



Midtown Fitness Center Aerobic Class Description

2009 Aerobics Schedule

Midtown Fitness Center Aerobic Class Description

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 Cardio Bootcamp	6:00 CHC		6:00 R.P.M.	6:00 Jump'n Jab	
		8:00 Silver Sneakers®		8:00 Silver Sneakers®		8:00 Step
	9:00 Body Blast	9:00 Yoga	9:00 Core Strength	9:00 R.P.M.	9:00 Cardio Pump	8:45 Pump it UP
	9:15 Aqua	9:15 Aqua	9:15 Aqua		9:15 Aqua	9:00 R.P.M. 1hr.
	10:00 Yoga		10:00 Yoga 10:00 R.P.M.	10:00 Yoga	10:00 Yoga	9:30 All Cardio
	12:15 R.P.M.	12:15 Body Shaping	12:15 Step	12:15 Body Shaping	11:15 R.P.M.	10:15 Yoga
	3:45 Interval Training	3:45 Step	3:45 R.P.M.	3:45 All Cardio	12:15 Core Strength	
	4:30 Pump it UP	4:30 Power Yoga	4:30 CORE	4:30 Pump it UP		
	5:15 Jump'n Jab	5:15 All Cardio	5:15 Cardio Bootcamp	5:15 Interval Training		
	5:30 Aqua	5:30 R.P.M. 1hr.	5:30 Aqua	5:30 R.P.M. 45 min.		
		6:00 CORE				
	6:30 Yoga		6:30 Yoga	6:30 Yoga		

Club Hours

Weekdays	5:00 am - 12 midnight
Friday	5:00 am - 9:00 pm
Saturdays	6:00 am - 9:00 pm
Sunday	6:00 am - 9:00 pm

Child Care Hours

Weekdays	8:30 am - 8:30 pm
Saturdays	7:45 am - 1:00 pm
Sunday	Not Available

Check out our website for the aerobics schedule
www.midtownfitness.com

Aqua

Experience a total body workout in the water that is gentle on your joints. A great non-impact workout with 25 minutes of cardio and 15 minutes toning. A definite plus for all ages.

Body Blast

Take yourself to the limits with the ultimate challenge of intense cardio and resistance training. A 4:2 ratio. 4 minutes of resistance upper and lower body training to 2 minutes of intense cardio.

Body Shaping

Class consisting of use of bands, steps, resistance bands and weights to strengthen and tone the entire body.

All Cardio

Great way to burn fat and calories while conditioning your cardiovascular system. Instructor will decide class format which may include use of BOSU, Step platforms, jump ropes, or, kickbox and hi-lo routines. All fitness Levels Welcome!!

CHC

CHC is a class in which the scheduled instructor chooses the which class format and type she will lead.

Jump'n Jab

Intense total body workout! Routines will focus on proper kickbox and boxing techniques. Come learn how to pump, block and kick while strengthening your whole body.

CORE

Maximize your abdominal and back strength through basic and challenging exercises to strengthen and tone your mid section. Class may include the use of the BOSU balance trainer, the STEP, and/or weights.

Cardio Bootcamp

Increase your strength and endurance with a variety of cardio segments that keep your workouts fresh, result driven and performance wise. Workouts may include use of dumbbells, BOSU, stability balls, elastic bands and more! Simple footwork, all levels welcome, intensity modifications provided from beginner to elite.

Pump it UP

Tone, sculpt and strengthen your entire body with resistance training. You will improve your muscular strength using body bars, dumbbells, bands and other equipment with minimal rest periods between each exercise.

Interval Training

This class includes drills that increase endurance and power, cardiovascular conditioning, agility, balance, and flexibility. Cardiovascular drills will be alternated with resistance work.

Cardio Pump

60 minute class involving the BOSU and/or STEP with strengthening intervals.

Step

Combinations on and off the STEP platform. Advanced choreography and Power Options will be demonstrated. Class is appropriate for all fitness levels.

Yoga

This class will compliment the components of fitness we tend to neglect. Yoga will not only improve your flexibility, but also will give you strength and balance for a strong lean body. Classes are designed appropriate for all fitness levels

Silver Sneakers® *45 minutes*

Move through a variety of exercises designed to increase muscular strength, range of movement, and coordination. The class is easy on your joints and great for all fitness levels. Hand-held weights, elastic tubing, and a ball are offered for resistance. A chair is used for seated and standing support. All fitness levels are welcome!

R.P.M.

Come take a ride on our indoor cycle bikes. The instructor will lead you through a workout that will take your fitness level to it's peak. Bike space is limited, reserve your bike at the front desk 30minutes prior to each class.

Power Yoga

Designed to be more advanced than traditional yoga. Stretching and strengthening positions along with continuous movement will take your Yoga practice to the next level.



