

GEMINI CENTER GROUP FITNESS CLASSES

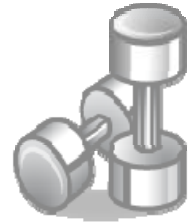


Effective January 1, 2010

WINTER/SPRING 2010

REGULAR GROUP FITNESS CLASSES

Mix & Match Your Fitness With a Punch Pass



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
AM 6:05 SPINNING® <i>Jessica Young</i>		6:05 SPINNING® <i>Paul Lafarciola</i>		6:05 Core Weights <i>Jessica Young</i>	9:15 SPINNING® <i>Asya/Maggie</i>	11:15 SPINNING® <i>Dannette Trappe</i>
8:30 4 Ever Fit <i>Megan Reilly</i>	9:30 SPINNING® <i>Asya Heckle</i>	8:30 4 Ever Fit <i>Maggie Langley</i>	9:30 SPIN & CORE® <i>Diane Ehrentraut</i>	8:30 4 Ever Fit <i>Maggie Langley</i>	10:15 Turbo Kick® <i>Jessica Sewell</i>	12:15 Cardio Interval <i>Dee Elliot</i>
9:30 Step/Interval & Weights <i>Dee Elliot</i>		9:30 Step/Interval & Weights <i>Katie Albrecht</i>		10:45 Cardio Circuit <i>Dee Elliot</i>		
PM 6:00pm Cardio Kickboxing <i>Della Yost Kubera</i>	6:00pm Core & Weights <i>Lori Steele</i>	6:00pm Cardio Kickboxing <i>Diane Ehrentraut</i>	6:00pm Core & Weights <i>Cyndi Hull</i>	REGULAR GROUP FITNESS CLASS FEES 20 PUNCH PASS: (Expires in 4 months) M \$75 RNM \$85 NR \$105 10 PUNCH PASS: (Expires in 2 months) M \$40 RNM \$50 NR \$60 DROP IN RATE M \$5 RNM \$6 NR \$7 PUNCH PASSES ARE A GREAT DEAL! They are non refundable and non transferable.		
6:30 SPINNING® <i>Cheryl Posa</i>	7:00 SPINNING® <i>Maggie Langley</i>	6:30 SPINNING® <i>Cheryl Posa</i>	7:00 SPIN & CORE® <i>Maggie Langley</i>			
	Ask at the front desk about our Teen Fitness Classes		7:00 Turbo Kick® <i>Jessica Sewell</i>			

SPECIALTY FITNESS CLASSES

Fee Based Classes Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT																																				
			9:00am Basic Pilates <i>Sherry Buccieri</i>		9:15 Zumba <i>Anna Roberts</i>																																				
			10:00 Zumba Gold <i>Sherry Buccieri</i>	9:30 Beginner Yoga <i>Heather Waldron</i>	11:00 Adapted Fitness <i>Katie Albrecht</i>																																				
5:30 TEEN SPIN <i>Diane Ehrent</i>	5:00pm Tai Chi Easy® <i>Antoinette Horn</i>		5:45 Beginner Yoga <i>Heather Waldron</i>	SPECIALTY FITNESS CLASS FEES <table border="0"> <thead> <tr> <th>Class</th> <th colspan="2">Drop In Rates</th> <th>Pre-registration</th> </tr> </thead> <tbody> <tr> <td>Pilates</td> <td>\$7 M/R</td> <td>\$9 NR</td> <td>\$40 M/R \$50 NR</td> </tr> <tr> <td>Tai Chi</td> <td>\$10 M/R</td> <td>\$11 NR</td> <td>\$45 M/R \$50 NR</td> </tr> <tr> <td>Yoga</td> <td>\$10 M/R</td> <td>\$11 NR</td> <td>\$45 M/R \$50 NR</td> </tr> <tr> <td>Zumba</td> <td>\$6 M/R</td> <td>\$8 NR</td> <td>Drop in Only</td> </tr> <tr> <td>Zumba Gold</td> <td>\$5 M/R</td> <td>\$6 NR</td> <td>Drop in Only</td> </tr> <tr> <td>Adapted Fit</td> <td colspan="2">No Drop In</td> <td>\$30 M/R \$36 NR</td> </tr> <tr> <td>Teen Fit</td> <td>No Drop In</td> <td>Monthly sessions \$16 M/R</td> <td>\$20NR</td> </tr> <tr> <td>Teen Spin</td> <td>No Drop In</td> <td>Monthly sessions \$16 M/R</td> <td>\$20NR</td> </tr> </tbody> </table> Punch Passes are not valid with Specialty Classes		Class	Drop In Rates		Pre-registration	Pilates	\$7 M/R	\$9 NR	\$40 M/R \$50 NR	Tai Chi	\$10 M/R	\$11 NR	\$45 M/R \$50 NR	Yoga	\$10 M/R	\$11 NR	\$45 M/R \$50 NR	Zumba	\$6 M/R	\$8 NR	Drop in Only	Zumba Gold	\$5 M/R	\$6 NR	Drop in Only	Adapted Fit	No Drop In		\$30 M/R \$36 NR	Teen Fit	No Drop In	Monthly sessions \$16 M/R	\$20NR	Teen Spin	No Drop In	Monthly sessions \$16 M/R	\$20NR
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7:15 Zumba (Susan)		7:15 Zumba <i>Tru Pace</i>	7:00 TEEN FIT <i>Cyndi Hull</i>																																						
7:15 Yoga Flow <i>Nina DeChant</i>		7:15 Pilates <i>Anna Roberts</i>																																							

