



PLAYERS CLUB  
FITNESS CENTER

# Players Club Fitness Monthly

January 2012 Volume 2 No. 1

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## Aquatics Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Aquafit*-Lois		Aquafit*-Lois		Aquafi*- Shannon	
9:30 am	Aquafit *-Lois		Aquafi*- Shannon			

*\*Starting Jan. 16 Sign-up required for Aquafit classes. Sign-up begins at 9:35 a.m. the previous week for each class*

## Aerobics Room Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am						Spin- Kim
9:00 am	Kick Box Sculpt- Kelly	Pilates- Lois	Butts-N-Gutz- Kelly	Pilates- Lois		
10:00 am	Yoga-Kelly	Yoga-Nannette	Yoga- Caroline		Yoga- Nannette	Yoga- Kelly
11:00 am		Silver Sneakers		Silver Sneakers		
4:30 pm			Hard Core Abs.- Lois			
5:00 pm	Body Sculpt-Lois B.		Body Burn Interval - Lois	Zumba!-Kathy		
5:30 pm		Zumba!-Kathi				
6:00 pm	Spin-Lila		Spin-Mary	Spin-Kathi		
6:30 pm		Boot Camp- Shawn		Boot Camp- Shawn		

### Class Descriptions:

**Aqua Fit**– One hour water aerobics class held in our indoor pool.

This easy-on-the-joints class is a great mix of aerobic and strengthening exercises.

**Kick Box Sculpt**– Get your heart pumping and get that beach body you have been looking for. Great cardio workout with target toning.

**Yoga**– Stretch your mind body and spirit in our yoga classes. Several modifications are taught to make your experience as relaxed or as challenging as you like.

**Body Sculpt**– Create definition throughout the body, using hand weights, barbells, and more.

**Pilates**– If you are looking for long lean muscles, this mat based class will give it to you.

**Spin**– Excellent cardio workout on our stationary spin bikes. Let our instructors guide you through this intense experience.

**Body Burn Interval**– This class does it all; aerobic motion and targeted resistance .

**Hard Core Abs**– Focus on that tricky area around the belt using various props and positions.

**Butts-n-Gutz**–Just as it says, an hour long intensive workout for those “hard to reach” places.

**Boot Camp**– It’s like having your own personal trainer. This class uses the entire gym and you may even find yourself heading outside. If you like a varied workout-this one is for you!

**Silver Sneakers**– Chair based muscular strength and range of motions exercises for our healthy seniors.

**Zumba!**-You’ve asked for it and it is here! Zumba combines high-energy music with unique moves and combinations. This Latin-based group exercise class is fun and easy to do. No dance experience required! Burn 300 to 900 calories in the hour!

### Fitness Center Hours

Monday—Friday 6:00 a.m. to 8:00 p.m.  
Saturday & Sunday 8:00 a.m. to 6:00 p.m.

### Pool and Hot Tub Hours

Monday—Friday 6:00 a.m. to 7:30 p.m.

Saturday & Sunday 8:00 a.m. to 5:30 p.m.

Lap Swim Only

Monday to Friday 10:30 a.m. to 12:00 p.m.

Children Allowed In Pool after 12:00 p.m. Monday-Friday