

Northgate Health Club

WINTER CLASS SCHEDULE 2012

www.northgatehc.com 507-282-4445

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45	SPINNING Willie		SPINNING Willie				
8:30	YOGALATES Lynne	SENIOR FIT Ann	YOGALATES Lynne	SENIOR FIT Ann	YOGALATES Lynne	X-PLODE Casey/Nicole/Ted	
9:00						SPINNING Ann	
9:15	Swimnastics Sis	Swimnastics Sis	Swimnastics Susan	Swimnastics Susan	Swimnastics Mary		
9:30	SPINNING Ann	3-2-1 SHRED Ann	SPINNING Diane	3-2-1 SHRED Ann	SPINNING Ann	Zumba Megan/Sarah	
9:30	<i>new class coming soon</i>		<i>new class coming soon</i>		<i>new class coming soon</i>		
10:00	Water Aerobics Ted		Water Aerobics Ted		Water Aerobics Ted		
10:30	BODY SCULPT Ann	ZUMBA Megan	BODY SCULPT Ann	ZUMBA Megan	BODY SCULPT Ann		SPINNING Ann
11:45		EXPRESS SPIN David		EXPRESS SPIN David			
2:00	Swimnastics Connie		Swimnastics Connie		Swimnastics Connie		
5:30	X-PLODE Casey/Nicole/Ted	ZUMBA Sarah	X-PLODE Casey/Nicole/Ted	ZUMBA Sarah			
5:30	SPINNING Ann	SPINNING Diane	SPINNING Shannon				
5:30		Aqua Zumba Megan					
6:00	Water Aerobics Bob / LuAnn			Water Aerobics Bob / LuAnn			
6:30	H.I.I.T. KICK Jim / Scott	TOTALLY FIT David	H.I.I.T. KICK Jim / Scott	TOTALLY FIT David			

Class Registration Policy: Please call ahead to confirm class space / time. New participants please arrive 15 minutes early for class.

All participants , please remember your water bottle.

LOOK FOR OUR SPECIAL SUPER EXTENDED SATURDAY SPECIALTY CLASSES!!! - 2 TO 2 1/2 HOURS OF A DIFFERENT CLASS EACH MONTH!

We need your emails to keep you posted on all our upcoming events!

Effective January 9, 2012

CLASS DESCRIPTIONS

- 3-2-1 Shred** This class does it all. Rotate through cardio, strength and abs to get that overall workout. 55 min. Recommended for Men & Women of all fitness levels.
- Aqua Zumba** It's a pool party! A safe, challenging workout in the pool that includes cardio conditioning, body-toning, and most of all, FUN! 55 min. Recommended for Men & Women of all fitness levels.
- Body Sculpt** Sculpt and shape those muscles with the use of weights, barbells & calisthenics. 55 min. Recommended for Men & Women of all fitness levels.
- H.I.I.T. KICK** High Intensity Interval Training - Kick. This program is designed to burn calories using a wide range of movements including martial arts, core work and strength training. 55 min. *Recommended for Men & Women of all fitness levels.
- Express Spin** Use that lunch hour to take a journey. 35 min. of Spinning, non-impact cycling, to burn away calories and stress. Recommended for Men & Women of all fitness levels.
- Spinning** This non-impact cycling journey burns calories, strengthens the legs & improves your endurance. Climb, run, jump & sprint on the uniquely designed Johnny G Spinning bike. Challenge your body & mind. *40 min *Recommended for Men & Women of all fitness levels.
- Senior Fit** Total body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. Exercises designed to improve flexibility, joint stability, balance, coordination, agility, cardio endurance and muscular strength. Chairs available if balance is a concern. Get ready for a head to toe workout. *55 min. *Highly recommended for Men & Women of all levels.
- Swimnastics** A cardiovascular & conditioning workout in a heated pool makes this a perfect stress free workout with gentle exercises. No swimming skills required. *45-50 min *Conditioning movements included *Recommended for Men & Women of all fitness levels. Very beneficial to those with injuries or joint problems.
- Totally Fit** This class combines cardio, strength and flexibility movements to provide you with a total body fitness experience. 55 min. *Recommended for Men & Women of all fitness levels.
- Water Aerobics** An invigorating cardiovascular workout with minimal impact for both swimmers & non-swimmers. The water provides great resistance to this exciting class. *60 min *Strength & conditioning movements included *Recommended for Men & Women of all fitness levels.
- Yogalates** Fluid movements balance, harmonize & focus internal energies in a relaxing & meditative form. Simple Yoga postures enhance flexibility & strength, while focusing your mind/body awareness. *60 min *Non-aerobic/strength, alignment & flexibility. **Recommended for Men & Women of all fitness levels.
- X-PLODE** This plyometric based class will help you burn fat, gain strength and power, and will condition your body in way traditional aerobic exercise won't! A mix of intervals include jumps, jabs, sport drills & core work. *45 min *Not recommended for those just beginning an exercise program.
- Zumba** This program fuses hypnotic Latin rhythms & easy to follow moves to create a one of a kind fitness program where fast & slow rhythms & resistance training are combined to tone & sculpt your body while burning fat. *55 min. Aerobic * *Recommended for Men & Women of all fitness levels.