



Aerobics, Yoga, Pilates Schedules for the Montana Athletic Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Spin w/ Pricilla	\$ TRX FIT \$: Small Group Personal Training	Spin w/ John Levy	\$ TRX FIT \$: Small Group Personal Training	Spin w/ Pricilla		
7:00AM	Boot Camp 101		Boot Camp 101				
8:00AM		Spinning w/ Christine		Spinning w/ Christine			
8:00 AM	GABS- Diana	Silver Sneakers w/ Pam	GABS- Diana	Silver Sneakers w/ Pam	GABS- Diana	8 - 8:45pm: SPIN w/ John G	
9:00AM	Pilates w/ Michelle	WOW - Christine	Pilates w/ Michelle	WOW - Christine	Pilates with Paul	9am YOGA with Teresa	
9:00AM	STEP AEROBICS with Leona (in gym)	\$ TRX FIT \$: Small Group Personal Training		\$ TRX FIT \$: Small Group Personal Training	STEP AEROBICS with Leona (in gym)		
10:00AM	Happy Hearts- Carol		Happy Hearts- Christine		Happy Hearts- Christine		
10:00AM	Power Flex with Diana				Power Flex with Diana		
10:00AM	\$ TRX STRETCH \$ Small Group Personal Training		\$ TRX STRETCH \$ Small Group Personal Training				
10:30AM		Beginning Yoga w/ Krista		Gentle Strengthening Yoga w/ Cliff		ZUMBA w/ Donna - All levels	
Noon							NOON:
12:30PM			Senior/Beginner Yoga w/ Krista				Yoga with Christen
5:30PM	Pilates w/ Michelle		Pilates w/ Michelle	Yoga w/ Christen			

*Classes in **BOLD** are held in the Aerobics Studio

Schedules will be adjusted seasonally and according to class attendance.

FEES: Members -- Unlimited classes at no charge, unless otherwise stated by the \$ symbol.

\$: See the Front Desk for availability. This is a small group personal training class, additional fees apply.

19-Aug-10

Class Descriptions

Boot Camp - A fun gymnasium-style challenge to sweat out the days' stress with overall body regiment.

Cardio Max- A up beat class, which keeps your heartbeat going while increasing your endurance.

GABS - Strength training from head to toe utilizing a variety of equipment. Teaches proper alignment and posture.
Great for strength and stamina!

Happy Hearts - A dynamic fitness class! Designed for seniors, this class is do-able for everyone. Improves strength, flexibility, circulation and stamina!

Kickbox - Punch, kick and jab your way into shape! New participants check in with instructor before class.

Pilates - This core stabilization class utilizes tightening of the muscles and balance to tone you quickly.
Our instructors are fully certified.

Power Flex - One hour circuit training class in our weight room.

SilverSneakers - Class designed specifically for seniors. Held in the Gym.

Spin - Featuring Lemond Spin Bikes. Get ready to spin your way to fitness and burn tons of calories. Come early to reserve your bike and get set up.

Step - Come to this class for a great aerobic workout topped off with some muscle toning, too! Held in the Gym.

TRX - Small group personal training utilizing suspension straps for a results-oriented workout.

Weight Room Basics - Held in weight room, this informative introduction focuses on the proper usage of all weight equipment with hands-on application.

Winter Conditioning - Whether you're a spring sports enthusiast or just want to participate in a great conditioning class, then this is the class for you! Strength training, toning with a little cardio mixed in.

WOW - 1.5 hour class. 1st half-an-hour of class is in weight room using equipment, followed by an hour of cardio and strengthening.

Yoga - Different levels offered to suit your needs for flexibility, balance and tone plus enhancement of the body, mind and spirit!

Zumba! - Latin style dance incorporating Salsa, Reggaeton, Cumbia, Merengue into a fun-filled choreographed workout designed for beginners.