

# Aerobic/Fitness Schedule

UPDATED AS OF 5/1/07

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8:30 – 9:30 am</b> Young @ Heart Low Impact Aerobics (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>8:30 – 9:30 am</b> Long &amp; Lean Stretch (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:30 – 10:30 am</b> Pilates (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>6:00 – 7:00 pm</b> Step Interval (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:00 – 7:45 pm</b> Kids Dance Class(7-12yrs) (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:30 - 8:30</b> “Healthy Living”</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:45 – 8:30 pm</b> Long &amp; Lean Stretch (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:45 – 8:30 pm</b> Adult Hip Hop Dance</p>	<p><b>8:15 – 9:00 am</b> Young @ Heart Spinning (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>8:30 – 9:00 am</b> Low Impact Cardio (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:00 – 9:30 am</b> Long &amp; Lean Stretch (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:30 – 10:30 am</b> “NEW” Step Circuit (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>6:30 – 7:30 pm</b> Pilates (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:30 – 8:30 pm</b> Spinning (aerobic studio)</p>	<p><b>8:30 – 9:30 am</b> Young @ Heart Step Aerobics (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:00 – 10:15 am</b> Yoga (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:30 – 10:30 am</b> Core Training (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>6:00 – 7:00 pm</b> Step Combo (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:00 – 8:00 pm</b> Kickboxing (aerobics studio)</p>	<p><b>8:30 – 9:30 am</b> Young @ Heart Full Body Toning (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>8:30 – 9:15 am</b> Low Impact Cardio (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:30 – 10:30 am</b> Body Pump (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>11:00 – 12:00</b> “Healthy Living” (Meeting Room B)</p> <hr style="border-top: 1px dashed black;"/> <p><b>6:00 – 7:00</b> Low Impact Aerobics (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>7:30 – 8:30 pm</b> Spinning (aerobics studio)</p>	<p><b>8:30 – 9:30 am</b> Young @ Heart Low Impact Aerobics (gym)</p> <hr style="border-top: 1px dashed black;"/> <p><b>8:30 – 9:30 am</b> Long &amp; Lean Stretch (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>9:30 – 10:30 am</b> Kickboxing (gym)</p>	<p><b>8:30 – 10:00</b> Super Saturday Workout Aerobics &amp; Step (aerobics studio)</p> <hr style="border-top: 1px dashed black;"/> <p><b>10:00 – 11:00</b> Pilates (aerobics studio)</p>

HTCC reserves the right to cancel or replace scheduled classes when necessary

- ◆ *Yoga requires an additional fee. See front desk for more information.*
- ◆ *All aerobic classes are included in a fitness membership. Basic members pay \$3.00 per class.*
- ◆ *Members are required to register for spinning class 24 hours ahead. If no one is registered the day prior to class, the class will be cancelled.*
- ◆ *The following classes are available throughout the week.....*

*Young At Heart Aerobics: A “low impact” workout designed for all ages! This class will vary throughout the week, utilizing several different fitness techniques- step, floor, stretching, balls, weights, and more!*

*Long and Lean Stretch: A half hour of passive stretching aimed at increasing flexibility as well as range of motion using resistance bands, stability balls, and body weight. A mat is required for this class.*

*Low Impact Aerobics: This class includes a 30 minute cardio section followed by core training, weight training, and stretching. Individuals can modify all exercises to their own fitness level.*

**Step Interval:** A challenging class designed for all levels, combines an interval workout with a step bench routine.

**Kids Dance Class:** This class is for children ages 7-12. Learn the latest in hip hop dance moves as well as other forms of dance.

**Hip Hop Dance:** This class is a great way to have fun and get fit! Learn the latest hip hop dance moves from a certified dance instructor.

**Spinning:** Group cycling class; great for cardiovascular and lower body workout.

**Kickboxing:** This class incorporates 35 minutes of cardio including kickboxing moves and an intense leg and abdominal workout.

**Full Body Toning:** If you're looking to tighten and smooth those muscles this is the class for you. The entire body will be worked using weighted bars, medicine ball, hand weights and stability balls. It's a great challenge!

**Yoga:** Power yoga designed to bring mind, body, and spirit in perfect alignment and function. Your body will be challenged by a certified instructor and at the end of the class lead your body to a relaxed state. The class requires and extra fee.

**Step Combo:** This class combines step aerobics and floor aerobics into one challenging workout.

**Pilates:** the perfect class for strengthening the core of the body, helping to promote balance and fitness. This class is taught by a certified Pilate's instructor.

**Step Circuit:** This is a moderate intensity interval class that incorporates the step as well as toning.

**Step and Tone:** This class combines a traditional step class with full body toning to make this a complete workout.

**Super Saturday Aerobics:** A class for those people who just can't get enough. This 1 ½ hour class is designed to incorporate all areas of an aerobic class with extreme intensity. The aerobic portion will be followed by an extensive floor workout.

◆ **Personal Training available** - \$20.00/ hour or \$15.00/ half-hour. See front desk to schedule your personal training appointment.

**Special packages available:** 3 one hour personal training appointments for \$55.00

Group training: one hour- up to 3 people- \$15.00 per person.

6 half hour personal training appointments for \$65.00

Program update \$25.00