


Dakotah!

SPORT AND FITNESS

Land and Cycle Fitness Schedule

Schedule begins June 8th , 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		Kettlebell Annie	Team Conditioning Peter	Power Abs & Glutes Lynda	Cycle 30 Min. Peter		
5:45 am	S n' S Annie	Studio Cycle Alison	Rockin' the Bands Cardio Tonsha	Studio Cycle Colleen Zumba Lesa	Kettlebell 30 Min. Peter		
8:00 am		Joint Action MPR Karen Studio Cycle Kami				Master's Cycle Sarah - 75 min	
8:15 am		Sculpt n' Strength Colleen		Zumba Lesa			
9:00 am	Active Senior MPR Karen	Team Conditioning Anna/Hans/Shawn		Team Conditioning Anna/Hans/Shawn	Active Senior MPR Celesta Kettlebell Mel/Trisha		
9:15 am	Step Interval Monika	Step Melanie	Step Lesa Kettlebell Mel/Trish	Sculpt n' Strength Lesa	Step Interval 45 Min. Denise	Basic Training Rotation Kettlebell Rotation	
9:30 am	1 Hr. Studio Cycle Trisha		Studio Cycle Kirsten	Studio Cycle Melissa	1 Hr. Studio Cycle Trisha		*Studio Cycle Rotation
10:20 am		Hard Core Melanie		Hi/Lo Kirsten			Sculpt n' Strength Rotation
10:30 am	S n' S Kettlebell		Cardio Kids Kirsten				
12:00 pm			Power Lunch (Cycle) Aimie/ Jane				
4:30 pm	Step Renee		Step Julaine	Sculpt n' Strength Denise			
5:15 pm			Sculpt n' Strength (45 minutes) Julaine				
5:30 pm	Outdoor Kettlebell Brenna	Studio Cycle Renee	Studio Cycle Kristen	Studio Cycle Kim			
5:45 pm	Sculpt n' Strength Kim						
6:00 pm	Studio Cycle Sarah	Kickboxing Mindy	Power Abs & Glutes Carol				
6:15 pm				Sculpt n' Strength Kim	 = Cycling Studio MPR = Multi Purpose Room *THE FIRST SUNDAY OF EVERY MONTH IS A 2 HOUR CYCLE CLASS FROM 9:15-11:15		
6:45 pm			Jump Rope Carol				
7:00 pm	Boot Camp Carol		Basic Training Wendy	7:15 Kettlebell Kim			

Class Descriptions

Rockin' the Bands Cardio 45 Minutes	Build strength and endurance using the resistance band and your body weight. Experience an all over body workout with one simple piece of equipment. Class focuses on toning and strengthening all muscle groups along with cardio to condition the heart.
Active Senior 45 Minutes	This class is for anyone who wishes to stay fit forever. Come swing to some of your favorite tunes while working on balance, strength, functional exercises, and light cardio work.
Basic Training 45 Minutes	An easy to follow, demanding class that not only tones every major body part, but also gets your heart rate going! You'll be using the step, BOSU, weights, tubing, and bands.
Zumba 45-60 Minutes	It's new, fun, different, and effective!! A Latin inspired dance class that combines fast and slow rhythms that tone the entire body in an aerobic fashion. All levels welcome.
Boot Camp 60 Minutes	Welcome to the Army. This is a one hour workout that you will not forget. Basic drills, obstacle courses and plyometric activities that will challenge your strength and endurance.
Variety Hour 45-60 Minutes	Class will change formats every 4 weeks to assist members in "getting out of a rut." It will also expose you to classes not typically offered at that time.
Cardio Kids 30-45 Minutes	This class is for boys and girls ages 2-5 and for ages 6-12. Class focuses on developing body awareness and responding to movement stimuli using music, sounds, and equipment.
Kickboxing 45-60 Minutes	Get out the gloves, contact kickboxing is back! Class will take you through individual as well as partner drills that focus on different types of punches and kicks. This is a non-choreographed class.
Joint Action 60 Minutes	Gentle exercises in a friendly, supportive atmosphere. Participants may see physical benefits, increased joint mobility as well as decreased pain and stiffness.
Hard Core 30 Minutes	Improve total body strength and endurance while developing your "core" muscles, specifically abdominal, lower back muscles, hips, and glutes. Power Abs & Glutes and Hard Core n' More - Class will conclude with 15 minutes of Glute , legs, and light upper body toning exercises.
Power Lunch 45-50 Min.	This class gives an all new meaning to the term "Power Lunch". Order up some heart pumping cardio by cycling to your favorite tunes for 40 minutes with a side of abs afterward. There is no better way to spend your lunch hour!
Sculpt n' Strength 45-60 Minutes	Sn'S is a weight training program, using the Iron Grip Group Strength Equipment (bar and plates) as the primary resistance tool. This program is designed to accommodate a wide range of fitness levels with the goal of improving muscular strength and endurance. Routine changes every 6 weeks.
Step 45 Minutes	This class is designed for the intermediate stepper. The class will gradually build choreography and intensity.
Step Interval 60 Minutes	An intermediate to advanced cardio workout using intervals of effort and recovery. Alternating 5 minute intervals of step and 1-2 minutes of muscle conditioning. Each class ends with abdominal work and stretching.
Studio Cycle 45-60 Minutes	This is a multi-level and energized indoor cycle ride performed to music. Speed drills, hill climbs and more in a group class atmosphere. An excellent training tool. WATER BOTTLES ARE REQUIRED TO PARTICIPATE. Master Cycle is 75 minutes and geared toward the advanced rider.
Team Conditioning 60 Minutes	This one hour session is for the intermediate to advanced participant that combines cardiovascular fitness activities with muscle strength and endurance work. This class will push you to achieve higher levels of fitness through motivation and teamwork.
Hi/Lo 45-60 Minutes	Floor aerobics is back!!! Lace up your shoes and get ready for an old school workout with a new flare. Class focuses on cardio endurance and will end with abdominal work and stretching.
Masters Step 60 Minutes	For the lifetime "Stepper". Through the use of advanced choreography and/or multiple steps this high energy class will tone your body as well as build your cardiovascular strength.
Kettlebell 30-45 Minutes	Using the weighted Russian kettlebell you will build strength, increase flexibility, and work the core. Classes will start at a beginner level and progress with the classes ability. Regular attendance is recommended to increase body awareness and proper form. *Outdoor class will meet in the gym and go outside weather permitting.

Classes are subject to change without prior notice.

All participants must be at least 14 years old to participate in any group fitness class.
All studio cycling participants must fit the bike correctly to participate regardless of age.
Please see a studio cycling instructor for more information or instruction.

Please no street shoes in the studios.

Please help us keep the floors clean and damage-free.