit training class using the FreeMotion Equipment and cardio stations to give you an ultimate FULL body workout! Intensity levels vary for each individual.

MUSCLE AEROBICS – STUDIO 2 60 minutes. Use wall-mounted resistance equipment during a 30-minute aerobic sequence followed by muscle specific toning and relaxing stretches. Limit 8 per class. Choreographed Cardio-Strength Low–Med Intensity

MUSCLE PUMP – STUDIO 1 45 Minutes. An intense weight training class that focuses on specific muscle groups to attain great results. This is an intermediate to advanced level class. Strength–Med–High Intensity.

RETIREE'S GYM – SOUTH GYM 1 hour 15 minutes. Slowly warm-up with 30 minutes of moderate exercise designed to improve your range of motion and muscle tone. You may then choose to finish your workout by walking in the large gymnasium or joining an energizing game of modified volleyball. Light Cardio-Strength–Flexibility Low–Med Intensity.

SPECTACULAR SATURDAY – STUDIO 1 60 minutes. Format may include: kickboxing, step, sculpting, bootcamp, ball/pilates, or circuit training. Cardio and some Strength Low–High Intensity.

TRI CARDIO – STUDIO 1 60 minutes. Three awesome formats in one cardio filled class! Step, kickboxing, and bootcamp, all in one! Cardio Low–High Intensity.

KICKIN' CIRCUIT – STUDIO 1 60 minutes. An intense cardio class combining kicks, jabs, push-ups, core moves and much more. Hand-wraps or gloves required! Cardio–Med–High intensity.

STABILITY BALL/PILATES COMBO – STUDIO 1 60 minutes. Join this mat workout of stability ball exercises and a sprinkle of Pilates. Improve balance, posture, concentration, strength and flexibility through body control movements Strength–Core–Flexibility Low–Med Intensity.

STRETCH AND TONE – STUDIO 1 60 minutes. A non-aerobic class is designed to provide focused, intensive muscle training for the lower and upper body. Strength and Flexibility Low–Med Intensity.

ZUMBA – STUDIO 1 60 Minutes. Latin music, Latin moves, and lots of fun. Anyone can participate in this class just be ready to shake, laugh, and work hard.

ZUMBA GOLD – MIRROR ROOM 60 Minutes. A fun and innovating Latin Class designed for active older adult, the true beginner, and those not used to exercising.

For more information about our classes please contact Jodi Spiker at ext. 2251 or jspiker@MyMcc.org

Water Fitness Class Descriptions Winter 2010

AQUA THERAPY – LEVEL 1

This is an open fitness time (no instructor) designed specifically to allow those with physical disabilities and/or post-surgical or sports injury re-hab needs to work on their own in a more quiet environment.

ARTHRITIS AQUATICS – LEVEL 1

Utilize walking, stretching, wall exercises and water resistance to improve joint movement, range of motion, and flexibility in 86 degree water.

AQUACISE & SENIOR AQUACISE – LEVEL 2

Increase mobility, strength and flexibility through moderate shallow water aerobics, wall exercises, and resistance equipment.

HYDROTONING – LEVEL 3

Emphasizing toning of arms, legs and abdominal areas, while utilizing fitness belts, water noodles, etc. in deep water.

H2O WORKS & SR. H2O WORKS – LEVEL 3

These classes include - THE WORKS - intense aerobics, stretching and Hydrotoning. Get ready to work hard!!

ADULT DEEP WATER WALKING/RUNNING

If walking or running on dry land is too painful for you, then try this gentle but effective use of water resistance. *No instructor - work on your own!!* (Adults only!) East and Leisure pools 8:00 - 11:00am Monday through Friday.

For more information, please contact Beth Smith at ext. 2280 or bsmith@MyMcc.org.

Group Fitness Schedule

Winter 2010 Session I: January 3 - February 20
Session II: February 21 - April 17



**MIDLAND
COMMUNITY
CENTER**

Developing Individuals, Creating Community

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am	Hi Rider Cycle Room	MotionLive Wellness	Hi Rider Cycle Room	MotionLive Wellness	Hi Rider Cycle Room	
8:30-9:30am	Stretch & Tone Studio 1	Ball & Pilates Studio 1	Stretch & Tone Studio 1	Ball & Pilates Studio 1	Stretch & Tone Studio 1	
8:30-9:45am	Retiree's Gym South Gym		Retiree's Gym South Gym		Retiree's Gym South Gym	
8:45-9:25am		CardioFit 50+ Center		CardioFit 50+ Center		
9:00-10:00am						Spectacular Saturday
9:30-10:30am	Hi Rider Cycle Room	Lo Rider Cycle Room 45 min	Hi Rider Cycle Room	Lo Rider Cycle Room 45 min	Hi Rider Cycle Room	
9:30-10:30am	Zumba Studio 1	Kickin' Circuit Studio 1	Zumba Studio 1	Kickin' Circuit Studio 1	Challenge Friday Studio 1	
9:30-10:30am	Zumba Gold Mirror Room		Zumba Gold Mirror Room			
9:30-10:30am	Muscle Aerobics Studio 2		Muscle Aerobics Studio 2		Muscle Aerobics Studio 2	
9:30-10:30am	60+ Functional Fitness	60+ Rejuvenate Your Body	60+ Functional Fitness	60+ Rejuvenate Your Body	60+ Functional Fitness	
9:30-10:30am	MotionLive Wellness	MotionLive Wellness	MotionLive Wellness	MotionLive Wellness	MotionLive Wellness	
10:00-11:00am						Zumba Studio 1
12:00-12:45pm	MotionLive	Cardio Circuit	MotionLive	Cardio Circuit	MotionLive	
5:30-6:30pm	Tri-Cardio Studio 1	Muscle Pump Studio 1	Tri-Cardio Studio 1	Cardio Kickbox Studio 1		
6:00-7:00pm	Jacki's Aerobics Studio 2	MotionLive Wellness	Jacki's Aerobics Studio 2	MotionLive Wellness		
6:00-7:00pm	Hi Rider Cycle Room		Hi Rider Cycle Room			
6:30-7:30pm	Zumba Studio 1	Zumba Studio 1	Zumba Gold Studio 1	Zumba Studio 1		
6:30-7:30pm			Core and More Mirror Room			

Class Cancellation Policy: Immediate cancellation of a class will occur if there are 2 or less participants for 2 consecutive weeks. Classes must average 8 participants for a session otherwise the class will be cancelled or replaced with a new format.

Must sign-up for a bike for the hi/lo rider classes at the Welcome Center!

Water Fitness Schedule

Winter 2010 Session I: January 3 - February 20
Session II: February 21 - April 17

East Pool	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am	Sr. Aqua	Sr. H2O Works	Sr. Aqua	Sr. H2O Works	Sr. Aqua
9:00-10:00am	Sr. Aqua	Sr. Aqua	Sr. Aqua	Sr. Aqua	Sr. Aqua
10:00-11:00am	Aquacise	H2O Works	Aquacise	H2O Works	Aquacise
10:00-11:00am	Hydrotoning		Hydrotoning		Hydrotoning
4:30-5:30pm	Aqua Therapy			Aqua Therapy	
5:30-6:30pm	H2O Works	H2O Works		H2O Works	
5:30-6:30pm					H2O Works*
6:30-7:30pm	Hydrotoning	Hydrotoning		Hydrotoning	
Leisure Pool	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am	Sr. Aqua	Sr. H2O Works	Sr. Aqua	Sr. H2O Works	Sr. Aqua
10:00-11:00am		Arthritis Aqua		Arthritis Aqua	

*No instructor