











# CAPITALFITNESSKY.COM – JULY 2010 GROUP FITNESS CLASSES

	9-10 A.M.	10-11 A.M.	5-6 P.M.	6-7 P.M.
<u>MON</u>	<b>INTRO AEROBICS</b> ABS 9:30 Tara Linney	<b>intro to yoga</b> Tara Linney	 Susan Arnold 5:15-6:15	<b>Tone, Tighten, &amp; ABS</b>  NEW CLASS! Mona Juett 6:15-7:15
<u>TUE</u>			<b>CYCLING WITH WEIGHTS</b> Page Dickerson	<b>THE WORKS!</b>  Meghan Crosman
<u>WED</u>	<b>TONING</b>  Tara Linney	<b>yoga relax</b> Tara Linney	 Susan Arnold 5:15-6:15	<b>Triple Threat</b>  Mona Juett 6:15-7:15
<u>THU</u>			<b>CIRCUIT CYCLING</b>  Danielle Crosman	 Sherrie Goddard
<u>FRI</u>		<b>core yoga</b> Tara Linney	  Free child care service schedule: MONDAY THROUGH SATURDAY 9-11 A.M. MONDAY THROUGH THURSDAY 5-8 P.M. <b>Non-member class fee only \$5!</b>	
<u>SAT</u>		 Robin Nagel 10:10		

Class name	Instructor & Type of Class	Description
Circuit Cycling	Danielle Crosman Cycling, Intervals	Advanced. Circuits of cycling and other physical activities.
Core Yoga	Tara Linney Core	Yoga for building core strength and flexibility.
Cycling with Weights	Page Dickerson Spinning/Cycling	Cycling in a group on spinning bikes with weights.
Intro Aerobics	Tara Linney Cardio	Traditional floor aerobics class.
The Works!	Meghan Crosman Weights, Abs, Toning, More	Workout stations rotating different activities led by an instructor designed to get you a total body workout.
Toning	Tara Linney Toning	Low weight, high repetition free weights.
Tone, Tighten, ABS	Mona Juett Core/Toning/Abs	Toning and abs in an upbeat group setting.
Triple Threat	Mona Juett Intervals, Toning, Abs	Name says it all! Intervals based class with toning and abs.
Yoga (Intro)	Tara Linney Core	Also known as relaxation yoga, a good place to start.
Yoga Relax	Tara Linney Core	A slower paced class emphasizing mind and body in a relaxing atmosphere.
	Susan Arnold, Robin Nagel, Sherrie Goddard Cardio	Latin dance aerobics with Latin & hip hop music.