



# Hayden Group Fitness

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190 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 762.9014

2/21/12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 to 6:45 AM			Interval Bootcamp Julie L		Interval Bootcamp Julie L		
7:00 to 7:45		Pilates/YOGA Balance Pad Beth		Pilates/YOGA w/Ball Beth			
7:30 to 8:30							Pilates/ Balance Pad Becki
8:00 to 8:50			<b>STRONG Interval</b> Patty		<b>STRONG</b> Patty		
9:00 to 10:15		Step & Condition Linda		<b>TRIO</b> Linda & Heidi			Cardio Step Roni (50 min)
9:15 to 10:15	YOGA Roni		Pilates w/Ball Beth		Pilates/B Pad w/Ball Beth	<b>STRONG CIRCUIT</b> Linda (50 min)	
10:15 to 11:15						<b>Zumba</b> Heidi	<b>STRONG</b> Roni * (10:00-10:50)
10:30 to 11:30	<b>NIA</b> Jamie		<b>NIA</b> Jamie		<b>NIA</b> Jamie		
11:00 to 12:00							<b>Zumba</b> Samantha
4:30 to 5:30 PM		<b>STRONG</b> Heidi (50 min)	Pilates w/Ball Becki		Pilates w/ Balance Pad Becki		
5:45 to 6:45		<b>Zumba</b> Heidi	Tabata/Step Interval Amber	<b>STRONG Interval</b> Roni	Step/Sculpt Interval Amber		
7:00 to 8:00		YOGA Beth	<b>Zumba</b> Heidi	YOGA Roni	<b>Zumba</b> Heidi		

## Spinning Schedule

5:30 to 6:30 AM		<i>Spinning</i> Trena		<i>Spinning</i> Trena		<i>Spinning</i> Trena	
7:45 to 8:45							<i>Spinning</i> Diane
8:00 to 8:50		<i>Spinning</i> Julie L		<i>Spinning</i> Julie L		<i>Spinning</i> Linda	
9:15 to 10:15			<i>Spinning</i> Patty		<i>Spinning</i> Patty		
Noon Express (12:05 to 12:45)			<i>Spinning</i> Diane				
4:15 to 5:15 PM		<i>Spinning</i> Patty		<i>Spinning</i> Patty			
7:00 to 8:00			<i>Spinning</i> Dana		<i>Spinning</i> Meghan		

Spinning and Strong classes must be signed up for in advance, no earlier than 2 days ahead. There is a \$2.00 fee for no-shows or cancellations made less than one hour prior to class time.

**Peak Hayden Hours: Monday – Friday 5 AM to 10 PM & Saturday – Sunday 7 AM to 9 PM**



# Class Descriptions ~ Hayden

- CARDIO STEP** ~ A 50 minute class consisting of a 5 minute warm up, 35-40 minutes of cardio step routines and a 5 minute cool down. Combine this class with the Strong strength class that follows at 10:00 AM.
- STEP & CONDITION** ~ Prepare for a motivating higher paced step workout with powerful conditioning. Receive that extra dash of heart pumping energy.
- TABATA/STEP INTERVAL** ~ 20 second bouts of high intensity training followed by 10 seconds of rest. Intervals include simple step movements, weights, equipment and bands. Modifications provided
- STEP/SCULPT INTERVAL** ~ An athletic class with simple step moves combined with weight intervals for all fitness levels.
- TRIO** ~ 3 in 1 class format, (Step – Zumba – Butt and Abs) easy to follow step movements (no hard combos).
- KOR KETTLEBALL** ~ Is a versatile weighted ball with a handle that uses the entire body, enhancing strength, balance, and hand-eye coordination.
- PILATES** ~ A mind body technique by using the breath, developing core stability, flexibility, and muscle tone without impacting joints.
- SPINNING\*** ~ A cycling program led by certified instructors to music for everyone, any age, at every level of fitness. Come 10 minutes early to your very first class for bike setup and instruction. Bring water and a sweat towel.  
\* **Sign-up required two days in advance.**
- STRONG\*** ~ Strong is a group weight training program designed to accommodate a wide range of fitness levels. The goal is to improve muscular strength and endurance to our participants with a safe and effective workout.  
\* **Sign-up required two days in advance.**
- STRONG INTERVAL\*** ~ A 50 minute class featuring blocks of 3 strong weight lifting intervals with a 1 minute cardio segment. Designed to attack all major muscles including the heart!  
\* **Sign-up required two days in advance.**
- INTERVAL BOOTCAMP** ~ Cardio/tone bootcamp segments. Features alternating intervals of cardio and body sculpting at different levels with plenty of variations shown.
- STRONG CIRCUIT** ~ A great cross-training boot-camp class. Working all the major muscles with our Strong equipment and adding some cardio to our circuit stations.
- ZUMBA** ~Come join the party with an exhilarating hour of some Latin rhythms and moves to tone plus sculpt your body while burning fat. A fun fitness aerobic workout that is easy to follow.

**NIA** ~ Nia is a dynamic movement experience combining the power of martial arts, expression of dance arts, the awareness of healing arts to bring your body, mind, emotions and spirit to life! Balancing technical precision with free-form movement, Nia emphasizes conditioning, creativity and community through joyful movement.

**YOGA/BALL** ~ A centering exercise, warm-up stretches, classical YOGA postures (Hatha Yoga) with a stress management focus. Each class ends with a guided relaxation. **YOGALATES** ~ A Yoga-Pilates based class designed to build strength, flexibility, and balance. Bare-feet or Yoga shoes are recommended.

**RESIST-A-BALL** ~ A dynamic fun way to stretch, strengthen, tone, increase flexibility and postural awareness from stability ball training. The stability ball will be used for portions of the Yoga-Pilates classes.

**BEBALANCED POWER MAT** ~ An Airex Balance Mat that works muscular resistance, body alignment and posture stability.

**FEES** **Members:** Free **Non-Members:** \$56.00 for sixteen punch card pass, or 1 class \$10.00  
Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

*For More Information, Contact Linda Yates, Group Fitness Director at 762.9014*