Midtown Fitness Center Aerobic Class Description

2009 Aerobics Schedule

Midtown Fitness Center Aerobic Class Description

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 Cardio Bootcamp	6:00 CHC		6:00 R.P.M.	6:00 Jump'n Jab	
		8:00 Silver Sneakers®		8:00 Silver Sneakers®		8:00 Step
	9:00 Body Blast	9:00 Yoga	9:00 Core Strength	9:00 R.P.M.	9:00 Cardio Pump	8:45 Pump it UP
	9:15 Aqua	9:15 Aqua	9:15 Aqua		9:15 Aqua	9:00 R.P.M. 1hr.
	10:00 Yoga		10:00 Yoga 10:00 R.P.M.	10:00 Yoga	10:00 Yoga	9:30 All Cardio
	12:15 R.P.M.	12:15 Body Shaping	12:15 Step	12:15 Body Shaping	11:15 R.P.M.	10:15 Yoga
	3:45 Interval Training	3:45 Step	3:45 R.P.M.	3:45 All Cardio	12:15 Core Strength	
	4:30 Pump it UP	4:30 Power Yoga	4:30 CORE	4:30 Pump it UP		
	5:15 Jump'n Jab	5:15 All Cardio	5:15 Cardio Bootcamp	5:15 Interval Training		
	5:30 Aqua	5:30 R.P.M. 1hr.	5:30 Aqua	5:30 R.P.M. 45 min.		
		6:00 CORE				
	6:30 Yoga		6:30 Yoga	6:30 Yoga		

Club Hours

Weekdays	5:00 am - 12 midnight
Friday	5:00 am - 9:00 pm
Saturdays	6:00 am - 9:00 pm
Sunday	6:00 am - 9:00 pm

Child Care Hours

Weekdays	8:30 am - 8:30 pm
Saturdays	7:45 am - 1:00 pm
Sunday	Not Available

Check out our website for the aerobics schedule
www.midtownfitness.com

Aqua

Experience a total body workout in the water that is gentle on your joints. A great non-impact workout with 25 minutes of cardio and 15 minutes toning. A definite plus for all ages.

Body Blast

Take yourself to the limits with the ultimate challenge of intense cardio and resistance training. A 4:2 ratio. 4 minutes of resistance upper and lower body training to 2 minutes of intense cardio.

Body Shaping

Class consisting of use of bands, steps, resistance bands and weights to strengthen and tone the entire body.

All Cardio

Great way to burn fat and calories while conditioning your cardiovascular system. Instructor will decide class format which may include use of BOSU, Step platforms, jump ropes, or, kickbox and hi-lo routines. All fitness Levels Welcome!!

CHC

CHC is a class in which the scheduled instructor chooses the which class format and type she will lead.

Jump'n Jab

Intense total body workout! Routines will focus on proper kickbox and boxing techniques. Come learn how to pump, block and kick while strengthening your whole body.

CORE

Maximize your abdominal and back strength through basic and challenging exercises to strengthen and tone your mid section. Class may include the use of the BOSU balance trainer, the STEP, and/or weights.

Cardio Bootcamp

Increase your strength and endurance with a variety of cardio segments that keep your workouts fresh, result driven and performance wise. Workouts may include use of dumbbells, BOSU, stability balls, elastic bands and more! Simple footwork, all levels welcome, intensity modifications provided from beginner to elite.

Pump it UP

Tone, sculpt and strengthen your entire body with resistance training. You will improve your muscular strength using body bars, dumbbells, bands and other equipment with minimal rest periods between each exercise.

Interval Training

This class includes drills that increase endurance and power, cardiovascular conditioning, agility, balance, and flexibility. Cardiovascular drills will be alternated with resistance work.

Cardio Pump

60 minute class involving the BOSU and/or STEP with strengthening intervals.

Step

Combinations on and off the STEP platform. Advanced choreography and Power Options will be demonstrated. Class is appropriate for all fitness levels.

Yoga

This class will compliment the components of fitness we tend to neglect. Yoga will not only improve your flexibility, but also will give you strength and balance for a strong lean body. Classes are designed appropriate for all fitness levels

Silver Sneakers® *45 minutes*

Move through a variety of exercises designed to increase muscular strength, range of movement, and coordination. The class is easy on your joints and great for all fitness levels. Hand-held weights, elastic tubing, and a ball are offered for resistance. A chair is used for seated and standing support. All fitness levels are welcome!

R.P.M.

Come take a ride on our indoor cycle bikes. The instructor will lead you through a workout that will take your fitness level to it's peak. Bike space is limited, reserve your bike at the front desk 30minutes prior to each class.

Power Yoga

Designed to be more advanced than traditional yoga. Stretching and strengthening positions along with continuous movement will take your Yoga practice to the next level.