

April 2010

Members: \$6 Basic class / \$8 Yoga & Spinning

Guests: \$10 Basic class / \$12 Yoga & Spinning

TROUT CREEK FITNESS SCHEDULE

All fitness classes **CANCELED** 4/19-4/25

	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	
MON	6:15 - 7:15 a.m. Spinning (Logan)			9:15 - 10:30 a.m. Anusara Yoga (Nancy)		10:45 - 11:45 a.m. Yin yoga (Nancy) NEW!		5:15 - 6:15 p.m. Weights & Conditioning (Ivazina)		6:30 - 7:45 p.m. Yoga for Structural Integrity (Lynne)
TUE	6:00 - 6:45 a.m. Spinning (Kathy) *No class 4/27	7:00 - 8:00 a.m. Core Strength & Balance (Denise)		9:30 - 10:30 a.m. Spirit Ride (Nikoletta) *No class 4/6		4:30 - 5:45 p.m. Line Dancing (Robin)		6:00 - 6:45 p.m. Spinning (Marion)	7:00 - 8:00 p.m. Couples Yoga (Nancy) NEW!	
WED	6:15 - 7:15 a.m. Spinning (Logan)		7:30 - 8:30 a.m. Pilates (Paula)	9:15 - 10:30 a.m. Anusara Yoga (Nancy)	10:30 - 11:30 a.m. Yin Yoga (Nancy) NEW!		5:15 - 6:15 p.m. Weights & Conditioning (Ivazina)		6:30 - 7:30 p.m. Yoga for Cycling (Judy)	
THU	6:00 - 6:45 a.m. Spinning (Kathy) *No class 4/29	7:00 - 8:00 a.m. Core Strength & Balance (Denise)		9:30 - 10:30 a.m. Spirit Ride (Nikoletta) *No class 4/8			6:00 - 6:45 p.m. Spinning (Marion)		7:00 - 8:15 p.m. Cardio Cross Training *No class 4/8	
FRI	6:15 - 7:15 a.m. Spinning (Logan)		7:30 - 8:30 a.m. Pilates (Paula)	9:15 - 10:30 a.m. Anusara Yoga (Nancy)						
SAT				8:00 - 9:15 a.m. Ski Conditioning (Ivazina) *No class 4/10		9:30 - 10:30 a.m. Anusara Yoga (Nancy)				
SUN				8:00 - 9:15 a.m. Cardio Cross Training (Karen)		9:30 - 10:30 a.m. Spinning (Logan)				

ATTENTION:
Trout Creek Recreation Center will be **CLOSED** for spring maintenance on April 20 & April 21. All fitness classes are canceled from April 19-25 for floor re-finishing.

Anyusara Yoga:

Anusara Yoga is a modern style of hatha yoga with a Tantric philosophy and emphasis on "heart opening" postures.

Cardio Cross Training:

An intense workout that combines a short cardio warm-up (step and/or aerobics) with weight training and core strengthening in a fast paced environment.

This class is the ultimate cross training fitness class.

Core Strength and Balance:

This intermediate/advanced class is designed to work every muscle from head to toe. This class also focuses on the "core" muscles. You will gain overall strength, balance, and stabilization.

Couples Yoga:

A form of Hatha yoga in which couples support each other in modified asana (yoga pose) sequences. Working with a partner can help you move beyond what you can and cannot do.

Couples Yoga brings out the hilarious as well as the divine!

Line Dancing:

This class is for anyone and everyone who likes to dance and/or enjoys moving to music. The 1st half hour = Beginner Dances. The 2nd half hour = Intermediate Dances.

The last 15 minutes = Advanced Dances. Come on out and give it a try!

Pilates Mat Class:

Come enjoy a dynamic workout, and enhance your freedom of movement. This class uses the Pilates principles of core strength and alignment, to improve posture, strength, flexibility, and balance. Also incorporating exercises inspired by yoga and Gyrokinesis, the class promotes healthy, efficient movement in any sport or daily activity.

Ski Conditioning:

Get ready for winter fun with this great fitness class that will prepare you for those brilliant sierra powder days.

Spinning:

This spinning class offers a non-impact, highly effective way to build cardiovascular strength and endurance. This class provides the perfect mix of hard work and great fun while burning up calories too. Class maximum is 11 participants.

Weights & Conditioning:

Get ready for summer fun and stay in shape all season long with this great fitness class that will prepare you for those brilliant summer days. This total body conditioning workout will enhance strength and muscle definition. Class may utilize weights, balance discs, gliding discs, medicine balls, and/or stability balls, combined with isometric exercises designed to tone and sculpt the body.

Yoga for Cycling:

This is a sport related Yoga program for all those who currently ride any kind of bike or are planning on starting road cycling, mountain biking or both. In this class you will learn how to alleviate many cycling related symptoms including; tight hamstrings, hip flexors, gluteus and quadriceps, neck and trapezius stress, lower back pain, and shortened pectorals and upper back aches. The focus will be improved flexibility, strength and endurance to improve your sport via the benefits of a mind/body Yoga workout.

Yin Yoga:

Yin Yoga stretches the connective tissues rather than conditioning the muscles. It is a perfect compliment to the dynamic and muscular styles of yoga. (Suitable for all levels)

Yoga for Structural Integrity:

An integrative practice that focuses on the physical, psychological, and spiritual balance and integrity of the individual. Drawing from traditions of Iyengar, Asthanga, Kripalu, and Kundalini yoga, YSI practice utilizes asana (yoga postures), pranyama (breathwork), movement integrations, and philosophical exploration to bring the practitioner to a greater awareness of his body, mind, and spirit.