

MARCH 2010



Group Exercise Class Schedule & other programs.....

Pirate Wellness Center Hours Open:
Mon-Fri. 5:00am-9:00pm
Sat & Sun. 8:00am-4:00pm
305.744.3348

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30-9:30 am Step w/ Vicki	8:00-9:00 am Cross train w/ Vicki	8:30 -9:30 am Power Step w/Kathie	8:00-9:00 am Cross train w/ Vicki	8:30-9:30 am Power Step w/Kathie	8:15-9:15 am Spin w/Roslyn
	9:45-10:45 am Power Yoga w/ Deb	9:00-9:30 am Abs & stretch w/ Vicki	9:30 -10:00 am Body Sculpting w/Kathie	9:00-9:30 am Abs & stretch w/ Vicki	9:30 -10:00 am Body Sculpting w/Kathie	9:00-10:30 am Killer Step w/Kathie
	10:45-11:15 am Stretch/Relax w/ Deb	9:30-10:45am Yoga w/ Jane	10:15-11:15 am Power Yoga w/ Deb	10:00-11:00am Belly Dancing w/Ahz	10:15-11:15 am Spin Beginner/ Intermediate Spin w/Roslyn	10:30-11:30am Power Yoga w/Deborah
	6:00-7:00 pm Boot Camp w/ Halley	5:30-7:00 pm Bikram Yoga w/ Deb	11:15-11:45am Stretch/Relax w/ Deb	5:00-6:15pm Yoga w/Jane (Downstairs)		
		5:30-6:30pm Spin Class w/Halley	6:00- 7:00 pm Core Boot Camp w/ Halley	5:30-6:30pm Spin Class w/Halley		
		7:30-8:30pm Belly Dancing w/Ahz		6:30-7:30 pm Boot Camp w/ Halley (Downstairs)		

Please note that any class may be cancelled without notice, due to lack of attendance & class availability is strictly on a first come first serve basis. See reverse side for fees where applicable.

Belly Dancing cost is \$8.00 for Members & \$12.00 for Non-Members.

Comment	Description	Price
BASIC STEP Vicki Gladwell	Learn the cues and basic stepping principles using a 4 inch to 8inch adjustable step. A low impact workout, that will get your heart pumping and your calories burning while having fun.	Free for Members
CROSSTRAIN Vicki Gladwell	Each class is different than the last to continuously challenge you in new ways. Moving to the “oldies”, the classes are designed to increase muscular strength, balance, range of motion, and activity level for daily living skills. Hand held weights, elastic tubing, balls, any variety of equipment may be used. Have fun in a supportive environment. All levels are welcome.	Free for Members
ABS + STRETCH Vicki Gladwell	After the Cross train session, continue on for the ABS + STRETCH portion . Or come on in at 9:00am , grab a mat and weights and join in. We will be on the floor, working on your CORE and abdominals for 15 minutes then we stretch and relax the whole body out. It’s sooo nice. Suitable for all levels.	Free for Members
POWER STEP Kathy Rockett	After warming up, the 40 min. cardio stepping brings the experienced stepper to new heights. Intensity varies with your step height. Kathie takes you through different routines of stepping choreography on Wed. and Fri. She ends with 5 min of abs then stretches . You can end here or continue on to the Body Sculpting class.	Free for Members
BODY SCULPTING Kathy Rockett	A 30 min. muscle toning and strengthening class, using a variety of equipment and the steps.	Free for Members
POWER YOGA Deborah Jacobson	One hour of standing, Vinyasa Flow Yoga, is based on the Ashtanga System. Deborah leads you through a flowing series of postures to build strength, flexibility, and muscles while helping you to reduce stress and lose weight. Suitable for all levels as modifications are provided. You can stop here or continue on to the next half hour.	Non-Member \$12 Member \$4or \$50/20 Punch Card
CORE BOOT CAMP W/HALLEY HAACK	30 minutes of total Abs and 30 minutes of alternating exercise. This is a tough and strenuous class.	Free for Members
SPIN Roslyn Silva	Spinning is a vigorous workout that burns calories and keeps your muscles in shape. SPINNING PRICES WILL INCREASE IN JANUARY.....	Non-Member\$12 Members \$8
YOGA Jane Basford	Inspirational Kripalu Yoga, flows gently with the grace of movement. Postures, breathing techniques, and meditation combinations for body and mind awareness. Jane uses a variety of props. All shapes, sizes, and abilities encouraged. Prepare to laugh, bring your giggles.	Non-member \$12 Member \$4or \$50/20 Punch Card
KILER STEP Kathy Rockett	Kathy combines the Wed. and Friday step routines so you can really enjoy your workout and kick it up a notch. Designed to burn fat and improve stamina and coordination. The class ends with stretching.	Free for Members
BOOT CAMP Halley Haack	A great cardio workout that builds muscular endurance and strength. You’ll be outside and inside doing calisthenics, using mostly your upper body weight resistance, e.g. squats, pushups, sit-ups, etc. You will be jumping and pumping. A great way to burn calories. Modification to the routines are made to address all levels of fitness.	Free for Members
WAKE UP Vicki Gladwell	A full body workout where you can expect to use a variety of equipment such as bars, steps, weights, balls, and tubing. Finish up with floor work and relaxing stretching. Leave the class feeling great for the rest of the day.	Free for Members
BIKRAM YOGA Deborah Jacobson	Also known as hot yoga. Bikram yoga has 26 poses and is done in a room that is heated to 95-100 degrees this allows the body to become heated and more flexible as well as ridding the body of toxins.	Members \$4 Non-Members \$12