



Conditioning Center Program Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 – 6:45			Personal Training “Xtreme Fitness” \$40 per month		Personal Training “Xtreme Fitness” \$40 per month		
6:15 – 7:00		Circuit	7:30 -Corga	Circuit		Circuit	
8:15 – 9:00			Circuit		“Iron Man” Circuit Challenge		Circuit – 8:00
9:30 – 10:15		Circuit	No Limits – 9:15	Circuit		Circuit	
10:00 – 11:00			Functional Training		Functional Training		
11:00 – 12:00	Circuit		Xpress Athletic Intervals		Xpress Athletic Intervals		
12:00 – 1:00	No Limits <small>(starts February 2010)</small>	Circuit	“Iron Man” Circuit Challenge	Circuit	“Iron Man” Circuit Challenge	Lift & Cycle	
12:00 – 1:00			Personal Training “Xtreme Fitness” \$40 per month		Personal Training “Xtreme Fitness” \$40 per month		
4:00 – 4:30						Corga	
5:30 – 6:30		Ask “Iron Man”	Circuit		Circuit		

Conditioning Center Class Descriptions

CIRCUIT

If you are looking for variety, look no further! This class will combine strength conditioning and cardiovascular exercises in a fun format. (Meet by the free weights.)

“IRON MAN” CIRCUIT CHALLENGE

A 45 minute circuit class. Experience a great workout: multi-joint lifts, cardio training and the perfect push-up. (Meet by the free weights.)

LIFT AND CYCLE

This class begins with a 20 minute upper body strength workout followed by 20 minutes of cycling. (Meet by the free weights.)

***NO LIMITS**

An athletic-based cardio/strength interval class which will challenge you with non-stop speed, plyometric and agility drills. There are no limits to what you may do in this class! (Meet on the court)

STRENGTH INTERVALS

A 30 minute class consisting of total body strength combined with aerobic intervals followed by core exercises. (Meet by the gym office.) (Runs Nov-May)

TREADMILL BLAST

30 minutes of high intensity intervals coupled with lower intensity recovery. This is a great way to improve your aerobic fitness level as well as add variety to your running program. (Meet by the gym office) (Runs Nov-May)

200-12900-0339

ASK “IRON MAN”

Do you have a question about lifting technique, need to change up your program, or want some extra help? Steve Bliss (MS ed, CSCS) will be available on the free weight side of the Conditioning Center to help you.

***FUNCTIONAL TRAINING**

“Optimizing Balance, Bone & Muscle Health”

This is a 45 minute class mixing balance and exercises to build your bones and improve posture. (Meet on the court)

***XPRESS ATHLETIC INTERVALS**

Athletic Based with Quick Feet & Agility Drills

Class is broken into 15 minute segments. Attend one or more segments. (Meet on the court.)

CORGA

This is a 45 minute class focusing on building a strong body – through core exercises and yoga stretches. (Meet by the gym office.)

XTREME FITNESS

Challenging Boot Camp style group personal training. A new group starts each month. Sign up in the Sales Office. \$40 a month



Conditioning Center Program

Schedule and Class Descriptions

