



# ★ Winter 2009 SCHEDULE.



HOURL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am 7:30am		Bootcamp - Special Registration	★ Indoor Cycling Debbie	Bootcamp - Special Registration	★ Indoor Cycling Bart	
7:30am 8:30am			Classical Hatha Yoga Jennifer			
9:00am 10:00am	<b>3 In 1 Mix</b> Megan	Core Yoga Jennifer	<b>Hi/Lo</b> Kirsten	<b>Hi/Lo</b> (45 min class) Erin	<b>Hi/Lo</b> Kirsten	
9:30am 10:30am						★ Indoor Cycling Alternating Instructors
10:00am 11:00am	Bootcamp - Special Registration	Bootcamp - Special Registration	Bootcamp-Special Registration	Piloga Erin	Bootcamp - Special Registration	
12:10pm 12:50pm	<b>Step It Up</b> Erin	<b>Muscle Works</b> Lois	<b>Hi/Lo</b> Marisa	<b>Muscle Works</b> Trish	<b>STEP</b> Marisa	
1:00pm 2:00pm		★ Indoor Cycling Marisa				
4:30pm 5:30pm	<b>KICK/PUMP - ROCK!</b> Lois	Pilates Lois	★ Indoor Cycling Jen 45 MIN	Pilates Lois	Classical Hatha Yoga Jennifer	
5:30pm 6:30pm	<b>MC2</b> Marisa	<b>STEP</b> Karen	<b>MC2</b> Marisa	★ Indoor Cycling Jen		
			Pilates Lois			
7:00pm 8:00pm	★ Indoor Cycling Jen			<b>KICK/PUMP - ROCK!</b> Lois		

★ Indoor cycling subject to change based on numbers per class and feedback at orientations.

**Class Descriptions: Classes are for all levels! Go at your own pace and have Fun!**

**3 in 1 mix**- 1/2 hour of cardio followed by 25 minutes of core strength using the ball followed by a stretch.

**Hi/Lo** - A great warm up then an invigorating Hi/Lo aerobic workout followed by muscle conditioning using ball & weights and stretching.

**Step**- For those of you who want a high intensity and motivating workout try it – you’ll love it! All fitness levels. (May use ball)

**Muscle Works**- Full body muscle class with a focus on pilates based movement using a stability ball, hand weights and bands.

**Easy Does It** - Are you new to aerobic classes? Then these beginner classes are designed for you! It’s fun and welcoming. Try it!

**Pilates, Yoga, Fitness Mix**- Combinations involving movements from Pilates, Yoga and Fitness.

**KICK \ PUMP \ ROCK**- Need we say more? Fun, safe, kick, pump and move your body. This fun class will get you kicking, punching and working every muscle in your body. Go at your pace. It’s fun and non intimidating.

**Pilates**- Perfect for anyone who wants to improve posture, strength, flexibility, and body awareness.

★**Indoor Cycling**- It’s new; it’s exciting! It’s an indoor, stationary, team cycling workout that simulates outdoor riding movements while incorporating motivational techniques. Experience an intense non impact workout; burn lots of calories and get a great sense of accomplishment! CAUTION: NO COORDINATION REQUIRED! FUN GUARANTEED!

*Be sure to tell your instructor if you are new or if you have any physical concerns.*

Check the aerobic bulletin board and ladies washroom for the most current schedule, class cancellations, instructor changes, etc.

<b>Hours of Operation:</b>	<b>Monday to Thursday</b>	<b>6 a.m. to 9 p.m.</b>
	<b>Friday</b>	<b>6 a.m. to 8 p.m.</b>
	<b>Saturday</b>	<b>9 a.m. to 4 p.m.</b>
	<b>Sunday</b>	<b>10 a.m. to 4 p.m.</b>
<b>Supervised Play Area:</b>	<b>Monday to Friday</b>	<b>9 a.m. to 1 p.m.</b>

**We welcome your comments and questions.**

**Give us a call: (705) 646-1848**

**e-mail: [fitclub@muskoka.com](mailto:fitclub@muskoka.com)**

**[www.muskokafitness.com](http://www.muskokafitness.com)**