

## Group Exercise Schedule---MARCH 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6-7am	<b>Spinning</b> CRISTINA Gr. EXS A	<b>Core Conditioning</b> CRISTINA Gr. EXS B		<b>Spinning</b> CRISTINA Gr. EXS A			
7-10 am						(7:30-8:30a) <b>Functional Training</b> NATALIE Gr. EXS B	
				(9:30-10:30a) <b>Yoga</b> JULI Gr. EXS B	(9:00-9:45a) <b>Young at Heart</b> NATALIE Gr. EXS B	(8-9a) <b>Spinning</b> STACY Gr. EXS A	
10-11 am		<b>Yoga</b> JULI Gr. EXS B	<b>Zumba</b> MESHA Gr. EXS B		<b>Zumba</b> MESHA Gr. EXS. B	(10-11a) <b>Advanced Yoga</b> ROB Gr. EXS B	
11am		(11:15a-12:15p) <b>Balance Basic</b> JULI Gr. EXS B	(11:15a-12:15p) <b>Walk Fit</b> SCOTT Track	<b>Stretch &amp; Tone</b> CRISTINA Gr. EXS B	<b>Walk Fit</b> NATALIE Track		
12-1 pm	(12:15-1:15p) <b>Zumba Gold/Sit &amp; be Fit</b> MARCI Gr. EXS B		(12:15-1:15p) <b>Zumba Gold/Sit &amp; be Fit</b> MARCI Gr. EXS B		(12:15-1p) <b>Sit &amp; Be Fit</b> STAFF Gr. EXS B		
1-2 pm	(1:30-2:30p) <b>Sweet &amp; Low Tai Chi</b> GENIE Gr. EXS. B		(1:30-2:30) <b>Beginner Sweet &amp; Low Tai Chi</b> GENIE Gr. EXS. B		(1:30-2:30p) <b>Sweet &amp; Low Tai Chi</b> GENIE Gr. EXS B		
5-6 pm		<b>Spinning</b> STACY Gr. EXS A	<b>Spinning</b> VANESSA Gr. EXS A	(5-6p) <b>Spinning</b> STACY Gr. EXS A	(5-6:30p) <b>S.E.T &amp; ABS</b> VANESSA Gr. EXS B		
6-7 pm	(6-7p) <b>Iron Maidens</b> JEFF Track	(6-7p) <b>Sculpted Soldiers</b> CHRIS. G Fitness Floor	(6-7p) <b>Spinning</b> STACY Gr. EXS A	(6-7p) <b>Cardio Combat</b> CHRIS G. Fitness Floor	(6-6:30p) <b>Zumba</b> JOAN Gr. EXS B	(6-6:30p) <b>Power Stretch</b> STACY Gr. EXS A	(6:30-7:30p) <b>Yoga Basic</b> ROB Gr. EXS B
7-8 pm	(7:30-8:30p) <b>Zumba</b> KRISTEN Gr. EXS. B	(6:30-7:30p) <b>Yoga Flow</b> ROB Gr. EXS. B	<b>Tai Chi</b> GENIE Gr. EXS. B				

## FALL 2010 BCHI GROUP EXERCISE SCHEDULE

**Balance Basic:** Become stronger, more flexible and balanced with the help of a chair if needed. You will create harmony in your body and balance in your life!

Level: Beginner

**Cardio Combat:** Declare war on your unwanted body fat! Combine aspects of Boxing, Kickboxing, Pilates, Boot Camp and Martial Arts fitness concepts to give you a one-of-a-kind workout used by professional athletes.

Level: Moderate to High Fit

**Core Conditioning:** Increased core strength, floor exercises, power band training. Benefits include abdominal toning increased flexibility, as well as stability in the low back.

**Functional Training:** A fun class for any level! Learn to use body bars, fitness balls and your body weight to improve your strength, balance, core and flexibility. This class will work the body from head to toe, from warm up to cool down to improve the way you perform everyday.

Level: Beginner, Intermediate & High Fit

**Iron Maidens:** A women only free weights class designed to change your old routine, and teach proper form and techniques. Uses circuit training to target different area of the body on a weekly basis.

Level: Intermediate & High Fit

**Pilates- Mat:** Strengthens your "powerhouse"- focus on abdominals, low back and buttocks and combines precise movements of the Pilates system.

Level: Beginner, Intermediate & High Fit

**Sculpted Soldiers:** A challenging weightlifting class for men and women. This class will include free weights, machines, agility, mental toughness, perseverance, and stamina

Level: Moderate to High Fit

**Sit & Be Fit:** Seated no impact, toning, strength, cardio with bands and dumbbells. Walkers and wheelchairs welcome.

Level: Beginner

**Spinning:** Indoor cycling at its finest! Incorporates cardiovascular, lower body strength, and intense calorie burning in a fun, motivational setting.

Level: Intermediate & High Fit

**Stretch & Tone:** Relaxing, focus on flexibility, toning, injury prevention, and improvement of range of motion. Optional seating, utilizes dumbbells.

Level: Beginner

**Sweet & Low Tai Chi:** Seated, focus on posture, range of motion, balance and alignment. **Wednesday's** class is for those who have little to no prior Tai Chi experience.

Level: Beginner & Intermediate

**Tai Chi:** "Meditation in motion", slow movements, graceful slow transitions, balance, alignment, motor skills and relaxation.

Level: Beginner & Intermediate

**Walk Fit:** Fitness walking at its finest! Never before has walking given you these benefits, combining toning, posture and cardiovascular endurance right from the cushioned track surface.

Level: Beginner

**Yoga:** Mind and body connection emphasized, fundamental movements and poses, breathing, alignment. Along with promoting relaxation it develops muscular strength, suppleness and flexibility.

**Basic Yoga:** Designed for those who may be new to Yoga or for those students who would like to master the fundamentals and principles of forward folds, backbends, and twists.

**Yoga Flow:** If you have conquered Basic Yoga and are ready to take your yoga practice to the next level, Yoga Flow is a great intermediate class. A combination of stretching and movement. Yoga Flow takes the student from pose to pose with a smooth transition.

**Advanced Yoga:** A vigorous class which builds heat and stamina through sun salutations and standing poses. Creative and stimulating, these classes include more challenging postures such as inversions and lotus poses. **Prior yoga experience recommended.**

**Young at Heart:** A low intensity cardiovascular workout offering a combination of toning and endurance exercises, designed for those with heart disease or looking to lower cholesterol and blood pressure.

Level: Beginner

**Zumba®:** Dance, dance, dance!! Zumba is fusion of Latin and international music combined with high-energy, simple to follow impact Latin dance moves. Join the party with this calorie-burning and body-energizing workout taught by our certified Zumba Instructor.

Level: Beginner, Intermediate & High Fit

**Zumba Gold®:** This class is a Zumba® chair workout. Zumba Gold® takes the popular Latin-dance inspired workout of Zumba and make it accessible for seniors, beginners or others needing modifications in their exercise routine.

Level: Beginner

**Botsford Center for Health Improvement**

**(248) 473-3100**

[www.botsford.org/bchi](http://www.botsford.org/bchi)

**Monday-Thursday 5:30 am-10:00 pm**

**Friday: 5:30 am-9:00 pm**

**Saturday: 7:00 am-4:00 pm**

**Sunday: 10:00 am-4:00 pm**

**For class cancellations or updates please call:**

**BCHI'S HOTLINE NUMBER: 248-667-8495**