Class location is listed in the description on the back of schedule.

Group fitness classes are open to participants 15& up.
Punch passes let you mix and match regular group classes.
Specialty classes are a separate fee.

All classes are subject to change without notice.
Class size is limited.
Classes are 55 minutes in length unless noted.

GEMINI CENTER REGULAR GROUP FITNESS CLASS DESCRIPTIONS

CARDIO KICKBOXING: This class is designed not only to give you a great cardio workout, but you will Kick with power and proper technique. Aerobic drills, resistance bands and bags are used to build endurance and improve strength. This class in an intense class set to high energy music. Modified moves are shown for beginners.

CARDIO INTERVAL: Great class that uses various cardio workouts and incorporates strength training and core work. No special skills needed, keep it basic and effective!

CORE & WEIGHTS: A fun and innovative sculpting workout utilizing various equipment with the addition of cutting edge core exercises. Improve muscle definition and endurance utilizing various types of equipment such as free weights, tubes and balls.

INTERVAL STEP/WEIGHTS: Challenge your fitness level with a variety of interval work designed to burn optimal calories while strengthening and toning your entire body. This class is basic in moves but high in intensity! Instructor shows various modifications for all fitness levels to be successful.

SPINNING™: Spinning is the original and most popular group cycling. A Certified Spinning Instructor will coach you through a variety of terrains and heart rate zones. This class can be modified for all levels of fitness. Space is limited. Please bring a towel and water to class. Heart rate monitors are recommended. Check out our new State of the Art Spinning Studio with track lighting! If you wear cycle shoes, you must carry them into the studio and change there.

SPIN & CORE: 45 Minutes of Spinning combined with 10 minutes of core work.

TURBO KICK®: Turbo Kick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivation music. It is the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength/endurance training and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment (Class is limited to 12)

4-EVER-FIT: A gentle but effective exercise program which focuses on functional fitness. Toning, flexibility and stretching are tailored to the older active adult or beginner exercises.

GEMINI CENTER SPECIALTY GROUP FITNESS CLASSES

(Sign up or drop in only)

ADAPTED FITNESS: Participants with special needs can enjoy a fitness class that offers fitness instruction to enjoyable music. Social interaction is a great added bonus to this class. Participants must be able to function independently in class. This class is pre-registration only and is dedicated to ages 13 & over, however exceptions can be made with age restrictions based on instructor approval and parent consent. (Studio 2)

BASIC PILATES: This class is designed for all participants and is a great place for beginners to start. Learn basic exercises designed to develop core strength, lengthen muscles and improve posture. Various levels will be introduced so you will be taught at your level. (Studio 1)

BEGINNER YOGA: This excellent class is for the individual who is just starting out. This class integrates body and mind for the total performance featuring strength, conditioning, and flexibility. The class will encompass the basic asanas. Instruction will be slow and explained (Studio 1)

PILATES: An innovative system of mind-body exercise based on the principles of Joseph Pilates. Strengthen your core muscles with emphasis on proper breathing, correct spinal and pelvic alignment and concentration on smooth flowing movement on the mat. Studio 1

TAI CHI EASY® Tai Chi is a mind/body/spirit practice that improves one's physical, mental and spiritual health by integrating postures, movements, breathing, massage and focus. Tai Chi relieves stress, enhances sleep, improves mental focus, balance and much more. (Studio 1)

YOGA FLOW: A powerful Vinyasa flow that takes you through a variety of yoga poses, strengthening exercises and breathing/meditation skills. This class is open to all levels of fitness and teaches a variety of modifications. (Studio 1)

ZUMBA : (Drop In Only) Zumba is a fun, easy and effective form of Latin carido that combines high energy and motivation music. Basic moves from Salsa, Meringue, Belly Dancing, Cumbia and Reggae are incorporated to make a dynamic fun class. (Studio 2)

ZUMBA GOLD: This class gently introduces the various steps at a slower pace for beginners and active older adults. The express version in 45 minutes of Zumba fun! (Studio 1) Drop in Only