

WINTER 2012
Jan 1 to Mar 31



MOUNT AUBURN CLUB

Group Fitness
 at the Mount Auburn Club

Schedule

Group Fitness
Aquatics
Spinning

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 a.m.	SPIN/Yoga William	BODYPUMP Andy	Hill Training Andy 45 min	BODYPUMP Dennis	All Terrain SPIN Nicole 45 min		
7:45 a.m.		The Ride Kathryn		The Ride Madeline			
8:00 a.m.						Strength Ride Michele 45 min	
8:30 a.m.						BODYSTEP Nancy	All Terrain SPIN Kathryn / Michele
8:45 a.m.					SPIN/Abs Gary	SPIN Intervals Michele 75 min	
9:00 a.m.	ZUMBA Ami 75 min	Dance Explosion Joe 75 min <i>Mind Body Studio</i>	BODYPUMP Dana	Step Fusion Deb	BODYSTEP Dory 45 min 		
9:30 a.m.					BODYPUMP Dory 45 min	BODYPUMP Andy	
9:45 a.m.					BODYPUMP Dory 45 min	HYDRO Challenge Dory	
10:30 a.m.	Body Conditioning Joe (ALP)		Body Conditioning Anne Marie (ALP)	Variety Pack Jan (ALP)	Body Conditioning Kim (ALP)		10:00am ZUMBA Kia 75 min
	Aquacise (ALP) Kim	Aquacise (ALP) Dory	Aquacise (ALP) Kari	Aquacise (ALP) Dory	Aquacise (ALP) Kari		
2:00 p.m.						NEW Discover Dance Explosion Joe 1/17-2/11	
3:00 p.m.						Dance Explosion Joe	
4:00 p.m.						Body Conditioning Joe 45 min	
5:00 p.m.		NEW					Hydro Active Dory
6:00 p.m.	BODYPUMP Nancy	NEW <i>Turbo Twerk</i> Heather	BODYPUMP Cheryl	NEW Performance Fitness Deb	All classes are 60 minutes unless otherwise indicated.		
6:30 p.m.	All Terrain SPIN Adam 45 min	SPIN/Yoga Michele 75 min		All Terrain SPIN Andy 45 min			
7:00 p.m.	ZUMBA Ana	HYDRO Blast Dory	ZUMBA Ana	HYDRO Blast Dory			

Looking for a printed schedule?

Go online www.mountauburnclub.com

Help us be green!

Club Hours
Monday-Thursday
 5:30am-10:00pm
Friday
 5:30am-9:00pm
Saturday-Sunday
 7:45am-8:00pm

To find out about schedule changes, class cancellations and new classes, follow us on:



twitter.com/mountauburnclub



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blog.mountauburnclub.com

GROUP FITNESS

Body Conditioning (ALP) - a toning class using weights and bands that is designed for the mature member.

BODYPUMP™ - is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYSTEP™ - is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors.

Dance Explosion! - Practice all the dance styles: Cha-cha, Lindy, Swing, Salsa and more! in this fun aerobic dance class.

Discover Dance Explosion! - Discover the joy of dance in this 6-week clinic designed to learn basic dance moves just like those taught in Dance Explosion. No dance experience required.

Performance Fitness - A mix of muscle sculpting with flexibility, balance work, stability, agility, endurance and more using your own body weight as resistance plus strength equipment, including free weights and balls. Exercises to elongate the muscle, challenge the core and burn calories.

Step Fusion - Exciting cardiovascular workout that blends fun dance moves with step choreography set to upbeat music.

Turbo Kick - Unique blend of kickboxing, endurance, and dance intervals choreographed to energetic, motivating music, finished off with abs and a relaxing cool down.

Variety Pack (ALP) - A little bit of everything! Cardio, balance, core and stability training—all designed with you in mind and set to music you know and love!

ZUMBA® fitness - Latin music and red-hot international dance steps makes this a FUN cardio workout!

AQUATICS

Aquacise (ALP) - Strengthen your heart and your muscles in the water with a workout that places minimal stress on the joints. ALL LEVELS ARE WELCOME.

Hydro Blast! - Kick the intensity up in this intermediate/advance water workout. This is NOT your mother's aqua aerobics class! Level II

Hydro Challenge! - Sports interval training featuring several minutes of high-speed, intense athletic drills followed by periods of recovery to jump start your metabolism and reshape your body. Level II

Hydro Active! - An energetic class fusing intervals of muscle conditioning with aerobics providing the benefits of both a cardiovascular and strength training workout. Multi-level

Pre-registration is required for all Aquatics classes to reserve lanes.

SPINNING

Spinning is a group cycling program led by a certified Spinning instructor using specially-designed Spinning bicycles.

All Terrain - A class that incorporates hills, flats, jumps, sprints and recovery. This is our most varied and difficult class.

Hill Training - A 45 minute class that maintains steady intervals with resistance work to increase strength and power.

SPIN/Abs - A 45 minute all terrain ride followed by 15 minutes of abdominal- strengthening work, ending with a deep stretch.

SPIN/Yoga - A 45 minute to 60 minute all terrain ride followed by 30 minutes or less of yoga postures & deep stretching. A perfect combination for anyone!

Strength Ride - This class focuses on cardio endurance with a challenging workout in the mid to upper end of the aerobic zone.

The Ride - A fantastic heart pumping workout. You will climb, sprint, and train to incredible music and extraordinary instruction.

The use of heart rate monitors is highly recommended.

Pre-registration is required for all Spin classes to reserve a bike.

Five Minute Rule - No one is allowed entry into class five minutes after the scheduled start time.

ALP—Active Living Program - A program designed for the mature member, for persons just starting out in group fitness, or for individuals desiring a more moderate workout. Class environment is non-competitive and supportive.

THE GROUP FITNESS SCHEDULE IS A MOVING SCHEDULE. *The management reserves the right to make schedule changes as necessary.*

Classes with poor attendance are subject to cancellation.

To reserve your space in a group fitness class today, call (617) 923-2255 x254 or online at www.mountauburnclub.com

****All classes are 60 minutes unless indicated otherwise.****

If you have questions, concerns, or to find out what class may be right for you, please contact Dory Berman, Director of Programs and Services.
Email: dberman@mountauburnclub.com Telephone: 617-923-2255 x362

To find out about schedule changes, class cancellations and new classes, follow us on: