

GROUP FITNESS SCHEDULE—Effective January 1, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Muscle Conditioning Christine		6:00-7:00am Boot Camp Christine			
8:00-9:00am Hatha Yoga Sheila	8:00-9:00am Muscle Conditioning Sheila	8:00-9:00am Hatha Yoga Lakshmi	8:00-9:00am Muscle Conditioning Sheila	8:00-9:00am Hatha Yoga Lakshmi	8:00-9:30am High/Low (30mins.) Step Circuit (60mins.) Sheila	8:30-9:30am Step Carol W./Teresa
9:00-10:30am Step/Kickboxing (1hr.) Body on the Ball (30mins.) Sheila	9:00-10:30am Step (45mins.) Muscle Cond. (45mins.) Carol F.	9:00-10:00am Zumba Sally	9:00-10:30am High/Low (45mins.) Muscle Cond. (45mins.) Sheila	9:00-10:00am Step Circuit Sally		
	10:45-11:45am Zumba Gold Carolyn				10:00-11:00am Hatha Yoga Lynn	10:00-11:00am Pilates Margaret
12:00-1:00pm Muscle Conditioning Terri		12:00-1:00pm Muscle Conditioning Carol F.		12:00-1:00pm Muscle Conditioning Terri		
4:30-5:30pm Muscle Conditioning Sally		4:30-5:30pm Muscle Conditioning Terri			<p style="text-align: center;"><b>Westford Regency Health Club</b>  <b>Hours:</b>                      Monday-Thursday 5:00am-9:30pm                      Friday 5:00am-8:00pm                      Saturday &amp; Sunday 7:00am-5:00pm</p> <p style="text-align: center;"><b>Group Exercise Classes</b></p> <p><b>Cycling Class</b> - If you have signed up for a class and are unable to attend, please call and remove your name from the list.</p>	
6:00-7:00pm Zumba Sally	5:30-6:30pm Zumba Carol W.	5:30-6:30pm Step Carol F	5:30-6:30pm Zumba Lynne			
	6:30-7:30pm Muscle Conditioning Carol W.		6:30-7:30pm Muscle Conditioning Teresa			
	7:30-8:30pm Hatha Yoga Lakshmi		7:30-8:30pm Hatha Yoga Lakshmi			

INDOOR CYCLING							WATER AEROBICS						
MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00-7:00am Tara				6:00-7:00am Meg	7:30-8:30am Meg	7:30-8:30am Meg	9:00-10:00am H2O Aerobics Sue		9:00-10:00am H2O Aerobic Margaret		9:00-10:00am H2O Aerobics Sue Lerch	8:00-9:00am H2O Aerobics Margaret	
9:00-10:00am Sally		9:00-10:00am Sheila		9:00-10:00am Tara	9:00-10:00am Terri	9:00-10:00 am Margaret							
5:30-6:00pm Margaret			5:30-6:30pm Tara										
6:00-7:00pm Margaret		6:00-7:00pm Sally					6:30-7:30pm H2O Aerobics Lynne S./ Sue Lerch		6:30-7:30pm H2O Aerobics Jody				

# Group Fitness Class Descriptions

**Club Number: 978-692-0532**

**Schedule and classes are subject to change. Holiday hours and classes may differ.**

## **Group Exercise Classes Cancellation Policy**

**Monday-Friday**, if Westford schools are delayed, classes will begin at 9:00am. If schools are cancelled classes will begin at 10:30am..

**Evening & Weekend** classes, call the Regency Club to confirm the schedule.

**Play Room Number: 978-692-0772**

### **Body on the Ball**

Combine strength and core work with the additional challenges of stability and balance when you do it on the ball, improves balance and coordination.

### **Boot Camp**

Alternating segments of calorie blasting aerobic exercise and toning. You'll burn fat and build metabolism boosting muscle.

### **Hatha Yoga**

Gentle practice uniting the body, mind, and spirit through rhythmic movements incorporating breathing techniques and deep relaxation. Excellent for reducing stress.

### **High/Low Aerobics**

A choreographed floor workout that can be adapted for your fitness level by using high or low impact moves for safe, effective cardio exercise.

### **Muscle Conditioning**

You'll build strength, endurance, and flexibility using ankle weights, body bars, dumbbells, and tubing in this class. Various modes of weight training are incorporated and may include super setting, pyramids, negative/positive work, and slow/fast sets.

### **Pilates**

A safe and highly effective way to stretch and strengthen your body without stressing your joints. Focus is on core conditioning and body awareness. A perfect complement to your cardio and weight bearing workouts. Stability balls, weighted balls and body bars may also be used.

### **Step**

A great cardio workout that involves stepping up and down on a platform to music. Step I choreographing is more basic than that of Step II with few or no power moves. Recommended for beginners through advanced.

### **Step/Kickboxing**

A great cardiovascular workout, combining step choreography and kickboxing moves.

### **Step Circuit**

A great cross-training workout that combines step patterns and drills with intervals of strength training for a total body workout.

### **Zumba**

Zumba is an "Exercise in Disguise." Participants are having so much fun they do not realize they are exercising. Zumba is a fusion of Latin and international music with dance movements, which creates a dynamic exciting and effective fitness class. The class format combines fast and slow rhythms creating a blended balance of interval-training cardio and muscle-toning benefits.

### **Zumba Gold**

Specifically designed to take the exciting Latin and International dance an fitness program created in the original ZUMBA program and bring them to the beginner, active older adults and all participants needing modifications for a successful class. This explosive program is so easy to follow, that everyone can do it!

## **STUDIO 1**

### **Indoor Cycling**

This ultimate interval workout incorporates cardio and endurance drills on stationary cycles using time, speed, flywheel resistance, and recovery periods.

### **30 Minute Cycle Express**

Geared for the beginner who wants a slower workout and to the experienced cyclist who wants a 30min. non-stop endurance ride. Two different workouts in the same cycle studio.

**To reserve your spot in cycling classes; please call or sign up at the front desk two days in advance.** If you have signed up for a spot in a class and are unable to attend, please call and remove your name from the sign up list.

## **POOL**

### **Aquasize**

Designed for the active, older adult, this class incorporates flexibility, strength, and range-of-motion exercises in the pool. You'll enjoy water walking, strength training, and choreographed moves for a great, safe workout.

### **H2O Aerobics**

An in-the-water cardio and strengthening class that challenges you with water running, aerobic choreography, and power moves using resistance equipment.

- Arrive to class on time, **please don't enter a class after the warm-up.** Instructors will enforce.
- New participants should introduce themselves to the instructor before class.
- Bring a towel and your water bottle to class.
- Please no gum chewing or candy during classes. Instructors have the authority to enforce this safety rule.
- Avoid wearing perfumes or scented products to classes as some participants are allergic, asthmatic, or sensitive!
- Sneakers are required for all classes and throughout the gym.
- Please turn off all cellular phones.

Revised 9/17/09



