

# **BODYQUEST GYM & FITNESS**

## GROUP FITNESS SCHEDULE Spring 2012

### **Monday**

**9:15 AM** Total Body Conditioning / Tricia  
**6:00 PM** Kickbox Kross Train / Trica  
**7:00 PM** 15 Minute AB Quest / Trica  
**7:15 PM** Yoga / Sara

### **Tuesday**

**6:00 AM** Boot Camp / Janet  
**9:15 AM** Zumba / Angelica V  
**1:00 PM** Silver Sneakers I Cardio Circuit / Terry  
**5:00 PM** Total Body Conditioning / Carinna  
**6:30 PM** Spin / Jonny K

### **Wednesday**

**8:15 AM** Spin / Angelica  
**9:15 AM** Vinyasa Yoga / Antonia  
**6:00 PM** Boot Camp / Robin

### **Thursday**

**6:00 AM** Boot Camp / Janet  
**9:15 AM** Pilates Ring / Vicky  
**1:00 PM** Silver Sneakers 1 / Jane  
**6:00 PM** Zumba / Anna  
**7:00 PM** Yoga / Frank

### **Friday**

**9:15 AM** Total Body Conditioning / Tricia  
**1:00 PM** Silver Sneakers II Cardio Circuit / Vicky

### **Saturday**

**8:00 AM** Boot Camp / Robin  
**9:15 AM** Spin / Robin

### **Sunday**

**8:00 AM** Muscle Works / Maggie / Tricia  
**9:05 AM** Spin / Donna

For more information call 845-680-0254

## Spring 2012 GROUP FITNESS CLASS DESCRIPTIONS

**ABQUEST** Tired of doing the ab routine? Give that abdominal region a fast, intense and direct hit in only 15 minutes!

**BOOT CAMP** 1-2-3-4 Get those booties off the floor!!! Come experience a challenging workout, incorporating drills and movement intervals with a personal trainers style to get your heart pumping and your muscles invigorated.

**TOTAL BODY CONDITIONING** This cardio/strength training class alternates athletic moves, high-low impact aerobics, basic step and basic kickbox with strength intervals for both upper and lower body.

**KICKBOX BODY SCULPT** Drills and combinations of traditional kickboxing moves are performed using the heavy bag to improve cardiovascular fitness.

**KICKBOX CROSS TRAIN** Enjoy non-stop body sculpting accompanied by heart pumping cardio.

**MUSCLE WORKS** Diversify your workout. Improve strength, agility and flexibility via this all-encompassing class.

**PILATES MAT** Developed over 70 years ago by Joseph H. Pilates, this discipline focuses on a higher degree of abdominal strength, full body control, and greater flexibility of the spine and limbs. Designed to elongate the muscles without creating bulk.

**ZUMBA** A fusion of four latin dances. A fun and great way to burn tons of calories

**X-CARDIO INTERVAL** This cardio/strength training class alternates athletic moves, high-low impact aerobics, basic step and basic kickbox with strength intervals for both upper and lower body

**VINYASA YOGA** This class offers a powerful sequence of flowing yoga postures designed to provide a full workout for body and soul. It emphasizes strength and flexibility through moderate padded transitions between paces.

**SILVER SNEAKERS I** This fitness class is a strengthening and conditioning class for Medicare-eligible members. It incorporates gradual Self-paced exercises and can be performed completely from a seated position, although there may be some standing for balance improvement FOR SENIORS ONLY!

**SILVER SNEAKERS II** This is the advanced strength and conditioning version of the Silver sneakers I class.

UNLESS SPECIFIED, CLASSES ARE 55 MINUTES AND FOR ALL LEVELS.  
CLASSES/INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE.