

SPIN KEYS: S: STRENGTH CLASS/ E: ENDURANCE CLASS / I: INTERVAL CLASS / C: INSTRUCTORS CHOICE / R: RACE DAY

**APRIL 2012**

**PRAC CLASS SCHEDULE- [www.PennsburyRac.com](http://www.PennsburyRac.com)**

**215-736-0248**

Spin Key	I/S/C/E	C/E/I/S	S/C/E/I	C/I/S/E	C/I/E/S	I/S/E/R	E/C/I/S
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Sunrise Yoga w/June	Grand Tour Spin w/Marianne		Spin w/Gary			
7:00AM						Spin w/Matt	
8:30AM	Yoga w/Alexis		Yoga w/Alexis		Chair Yoga w/Alexis	Grand Tour Spin w/Marianne Piloxing	Spin w/Gary
9:15AM	Spin w/Phil	Spin/ Periodization	Spin w/Terri	Spin/ Periodization	Spin w/Terri		
9:30AM	Piloxing w/Shara	Ball Pilates w/Shara Silver Sneakers w/ Rose	Circuit w/Audrey	Mat Pilates w/Audrey Silver Sneakers w/ Rose	Shake it Up Interval w/Audrey	Zumba w/Jeannine and Laura	Step w/Robin M.
10:30AM	Yoga w/Carol Ann		Yoga w/Carol Ann			Boot Camp w/ The Urbanator (extra fee applies) Yoga w/Robin C	
11:30AM		Power Yoga w/Linda		Power Yoga w/Linda			
6:00PM	Step w/Robin M.		Body Sculpt w/Lori			<b>\$5/class for Non Members- must have an ID to enter.</b>	
6:10PM		Spin w/Gary Zumba w/Nina	Grand Tour Spin w/Marianne	Zumba Toning w/Laura	Zumba w/Jeannine		
6:45PM	Yoga w/Alexis		Zumba w/Rachel 7:00 PM	Pilates w/Lori (6:30PM)			
7:15PM	Tai Chi w/Jason	Yoga w/Elda	Tai Chi w/Jason				

Fonts correspond to the classrooms: **Aerobic, Spin, and Yoga**. Note: Instructors have the right to cancel class if there is only 1 student present; if there are less than 4 students on a regular basis, the class may be taken off the schedule – we will post notice of any class cancellations. Classes are designed for all fitness levels. The instructor will offer modifications for beginner or advanced students.

For Nutritional Consultation or questions regarding nutrition contact Shara at 908-285-7502

Gym Hours: Mon-Thurs 5:30am-10:00 pm; Friday 5:30 am- 9 pm; Saturday 7:00 am- 5:00 pm; Sunday 7:00 am- 3:00 pm

## CLASS DESCRIPTIONS

**BALL PILATES :** Same as pilates using balls.

**BODY SCULPT:** A full body sculpting workout to counts of 20's.

**CHAIR YOGA:** A gentle approach to yoga practiced while sitting in a chair. Learn modified yoga poses, breathing, meditation, and relaxation techniques.

**FAMILY YOGA:** An easy to follow yoga for all – adults and kids of all ages.

**KICK & CORE:** Cardio kickboxing workout with strength exercises to tighten the core.

**MAT PILATES:** A workout designed to focus on the deep core muscles, pelvis, arms and back. Increases energy, strength, and flexibility while maintaining balance.

**PERIODIZATION:** A spin program run by Terri Scanlon Mon-Fri at 9:15 am. Classes taught by someone other than Terri will offer an option of Terri's program or theirs own.

**PILOXING®:** A unique fat-torching workout combining the power, speed and agility of boxing with the sculpting and flexibility of pilates. Tones muscles and strengthens the core with maximum calorie burn.

**POWER YOGA:** Yoga at a more intense level, the class concentrates on breath and posture holds through body strength. Recommended for those with yoga experience.

**SHAKE IT UP INTERVAL:** A variety of body, weights, bands and step exercises. This class will take you to many varying levels of aerobic intensity.

**SILVER SNEAKERS:** Basic exercises designed for SilverSneakers members. Variety of exercises (Hand-held weights, elastic tubing w/handles, ball with non-impact aerobic, stretching and relaxation) to increase muscular strength, range of motion, stability and activities to benefit quality of life. Mostly done on a chair.

**SPIN:** A stationary bike cycling class in which the entire class follows the lead of an instructor. The class is designed to take you to various intensities. It is a wonderful way to build your anaerobic and endurance threshold. The class is set to different terrains as well as different music.

**STEP:** Hi & Lo impact aerobic workout using the Reebok step for 30-40 minutes followed by strength training exercises.

**STRENGTH AND STRETCH:** Strength training with a focus on using your body weight for resistance and a long stretch to promote flexibility and muscle recovery.

**Tai Chi :** A great physical and mental exercise that can be learned at any age or condition. The exercises consist of series of standing postures with steps, arms and waist movements. The postures are large, comfortable and balanced. The body moves in a slow, relaxed, controlled, continuous manner.

**THE CIRCUIT:** A mix of stations alternating aerobic and strength stations. An intense quick work out designed to increase stamina and endurance.

**YOGA:** Experience the joy of movement through breath, proper body alignment, posture work, flexibility and relaxation.

**Zumba®:** A fusion of Latin and International music that creates a dynamic, exciting and effective fitness program. Easy to follow moves. Join the party!

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