



JULY 2013



McLaren Group Exercise Schedule

****No Classes 7/4, 7/5, and 7/6****

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a	Zumba Judi		PiYo Judi	Sculpt Fusion Judi		JULY 6 TH <i>*NO CLASSES!*</i>
8:30a-9:30a	CardioFuse Judi	CSI Judi <i>*7/9 "Body Sculpt"*</i>	StepFuse Judi	CSI Kristy <i>*7/11 "Body Sculpt"*</i>	CardioFuse Kristy	JULY 13 TH 8a Zumba VAL
10:15a-11:15a	Silver Sneakers® Yoga Judi <i>*7/8 canceled*</i>	Silver Sneakers® Classic Judi <i>*7/9 "Senior Fitness"*</i>	Silver Sneakers® Yoga Judi <i>*7/10 "Senior Fitness"*</i>	Silver Sneakers® Classic Kristy <i>*7/11 "Senior Fitness"*</i>	Zumba Gold Judi <i>*7/12 "Low-Impact Zumba"*</i>	JULY 20 TH 8a Body Sculpt JENI
4:15p-5:15p	Sculp Fusion Judi	Vinyasa Yoga Debbie	Muscle Up! Lisa	Vinyasa Yoga Debbie	Zumba Judi	JULY 27 TH 8a Zumba Sentao JUDI
5:30p-6:30p	Step/Sculpt Kristy	Cardio Blaster (7/9 & 7/23) PiYo (7/2 cxi, 7/16, 7/30) <i>*5:30p-6:15p*</i> Barb	Step/Sculpt Cindy	Zumba Judi		
6:30p-7:45p		Aikido Scott		Aikido Scott		
6:45p-7:45p	Mat Pilates Catherine		Sunset Yoga Jocelyn			

Group Exercise Classes: \$7/class; Punchcards \$60/12 for nonmembers

Specialty Classes: (Yoga and Mat Pilates) \$10/class; Punchcards \$80/10 for nonmembers

Questions? Call 989.779.5602 and ask for Kristy or look for us on the Web:

www.wefitness.org and www.facebook.com/mclaren

Class Descriptions:

Aikido: A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. *Moderate*

Body Sculpt: A total-body work-out designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, physioballs and dumbbells. *All Levels*

Cardio Blaster: A “blast” of Kickboxing moves (jabs, punches, kicks, blocks, etc) possibly combined with Circuit stations and Sculpting using various fitness equipment (body bar, dumbbells, bands, etc). A sure-fire way to get the heart pumping! *Moderate*

CardioFuse: A good mix of CardioKickboxing OR Step and sculpting! The first half is Kickboxing OR Step...just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing and Step. *Moderate*

CSI (Cardio Strength Interval): High Intensity Interval Training (HIIT) using various exercise materials for both cardio and strength. A great class to improve endurance! Be prepared to sweat! *Advanced*

Mat Pilates: This is a mat-based class focusing on a classical Pilates repertoire to achieve core stability and optimal postural alignment. A flexibility component will include yoga stretches. *All Levels*

Muscle Up!: Build muscle and boost your metabolism! This 60 minute strength class targets the entire body increasing your muscle tone. Class participants use free weights and his/her own body weight. *All Levels*

PiYo: A faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. Great for core strength, balance, and flexibility. *All Levels*

Sculpt Fusion: This class is a menagerie of all kinds of Sculpting options: Zumba Toning, Body Sculpt, or Zumba Sentao. Each week, classes will alternate between all three types of classes. *All Levels*

SilverSneakers® Classic (“Senior Fitness” on 7/9, 7/10, & 7/11): is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: this class improves overall strength, flexibility, posture, and balance. *Beginner*

SilverSneakers® Yoga: offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Benefits: Yoga increases flexibility, strength and balance, and helps you relax. *Beginner*

StepFuse: A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various strength materials. *Moderate*

Step/Sculpt: Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. *Moderate/Advanced*

Sunset Yoga: Lengthen, strengthen, rest, and restore both body and mind. A variety of yoga styles connected through the breath to work towards releasing muscle tension, strengthening the body, and achieving an overall sense of balance and calm. *All levels*

TurboKick: is a cardiovascular challenge with a sport specific warm-up, bouts of intense cardio intervals with easy-to-follow combinations, kickboxing specific strength/endurance training, and a cooldown. *Moderate/Advanced*

Vinyasa Yoga: “Vinyasa” means “synchronized movement”. By linking the movement with the breath, participants build an internal heat which purifies the body and mind. This class can be a physically challenging practice, but all are welcome! *Intermediate*

Zumba: a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. *All Levels*

Zumba Gold (“Low-Impact Zumba” on F 7/12): This class is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. *Beginner*

Zumba Sentao: Zumba Sentao combines strength and resistance training with Latin dance moves, all centered around a chair. It is a combination of cardio, toning and core strengthening. The choreography can be modified and adapted for all fitness levels. *All Levels*

Zumba Toning: Zumba Toning takes the original Zumba dance-fitness class to the next level with the addition of light weight toning sticks or dumbbells. It was created to emphasize muscle work along with rhythms. *All levels*