

**GROUP FITNESS SCHEDULE—Effective September 8, 2008**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Step (Step Intro 2nd week of each month) Betsy	6:00-7:00am Muscle Conditioning Christine	6:00-7:00am Step Circuit Betsy			
8:00-9:00am Hatha Yoga Jenni	8:00-9:00am Muscle Conditioning Jenni	8:00-9:00am Hatha Yoga Lakshmi	8:00-9:00am Muscle Conditioning Jenni	8:00-9:00am Hatha Yoga Jenni	8:00-9:30am High/Low (30mins.) Step Circuit (60mins.) Sheila	8:30-9:30am Step/High Low Carol W./Debbie C.
9:00-10:00am Step/Kickboxing 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	9:30-10:30am Body Bar Margaret	
10:00-10:30am Body on the Ball Sheila				10:30am-11:00am Kids in Motion Kim ages: 4-6 (Sign up through Playroom)	10:30-11:30am 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 Jenni		4:30-5:30pm Pilates Debbie C.	<p align="center"><b>Westford Regency Health Club</b></p> <p align="center"><b>Hours:</b></p> <p align="center">Monday-Thursday 5:00am-9:30pm</p> <p align="center">Friday 5:00am-8:00pm</p> <p align="center">Saturday &amp; Sunday 7:00am-5:00pm</p> <p 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>	
5:30-6:30pm Step Sally	5:30-6:30pm Zumba Sally	5:30-6:00pm Core Synergy 6:00-6:30pm Power and Strength Fusion Margaret				
6:30-7:30pm Pilates Margaret	6:30-7:30pm Muscle Cond. on the Ball TBD	6:30-7:30pm Pilates Kathy	6:30-7:30pm Muscle Cond. on the Ball Sue C.			
	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 Liz	9:00-10:00am H2O Aerobics Debbie	9:00-10:00am Aquacize Liz	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 Jenni	9:00-10:00am Terri	9:00-10:00 am Margaret							
	5:30-6:30pm Margaret		5:30-6:30pm Tara										
6:00-7:00pm Sue C.	6:30-7:00pm 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 Bar**

Utilizing, the Step, Bosu, Body Bar and/or dumbbells, this class is designed to improve power, endurance, core muscular strength and add definition.

### **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.

### **Bosu Core Synergy**

This class is a blend of traditional isolated abdominal and back exercises with non-traditional stabilization challenges. Exercises are done in the prone, supine and side lying positions on the Bosu. This class is great for the beginner thru advanced exerciser.

### **Bosu Strength and Power Fusion**

This class uses squats, lunges and kickbacks to sculpt the lower body and weights will be used to strengthen the upper body. Classic step patterns will be used to burn fat while athletic routines that utilize the Bosu's bounciness will be used to boost the total calorie burn.

### **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.

### **Muscle Cond. On the Ball**

Combined strength training and core work using free weights, body bar and body resistance, with the additional challenge of stability and balance when you do it on the ball.

### **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.

### **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.

## **STUDIO I**

### **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.

## **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 9/8/08

