

# SEPTEMBER 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
	<b>8:30-9:30 am</b> <b>Step</b> w/ Kathie  <b>9:45-10:45 am</b> <b>Yoga</b> w/ Catherine  <b>10:45-11:15 am</b> <b>Stretch/Relax</b> w/ Catherine  <b>6:00-7:00 pm</b> <b>Boot Camp</b> w/ Halley	<b>8:00-9:00 am</b> <b>Cross train</b>  <b>9:00-9:30 am</b> <b>Abs &amp; stretch</b>  <b>7:00pm-8:30</b> <b>Aikido</b>	<b>8:30 -9:30 am</b> <b>Power Step</b> w/Kathie  <b>9:30 -10:00 am</b> <b>Body Sculpting</b> w/Kathie  <b>10:15-11:15 am</b> <b>Yoga</b> w/Sessie  <b>11:15-11:45am</b> <b>Stretch/Relax</b> w/Sessie  <b>6:00- 7:00 pm</b> <b>Core Boot Camp</b> w/ Halley	<b>8:00-9:00 am</b> <b>Cross train</b>  <b>9:00-9:30 am</b> <b>Abs &amp; stretch</b>  <b>6:00-7:00 pm</b> <b>Boot Camp</b> w/ Halley  <b>7:00pm-8:30pm</b> <b>Aikido</b>	<b>8:30-9:30 am</b> <b>Power Step</b> w/Kathie  <b>9:30 -10:00 am</b> <b>Body Sculpting</b> w/Kathie  <b>10:15-11:45am</b> <b>Yoga</b> w/Randy	<b>9:00-10:30 am</b> <b>Killer Step</b> w/Kathie  <b>10:45-12:00pm</b> <b>Yoga</b> w/Randy

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.

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 Non-Member \$15
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 Non-Member \$15
ABS + STRETCH Vicki Gladwell	After the Cross train session, continue on for the <b>ABS + STRETCH portion</b> . 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 Non-Member \$15
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 Non-Members \$15
BODY SCULPTING Kathy Rockett	A 30 min. muscle toning and strengthening class, using a variety of equipment and the steps.	Free for Members Non-Members \$15
YOGA Randy Dudley	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.	Member \$4 or \$50/20 Punch Card Non-Member \$15
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 Non-Member \$15
SPIN	Spinning is a vigorous workout that burns calories and keeps your muscles in shape.	Members \$8 Non-Member \$15
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.	Member \$4 or \$50/20 Punch Card Non-Member \$15
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 Non-Members \$15
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 Non –Members \$15
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 Non-Member \$15
AIKIDO John Duke	Based on the principles of balance and harmony, Aikido is an effective non-aggressive style of self-defense, focusing on awareness and taking control of a situation instead of being controlled by it. Utilizes circular movement to redirect attacks and blend and “lead” the attacker into a variety of throws or joint-tightening techniques. Because the emphasis is on blending with an attack instead of head –on, Aikido does not rely on strength and can be enjoyed by men, women and children of all ages.	Free for Members Non-Members \$15