



Group Fitness Class Schedule

(all classes 1 hour)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Tone & Sculpt	Marchand Jam	Cardio & Core	Tone & Sculpt	
9:30am		TRX Conditioning		TRX Conditioning	Pilates
4:30pm		Athlete Group Training (\$80 for 8 sessions)		Athlete Group Training (\$80 for 8 sessions)	
5:00pm	Fitness Challenge		Fitness Challenge		
6:00pm			Zumba (\$6 per class)		
7:00pm	Boot Camp	Active Yoga	Boot Camp	Active Yoga	

Call 231.421.5667 for more information

Class Descriptions

Tone & Sculpt - Helayne Marchand, CPT

This workout starts with a warm-up followed by a weight training segment works muscle groups of the upper body, back, lower body, and finishes with some floor-work focusing on core strengthening and stretching. Firm, tone and define your muscles, prevent or reverse the effects of osteoporosis and osteoarthritis, develop and strengthen the muscles that support your spine, prevent back pain associated with improper alignment and lack of support, improve your balance, posture, flexibility and overall strength.

This class is well suited for both beginners and seasoned exercise buffs. The intensity of this workout varies with the amount of weight that you use.

TRX Conditioning - Jessica Blazok, ATC, CPFT

It's not a fad—it's a movement!! This revolutionary suspension training system has changed the face of functional training. By using your own body weight against gravity as resistance, the TRX will prove to you that you do not need weights to have a successful workout. When you lean into the straps, you force your core muscles to engage, raising your heart rate, burning more calories, and training your body to be stronger and leaner. It takes total focus—regardless of which muscles you are targeting on a specific move, your entire body is working hard to keep proper form.

This virtually non-impact class is good for all fitness levels, resistance can be adjusted accordingly. Limit 9 participants per class.

Fitness Challenge - Jessica Blazok, ATC, CPFT & Eric Shutler, CPT

The ultimate circuit training class. This workout is different than any workout you've done in the past. Combining strength training and cardio intervals into a circuit which burns more calories providing a more effective workout. Studies show that strength training and cardio interval training burns more calories for a longer period of time than cardio training alone. We encourage you to step out of your typical workout "box" and try this class.

Exercises can be modified to accommodate all levels of fitness.

Boot Camp - Martha Videan, CPT

This class is for anyone looking for a fun and challenging way to workout! We incorporate interval exercises along with circuit stations and sports drills to offer a total body workout for any person who is ready to take their fitness to the next level. Basic body-weight and resistance exercises, coupled with non-stop cardio intervals will ensure that you burn lots of calories each class.

Marchand Jam - Helayne Marchand, CPT

Dance is the universal language of movement. Experience the joy of moving to music while improving your fitness and burning 300 – 500 calories! This workout includes a warm-up, cardio dance segment, and cool down with stretching.

No dance experience required. Class is designed for all fitness levels whether or not you are a new or an experienced dancer!

Mat Pilates - Martha Videan, CPT

This Pilates class will train the entire body, eliminating muscular imbalance, preventing injuries, alleviating chronic back pain and developing long, lean sculpted muscles. Improve your strength, flexibility, posture, mobility, balance, and athletic performance.

This class is a good addition to any workout program from beginner to advanced.

Cardio Blast - Jessica Blazok, ATC, CPFT

Get your lunch hour calorie burn! This class will make you sweat and get your heart pumping. Beginning with a warm-up, this class will incorporate several workout styles such as; cardio kick boxing, interval training, step, dance, TRX, etc. We will finish the class with a cool down stretch and some core conditioning.

This class is suited for all fitness levels as exercises can be modified accordingly.

Zumba - Noel DeShano

Join us for the latest dance workout craze! This class incorporates Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

No dance experience necessary. **Pay \$6 per class.**

Active Yoga - Laura Harrant

Active Yoga is a mixed level yoga class that tightens and tones the entire body, enhances balance, improves flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. The pace is energetic yet comfortable. Participants are encouraged to listen to their bodies and to work at their own perfect pace. The result is a mind-body workout that improves health, athletic performance and mental acuity in people of all ages and fitness levels.