

Decatur Athletic Club Aerobic Schedule 09-12-11

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am	Yoga Morning Stretch		Yoga Morning Stretch		Yoga Morning Stretch		
8:00 am		Bodyflow		Bodyflow			
8:15 am	BodyAttack In gym						
8:30 am	Zumba	Hot Yoga Advanced	Cardio Mix		Core Cardio		
9:00 am		Athletic Step		1/2 Cardio 1/2 Yoga		Turbo Kick	
9:30 am				Hot Yoga all Levels			
10:00 am	Not So Hot Yoga all levels					Zumba	BodyAttack In gym
10:00 am						Hot Yoga	
10:30 am			Bodyflow in yoga studio				
10:45am						Core and More (30min)	
11:00 am	YAH Cardio & Weights	YAH Yoga	YAH Chair Exercise	YAH Yoga	YAH Zumba Gold		
11:15 am							Bodyflow
11:30 am					YAH Balance		
5:00 pm			Core				
5:20 pm	20 min Abs in Gym		20 min Abs in Gym				
5:30 pm	Zumba / Zumba toning	Hot Yoga All Levels	Zumba	Hot Yoga Intermediate-Adv			
5:30 pm		BodyAttack In gym	Hot Yoga	Turbo Kick			
5:45 pm	Boot Camp in gym		Boot Camp in gym				
6:30 pm	Family Yoga Beg-Intermediate	Family Zumba	Bodyflow	Family Zumba			
YAH - Young At Heart Class		Water Aerobics			WW- Warm Water (in Rec Center Pool)		
8:30am	YAH WW KNF Pool		YAH WW KNF Pool		YAH WW KNF Pool		
8:45 am						Aqua Balance	
9:45 am	Splash Cardio	Aqua Zumba	Splash Cardio	Aqua Zumba	Splash Cardio	Splash Cardio	
4:45 pm	Aqua Mix		Aqua Mix				
5:30 pm	Splash Cardio	Splash Cardio	Splash Cardio	Splash Cardio			
6:30 pm	Aqua Zumba						

Class Information

You do not need to sign up for these classes

Floor Aerobics

Athletic Step- Basic step class along with athletic moves.

Abs- 12 minutes of floor exercise designed to tone and strengthen abdominal muscles and back.

Balance- 30 minutes of work on agility and balance. Consists of some Yoga and some Tae Chi Moves

Boof Camp- Basic Calisthenics and challenges. Great for couples and families.

Bodyattack- is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

Bodyflow- Athletic blend of Yoga, Pilates and Tai Chi.

Cardio & Cardio Mix- Variety of equipment used to fulfill aerobic requirements and strength training. Step- cardio work done on adjustable height platforms.

Turbo Kick- is a high-energy, calorie-blasting workout consisting of kick boxing, dance and martial arts. Also included are body slimming and sculpting moves using the hottest music. Turbo kick is not just a workout, it's a dance party that delivers Turbo results that will keep you coming back for more

YAH Cardio and Weights- Low impact aerobics along with strength training using small hand weights. Easy to follow moves

YAH Chair Exercise- Helps focus on strength and cardio. Great for those with knee and balance issues.

Yoga- Classes will focus on mind/body connection improving mental and physical health. It will enhance inner silence, harmony, and piece of mind. Excellent cross training routine. Please attend regular yoga classes before attending advanced or intermediate yoga classes.

Yoga (Hot)- Room is very warm. See time listings for intensity.

Yoga (Family)- Family class geared towards creating healthy habits for the whole family. All Children must be accompanied by an adult 18 or older. Please no children under 7.

Zumba- Anyone can do it! Enjoy dancing and working out at the same time. It's fun, easy and provides a great workout.

Zumba Gold- The latest addition to our Young at Heart programs. It's easy, it's dancing and fun!

Water Aerobics

Aqua Balance & Flexibility- Yoga inspired moves. Focus on core Strength, toning, balance and flexibility.

Aqua Mix- water steps, noodles, hand buoys used to increase strength and tone.

Aqua Zumba- Same great zumba moves but in the water.

Splash Cardio- A high intensity shallow water workout that will get your heart pumping, as you tone burn calories and have fun.

(YAH) Warm Water Class- Water class for seniors and those suffering from arthritis.

Spinning

Spinning- sessions are designed to be a great cardiovascular workout for everyone, whether you are a beginner to the fitness program or an experienced cyclist. Set to music, the sessions are led by our certified SPIN instructors.

Our unique spin facility is designed for the experience of Spinning and accommodates up to 20 riders. There is no charge for Spin. However you must sign up prior to class to reserve your bike. Sign up at the front desk no longer than one day prior to the class. **There will a \$5.00 No Show fee for those who have a reservation and do not cancel 1 hour before class.**

- Spin Class rules and etiquette
- Spin classes are 45 minutes long.
- Members please arrive to class at least 5 minutes prior to class starting to have your bike set and ready to go when class begins.
- New spinners should arrive 5-10 minutes prior to class to allow time for proper bike set-up.
- You may reserve your bike prior to class and then use other areas of the club until class time.
- Bikes may not be held for friends.
- After class begins, please keep talking to a minimum so everyone can receive instruction and enjoy the class.
- For the safety of our members, lighting is based on instructor's discretion.
- If you are on the reservation list, your bike will be held until 5 minutes after class has started. At that point, your bike will be given to a waiting member.

For more information about spinning contact:
Shelli Reinhardt

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
6:00am	6:00am	6:00am
9:15am	9:15am	8:30am
<u>Tuesday</u>	<u>Thursday</u>	<u>Saturday</u>
5:00am	5:00am	9:30am
6:30 am	6:30am	7:15am
4:30pm	4:30pm	8:15am
5:30pm	5:30pm	

DAC Aerobics 2011-12

These Classes are all included in membership.

Cynda Roberson Aerobic Director
Cynda@decaturationathleticclub.com

- Aerobics
- Spinning
- Water Aerobics
- Young at Heart (YAH)

1010 West South Side Drive
Decatur, Illinois 62521
Phone: 217-423-7020
Fax: 217-423-7562
www.decaturationathleticclub.com

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