



## Montana Athletic Club: Aerobics, Yoga, Pilates Schedule

www.MontanaAthleticClub.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	<b>Spin - John Levy</b>	\$ TRX FIT \$ Small Group Training	<b>Spin - John Levy</b>	\$ TRX FIT \$ Small Group Training			
7:00 AM	Boot Camp - Gigi		Boot Camp - Gigi		Boot Camp - Gigi		
	Sunrise Yoga - Robin						
8:00AM	<b>GABS - Diana</b>	<b>Spin - John G.</b>	<b>GABS - Stacia</b>	<b>Spin - John G.</b>	<b>GABS - Diana</b>	<b>Spin - John G.</b>	
9:00 AM	<b>Pilates Michelle</b>	<b>WOW - Christine</b> (1.5 hr)	<b>Pilates Michelle</b>	<b>WOW - Christine</b> (1.5 hr)	<b>Pilates - Paul</b>	<b>YOGA - Teresa</b> (1 hr,15 min)	
		\$ TRX FIT \$ Small Group Training	Walk -Christine (weather permitting)	\$ TRX FIT \$ Small Group Training	Walk -Christine (weather permitting)		
10:00 AM	<b>Happy Hearts Leona</b>		<b>Happy Hearts Christine</b> (1.5 hr)		<b>Happy Hearts Christine</b> (1.5 hr)		
	Power Flex - Diana				Power Flex - Diana		
10:30 AM		SilverSneakers Jan O.		SilverSneakers Jan O.		<b>ZUMBA</b> Donna (All levels)	
				<b>GentleStrengthening</b> Yoga - Cliff			
10:45 AM		<b>Beginning Yoga</b> Krista					
12:00 AM							<b>Yoga - Christen</b>
12:30 PM			<b>Senior/Beginner Yoga</b> - Krista				
4:15 PM	<b>Winter Conditioning</b> Christa		<b>Cardio Spin</b> Christa				
5:30 PM	<b>Pilates - Michelle</b>	<b>ZUMBA - Donna</b>	<b>Pilates - Michelle</b>	<b>Yoga - Christen</b>			
6:30 PM	<b>Spin - John G.</b>		<b>Spin - John G.</b>	<b>Zumba - Diana W.</b>			

\*Classes in **BOLD** are held in the Aerobics Studio. Schedules will be adjusted seasonally & according to class attendance.

1/12/12

**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.

# Class Descriptions

**Boot Camp** - For ages 14 and older, a fun gymnasium-style challenge to sweat out the days' stress with overall body regiment. 1 1/2 hr class

**GABS** - Strength training from head to toe utilizing a variety of equipment. Teaches proper alignment and posture, including strength & toning.

**Happy Hearts** - A dynamic fitness class designed for seniors of all levels! It Improves strength, flexibility, circulation and Stamina.

**Pilates** - This core stabilization class utilizes tightening of the muscles and balance to tone you quickly.

**Power Flex** - One hour circuit training class in our weight room. Learn to use the equipment while getting a great work out.

**SilverSneakers** - Class designed specifically for seniors. Improves balance, strength and flexibility. Held in the Gym.

**Spin - Cardio spin-** Spin your way to fitness and burn tons of calories. Great Cardio work out for all levels.

**Step** - Come to this class for a great aerobic workout topped off with some muscle toning balance and strength! Held in the Gym.

**TRX** - Small group personal training utilizing suspension straps for a all over body strength and toning results-oriented workout.

**Winter Conditioning** - Whether you're a sports enthusiast or just want to participate in a great conditioning class, this is the class for you!

**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 for all levels.

**Walk with Christine** - Meet in the MAC lobby for a fun outdoor experience. Walks are when the weather is permitting.