



# BLUE MOUNTAIN November Group Fit



HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / peak-

MON	TUE	WED	THU	FRI	SAT	SUN
<b>*Gym Class Heroes</b> 5:45-6:30 am Jessica	<b>*Muscle Pump</b> 5:45-6:30 am Jessica	<b>*Gym Class Heroes</b> 5:45-6:30 am Jessica	<b>*Muscle Pump</b> 5:45-6:30 am Jessica	<b>*Gym Class Heroes</b> 5:45-6:30 am Jessica	<b>Boot Camp</b> 9 am Kayli	<b>POUND</b> 8:30 am Lisa
<b>Pump &amp; Core</b> 8 am Pam	<b>Oula</b> 9 am Tracy/Angie	<b>Pump &amp; Core</b> 8 am Jeri	<b>Boot Camp</b> 6:30 am Kayli	<b>Step &amp; Sculpt</b> 9 am Sandy	<b>Oula</b> 10:15 am Rotation	<b>Oula</b> 4 pm Katie/Kristin
<b>Step &amp; Sculpt</b> 9 am Sandy	<b>Muscle Pump</b> Noon Angie	<b>Step</b> 9 am Jeri	<b>CSI</b> 9 am Richel	<b>Oula</b> 10 am Anne-Marie/Laurie		
<b>Senior Circuit</b> 10 am Sandy	<b>Abs &amp; More</b> 4:30 pm Sandy	<b>Intro to Oula</b> 10 am Lizzie	<b>CSI</b> Noon Kristi	<b>Senior Chair Yoga</b> 11 am Isabelle		
<b>Line Dance</b> 11 am Heidi	<b>Oula</b> 5:30 pm Anne Marie/Jen	<b>Senior Stretch</b> 11 am Heidi	<b>Abs &amp; More</b> 4:30 pm Sandy	<b>PEAK X-treme</b> Noon Angie		
<b>Oula</b> Noon Laurie	<b>*Hot Laps</b> 5:30 pm Rob	<b>Cardio 20/20/20</b> Noon Angie	<b>Oula</b> 5:30 pm Kristin			
<b>Oula</b> 4:30 pm Patricia		<b>Boot Camp</b> 5:30 pm Shannan	<b>Tri Training</b> 5-6 Swim/Ellen 6:15-7:15 pm Cycling/Rob 7:15-8 pm Run/Rob			
<b>CSI</b> 5:30 pm Brittney		<b>Oula</b> 6:30 pm Patricia/Katie				
<b>Boot Camp</b> 6:30 pm Katrina						

**Thanksgiving Day**  
Club Hours: 5 am-2 pm  
Modified Group Fit Class Schedule  
Downtown Members Welcome

**Blue Mountain**  
8 am Cycling/Dan  
8 am Gym Class Heroes/Jessica  
9:15 am Oula/Tracy & Kathryn  
9:15-10:30 am Cycling/Tamara & Monique

**Downtown**  
10-11:15 am All Levels Yoga/Isabelle

\*Hot Laps will be held outside (weather permitting) or on track. Meet in Blue Mountain Lobby.  
Most Group Fitness classes are 55 minutes. \*Express classes are 45 minutes.  
**\*\*Please note that instructors are subject to change.**



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# Group Fitness Class Descriptions

<b>Abs and More (all levels)</b>	A variety of exercises to tone, strengthen and define abdominals. Additional muscle groups routinely added.
<b>Boot Camp (all levels)</b>	Power, strength and agility are the name of the game in this military inspired circuit class that will push you to your limits. As you work your way through each station, you'll lunge, crunch, press and more for a full body workout.
<b>Cardio 20/20/20</b>	20 minutes each of cycling, circuit training and abdominal work.
<b>CSI Circuit Style Interval (all levels)</b>	High energy calorie burning at your own pace. Works all muscle groups using body weight and props.
<b>Gym Class Heroes (intermediate to advanced)</b>	Incorporates calisthenics, running, jumping, and weight lifting done at <i>high intensity</i> , short intervals.
<b>Hot Laps (all levels)</b>	Bring out the runner in you. This running/conditioning program focusing on drills to help assist with speed, endurance, agility and stride. Beginners will learn running fundamentals while novice and advance runners will train to increase speed and efficiency.
<b>Muscle Pump (all levels)</b>	Use body-bars, hand weights and interval training to target specific muscle groups and achieve optimum heart rates through high repetition and endurance based exercises. Adjust weights to meet individual needs.
<b>Oula® &amp; Intro to Oula® (all levels)</b>	High-energy cardio, easy to learn workout for people who shake their groove things. Open to all ages, experiences & mobility levels. Enjoy Top 40 hits, hootin' and hollering and letting it all go. Intro to Oula® will breakdown moves that you see in Oula®.
<b>PEAK X-treme (intermediate to advanced)</b>	Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.
<b>POUND</b>	The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. You will squat, lunge, and pound with drum sticks to the beat of inspiring music. No drumming or dance experience necessary.
<b>Pump and Core (all levels)</b>	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
<b>Senior Fit &amp; Senior Stretch (all levels)</b>	Geared for people over 50, great for anyone. Get moving (at your own level) then challenge cardio, balance, flexibility and muscle strength using dumbbells, resistance bands and balls. Stretching exercises are performed either in a chair or standing. Stretching increases your flexibility and freedom of movement.
<b>Senior Chair Yoga</b>	Geared for people over 50, seeking to improve range of motion, flexibility and respiration. The ability to get up or down from the floor is not required.
<b>Step (all levels)</b>	Distinguished from other forms of aerobic exercise by its use of an elevated platform (the step). Step height can be adjusted to meet your individual fitness level. Step combines endurance and strength training.
<b>Step and Sculpt (intermediate to advanced)</b>	High-energy total body workout alternating step choreography with muscle conditioning.
<b>Tri Training (all levels)</b>	Work on your speed, form and endurance. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three.