



4151 Remembrance Rd NW  
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www.walkericeandfitness.com

# Walker Ice & Fitness Center

## Summer 2010 Aerobics Schedule



Starts  
August 1st

Aerobic Punch Cards  
Available

\$50.00 for 11 Classes  
Seniors:  
\$35.00 for 11 Classes

**PowerFlex** This is an awesome total body workout using a variable weight barbell. Every major muscle in the body will be worked. Abdominals and flexibility are included in this powerful class.

**Butts & Guts** Tone those butts and guts with various exercises specifically designed to target these common trouble spots.

**Core Training** This half hour class will help you firm and tone your abdominals. This class will use the stability ball, bosu and other techniques to strengthen all muscles involved with balance and core training.

**Quick Tone** Crunched for time? This intense 45 minute total body resistance workout will sculpt your muscles and blast calories while it revs up your metabolic furnace!

**SilverSneakers I- Muscular Strength & Range of Movement** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers II- Cardio Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing, and a ball. Included in this class are stretching and relaxation exercises.

**ZUMBA** is the fitness craze that is sweeping the nation and has become a favorite group exercise class throughout the world! ZUMBA uses a mix of Latin and international music to create a dynamic, fun and effective cardio workout. The class is designed to utilize an interval training format, combining various rhythms with movements that tone and sculpt the body.

**SPINNING** Jump on a bike for the ride of your life! SPINNING utilizes stationary bikes, motivational coaching and terrific music to provide you with a great cardiovascular workout.

**Xtreme Fit** This class is a Boot Camp style class that will incorporate sports drills, cardiovascular intervals and weight training. This total body workout is for men and women who are looking for an advanced workout.

## Monday

6:00-7:00 AM  
PowerFlex  
Eva

8:45-9:30 AM  
Butts & Gutts  
Eva

9:30-10:30 AM  
SPINNING  
Alaina

10:30-11:15 AM  
SilverSneakers II  
Cardio Circuit  
Eva

12:15-1:00 PM  
Quick Tone  
Eva

4:30-5:15 PM  
SPINNING  
Anita

5:30-6:30 PM  
PowerFlex  
Anita

6:30-7:30 PM  
Cardio Kick  
Pilar

7:35-8:20 PM  
SPINNING  
Alaina/Lindsey

## Tuesday

6:00-6:45 AM  
SPINNING  
Anita

8:30-9:00 AM  
Core Training  
Eva

9:00-9:30 AM  
STEP  
Deb

9:30-10:30 AM  
PowerFlex  
Deb

10:30-11:15 AM  
SilverSneakers I  
Deb

12:15-1:00 PM  
SPINNING  
Megan

5:00-5:45 PM  
Beginner SPIN  
Deb

5:45-6:30 PM  
Butts & Gutts  
Deb

6:35-7:20 PM  
SPINNING  
Alaina/Deb

7:30-8:30 PM  
Yoga/Pilates  
Kathy

## Wednesday

6:00-6:45 AM  
Quick Tone  
Eva

8:45-9:30 AM  
SPINNING  
Eva

9:30-10:30 AM  
Yoga  
Kathy

10:30-11:15 AM  
SilverSneakers II  
Cardio Circuit  
Eva

12:15-1:00 PM  
PowerFlex  
Eva

4:30-5:15 PM  
SPINNING  
Alaina

5:30-6:30 PM  
PowerFlex  
Anita

6:30-7:30 PM  
ZUMBA  
Hillary

7:30-8:15 PM  
SPINNING  
Beth

## Thursday

6:00-6:45 AM  
SPINNING  
Anita

8:30-9:00 AM  
Core Training  
Eva

9:00-9:30 AM  
STEP  
Deb

9:30-10:30 AM  
PowerFlex  
Deb

10:30-11:15 AM  
SilverSneakers I  
Deb

12:15-1:00 PM  
SPINNING  
Eva

5:00-5:45 PM  
Xtreme Fit  
Alaina

5:45-6:30 PM  
ZUMBA  
Teri

6:35-7:20 PM  
SPINNING  
Megan

7:30-8:30 PM  
Yoga  
Kathy

## Friday

6:00-7:00 AM  
PowerFlex  
Anita

8:45-9:30 AM  
Butts & Gutts  
Eva

9:35-10:20 AM  
SPINNING  
Deb

10:30-11:00 AM  
Core Training  
Deb

12:15-1:00 PM  
Xtreme Fit  
Alaina

5:30-6:30 PM  
ZUMBA  
Alaina

***Childcare  
Hours***  
*Monday-Friday*  
8:30am-1:00pm  
*Monday &  
Wednesday*  
4:30-8:30 PM  
*Tuesday &  
Thursday*  
5:00-8:30 PM  
*Saturday*  
8:00-12:00

## Saturday

8:00-8:45 AM  
SPINNING  
Rotation

9:00-10:00 AM  
PowerFlex  
Rotation

10:00-10:45 AM  
SilverSneakers I  
Muscular Strength  
Rotation

11:00-12:00  
ZUMBA  
Rotation

## Sunday

4:00-5:00 PM  
Zumba  
Stacey