

# GRANTSBURG 24 HOUR FITNESS

## Group Fitness Schedule Winter 2012 Jan-March

- Instructor cancellations may occur due to illness, inclement weather, or low class attendance.
- Punch cards are available for purchase (\$35 – Members, \$45 – Non-Members) All fitness classes are open to the public! See the class instructor to receive a punch card.
- SilverSneakers® classes are FREE to eligible members or \$30 to purchase a punch card.

### Monday

Cardio Sunrise	(Sheri)	6:00-6:45 AM
YogaFit®	(upstairs w/ Tiffany)	5:45-6:45 PM
Zumba®	(Marilyn)	7:00-7:45 PM
Cardio circuit (fitclub biggest loser))		6:00-6:45 PM

### Tuesday

SilverSneakers®/MSROM	(Natalie)	10:00-10:45 AM
SilverSneakers®/CardioFit	(Natalie)	11:00-11:45 AM
Core Fusion	(Natalie)	5:00-5:45 PM
Step	(Natalie)	6:00-6:45 PM
Fitclub/Jumpstart Biggest Loser*	(Dr. Bont, Natalie, Tracey)	7:00-8:30 PM

### Wednesday

Zumba®	(Marilyn)	7:00-7:45 PM
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### Thursday

SilverSneakers®/MSROM	(Natalie)	10:00-10:45 AM
SilverSneakers®/CardioFit	(Natalie)	11:00-11:45 AM
Girls Dance (upstairs studio)	(Cont. Ed)	3:00-6:30 PM
Cardio Circuit	(Natalie)	5:00-5:45 PM
Step	(Natalie)	6:00-6:45 PM

### Friday

Cardio Circuit (fitclub biggest loser)	(Carrie)	8:00-8:45 AM
Zumba®	(Marilyn)	6:00-6:45 PM

### Saturday

Indoor Bootcamp*	(Natalie)	9:00-10:30 AM
Swing Dancing for Fitness (drop in class)	(Carissa)	7:00-8:30 PM

\*Pre-registration required for these classes only. See Natalie for details.

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## Class Descriptions

**Core Fusion** – Mat Pilates exercises combines with stability ball exercises to strengthen your core (abdominals and low back) muscles. Improve posture, increase your flexibility, and firm your glutes, thighs, and abdominals. All fitness levels welcome!

**FitClub** – Program designed for people who have some weight to lose but are in fair to moderate cardio shape. The workouts will challenge you and are designed to promote health and wellness by increasing muscle mass, decreasing overall body fat, and improving cardiovascular endurance. Classes are competitive in a fun way and group workouts help with encouragement and fellowship to make the hour and half sessions fly by. If you have been in the Biggest Loser Jumpstart Program at the Grantsburg Fitness Center in the past this class is for you. If you are not sure if you should be in the Biggest Loser class or the FitClub class, ask Nat or Doc for their input. We want to get the most out of your time and effort. Sign up!

**FitNat INDOOR Bootcamp** – 4 week bootcamp in the studio. This class is NOT for those with major physical limitations. A variety of equipment is used during this class. Register before January 5<sup>th</sup>. Step up to the challenge...NO MORE EXCUSES! Pre-registration is required, visit [www.fitnat.org](http://www.fitnat.org) to view the FitNat INDOOR Bootcamp schedule.

**Jumpstart Biggest Loser Program** – 12 week program that includes fitness classes, personal training, nutrition, team fun, incentives, and weekly prizes. The program is designed for those who want to lose weight or for those who simply want to jumpstart their fitness routine. Participants weigh in each week and are required to attend each Tuesday group workout. Modifications are given to all participants. Health and fitness screenings are required prior to the start of the program. Pre-registration is required!

**SilverSneakers® MSROM:Forever Fit** – Increase your flexibility, range of motion, stamina, balance, and coordination. Equipment includes bands, balls, and hand weights. Focus on functional fitness—enhance daily living skills. Most exercises are done from a seated position.

**Saturday Night Swing Dancing** – Sat. Jan. 7, Jan 21, Feb 4, Feb 18, Mar 3 – (7:00 PM to 8:30 PM) ALL AGES WELCOME!

Fun and relaxed 30 minute lesson and time to dance.

Cost: \$4 for members, \$5 for guests per class. Drop in classes

Come with a partner or be willing to pair up and learn to either lead or follow.

**Step Class** – Come ready for a great workout! The class consists of basic step aerobics patterns combined with cardio and strength intervals.

**Cardio Circuit** – Cardio and strength training exercises provide a well-rounded workout. The class is FREE to the FitClub/Jumpstart Biggest Loser participants and open to the public if using a punch card.

**Cardio Sunrise** – A variety of cardio exercises that will make you sweat! Start your day the healthy way! Total body workout complete with stretching. All fitness levels welcome!

**YogaFit®** - Don't let the typical idea of yoga and super bendable practitioners worry you! Yoga classes at the Grantsburg Fitness Center are classes meant for all people with any level of flexibility. The classes are taught in a blend of YogaFit® and Hatha Yoga styles which can be molded to fit any person with any body or level of flexibility. Classes are an hour long and filled with deep stretches, holding yoga poses to build strength and balance and end with deep relaxation. The yoga experience is rejuvenating, invigorating, relaxing and helps to build flexibility, strength, and stamina.

**Zumba®** - Latin flair with dance moves that will increase the heart rate and sculpt the body. Come see what everyone is talking about!