

# Meridian's Bodies In Motion

## Group Exercise Schedule

Updated 3/1/09

Schedule subject to change without notice


Club hours: M-TH 5:00am-10:00pm, Fri 5:00am-9:00pm, Sat/Sun 7:00am-7:00pm

\*\*\*\*\*For updated schedule information please call 415-419-3513\*\*\*\*\*

### Basketball Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:45A Cycle & Strength Ron		5:45-6:45A Cycle & Strength Ron			
9:15-10:15A Zumba Efren	8:30-9:20A Low-Impact Aerobics Vicki	8:30-9:30A Sunrise Boxing Susan	8:30-9:20A Low-Impact Aerobics Vicki			
	9:30-10:30A Fit Ball Sculpt Susan	9:30-10:30A Zumba Rommy	9:30-10:30A Fit Ball Sculpt Susan		9:30-10:45A Step/Sculpt Juliet	
	10:40-11:45A Strength Training 1 Jim			10:40-11:45A Strength Training 1 Jim		
						
5:45-6:15P Abs/Core John	5:45-6:45P Cycle Ron	5:45-6:15P Abs/Core John				
6:30-7:30P Boot Camp John	5:30-6:30P Athletics for All Colin	6:30-7:30P Boot Camp John	6:15-7:15P Zumba Juliet			

### Classes: Studio II (Yoga & Pilates)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:45A Yoga Daniel Rauck		8:30-9:45A Yoga Daniel Rauck			8:30-9:30A Discovering Yoga Beth
				9:00-10:00A Pilates Mat Diane	10:00-11:00A Yoga Daniel Rauck	
						
5:15-6:15P Total Body Core Daniel		5:15-6:15P Total Body Core Daniel				
6:30-7:30P Iyengar Yoga Greg	6:15-7:15P Yoga Beth	6:30-7:30P Iyengar Yoga Greg				

## Meridian's Bodies In Motion Group Exercise Class Descriptions

<b>Body Sculpt</b>	This class uses multiple props in a series of strength training exercises designed to tone, define and strengthen the major muscle groups. <b><i>Great for all levels</i></b>
<b>Sunrise Boxing</b>	One of the best cardio workouts available. Get an all over body workout while learning self defense and boxing techniques in a fun filled atmosphere. <b><i>Great for all levels</i></b>
<b>Lo-Impact</b>	Move to music and improve your cardiovascular fitness. This class is "exercise in disguise" as we gradually increase exercise intensity through choreographed routines. All movements are low impact and no previous experience is required.- <b><i>Great for Beginners!</i></b>
<b>Boot Camp</b>	Intense cardio interval class that focuses on building cardio endurance while sculpting and toning your whole body – goals are core stability and fun. <b><i>Great for all levels</i></b>
<b>Cardio Kick-Boxing</b>	One of the best and toughest one-hour classes around. Blending power punches and kicks with endurance, strength and conditioning training as well as calisthenics to give you a complete full body workout. The class is taught by martial artists so you'll learn proper technique. <b><i>Great for all levels</i></b>
<b>Cardio Step</b>	An intense choreographed workout that incorporates movements on and off an adjustable platform, finishing off with stretching. <b><i>Great for all levels</i></b>
<b>Step Interval</b>	You will have fun in this class! This class offers cardio with choreographed interval segments using the step. <b><i>Great for all levels</i></b>
<b>Cycle</b>	Fun, fast pace indoor cycling program that benefits everyone, from beginner to athlete. Rocking motivational music keeps you moving and wanting to work hard and harder. <b><i>Great for all levels</i></b>
<b>Fit Ball Sculpt</b>	With the use of the stability ball, tone and sculpt you whole body! Focuses on core strengthening. <b><i>Great for all levels</i></b>
<b>Pilates Mat</b>	Strengthen your core postural muscles, maintain correct alignment, while lengthening and toning your body. <b><i>Great for all levels</i></b>
<b>Strength Training 1</b>	Enjoy a total body workout through strength training. Using hand held weights and resistance bands, you will learn and execute safe, effective exercises for each muscle group.
<b>Yoga</b>	Emphasis on Strength, stretch, alignment, balance, posture and breathing techniques. Designed to reduce stress, revitalize and relax the mind and body. <b><i>Great for all levels</i></b>
<b>Total Body Core</b>	In this class you will be doing yoga and pilates. Which you will be working on your flexibility while focusing on your core. <b><i>Great for all levels</i></b>
<b>Zumba</b>	This class utilizes dance moves from Salsa, Caribbean and many other types of dance. You will get a total body workout with this class.

**Non-Member Drop-in Fee\$15.00**