



**SUMMER 2010
AUGUST 2010**



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			
8:30 a.m.						SPIN/Yoga Michele 90 min BODYSTEP Nancy	All Terrain SPIN Kathryn / Michele 45 min
8:45 a.m.					SPIN/Abs Gary		
9:00 a.m.	ZUMBA Marcia 75 min	Step Intervals Lisa L 75 min Dance Explosion! & Sculpt - Joe 75 min Mind Body Studio	BODYPUMP Nancy	Step Sensation Deb	BODYSTEP Dory 45 min 		
9:30 a.m.					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 Kim (ALP)	Body Conditioning Kim (ALP)		10:00am ZUMBA Kia 75 min
	Aquacise (ALP) Michael	Aquacise (ALP) Kristen	Aquacise (ALP) Louise	Aquacise (ALP) Dory	Aquacise (ALP) Madeline		
3:00 p.m.						Dance Explosion! Joe	
4:00 p.m.						Body Conditioning Joe 45 min	
5:00 p.m.							Hydro Active Dory
6:00 p.m.	BODYPUMP Nancy		BODYPUMP Cheryl	Muscle Sculpt Joe Mind Body Studio	5:45pm ZUMBA Marcia		
6:30 p.m.	All Terrain SPIN Kathryn 45 min	SPIN/Yoga Michele 75 min	Cardio/Core Kristen	All Terrain SPIN Andy 45 min			
7:00 PM	ZUMBA Ana	HYDRO Blast Dory	ZUMBA Ana	HYDRO Blast Dory			
				Stretch, Core & More Joe 45 min Mind Body Studio			

**MUSCLE SCULPT
THURSDAYS
6:00PM**

**STRETCH,
CORE,
& MORE!
THURSDAYS
7:00PM**

**NEW!
WITH JOE B**

Looking for a printed schedule?

Go online — www.mountauburnclub.com

Help us be green!

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

CLASS DESCRIPTIONS

Effective July 1, 2010

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.

Cardio/Core - This class combines a 45 minute interval cardio workout on the treadmill with a 15 minute core conditioning finish.

Dance Explosion! - Practice all the dance styles: Cha-cha, Lindy, Swing, Salsa and more! in this fun aerobic dance class. Add on muscle conditioning on Tuesdays to make Dance Explosion! a complete workout experience.

Muscle Sculpt - strength training workout that combines flexibility and conditioning exercises designed to shape and tone the body. Help retain lean muscle tissue while boosting metabolism. Good for all fitness levels.

Step Intervals - This class gives step another dimension by using intervals of step, floor aerobics, kickboxing, sports conditioning and strength training movements to produce a total body workout and jump start your metabolism.

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

Stretch, Core & More - complete your workout with this 45-minute class that combines core stability and balancing with Yoga-inspired stretching.

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 45 minute 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 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