



Exercise Classes

Group Exercise Room



Fitness Programming

Fitness Room



Mon	Tues	Wed	Thu	Fri	Sat	Sun
5:40-6:25 am Step It Up	5:40-6:25 am Breathe N' Stretch Yoga	5:40-6:25 am Step It Up	5:40-6:25 am Breathe N' Stretch Yoga	5:40-6:25 am Sun Up		
6:35-6:50 am Abs & Stretch		6:35-6:50 am Abs & Stretch			7:40-8:25 am Breathe N' Stretch Yoga	
8:45-9:30 am BOSU Step	8:45-9:30 am Fun & Fitness	8:45-9:30 am Step It Up	8:45-9:30 am Fun & Fitness	9:00-10:00 am Step Challenge	8:30-9:30 am Step Challenge	
9:35-10:05 am Tone "UP"	9:40-10:30 am SilverSneakers® Cardio Circuit	9:35-10:05 am Guts, Butts, & Thighs	9:40-10:30 am SilverSneakers® Cardio Circuit		9:35-10:05 am** Intro to Everything	
10:10-10:50 am Stretch Out Your Life	10:35-11:20 am SilverSneakers® MSROM	10:10-10:50 am Stretch Out Your Life	10:35-11:20 am SilverSneakers® MSROM	10:10-10:50 am Stretch Out Your Life		
	11:30 -12:15 pm Breathe N' Stretch Yoga		11:30 -12:15 pm Breathe N' Stretch Yoga			11:15-12:00 pm Target Zone
12:45-1:00 pm Abs & Stretch		12:45-1:00 pm Abs & Stretch		12:45-1:00 pm Abs & Stretch		12:05-12:50 pm Breathe N' Stretch Yoga
4:00-4:30 pm Core Agility	4:00-4:30 pm TNT Yoga	4:00-4:30 pm Core Agility	4:00-4:30 pm TNT Yoga			
4:30-5:00 pm Step It Up	4:30-5:00 pm Junior Power Pump COMING MARCH 2009	4:30-5:00 pm Step It Up	4:30-5:00 pm Junior Power Pump COMING MARCH 2009			
5:05-5:35 pm Tone "UP"	5:05-5:35 pm Drums Alive	5:05-5:35 pm Guts, Butts, & Thighs	5:05-5:35 pm** Intro to Breathe N' Stretch			
5:40-6:10 pm Cardio Punch	5:40-6:25 pm Target Zone	5:40-6:10 pm Basic Step	5:40-6:30 pm Target Zone			
6:15-6:45 pm Guts, Butts, & Thighs	6:30-7:25 pm Power Pump COMING MARCH 2009	6:15-6:45 pm Tone "UP"	6:30-7:25 pm Power Pump COMING MARCH 2009			
6:50-7:20 pm Toning Circuit		6:50-7:20 pm Toning Circuit				
7:30-8:15 pm Breathe N' Stretch Yoga	7:30-8:15 pm Mat Pilates	7:30-8:15 pm Breathe N' Stretch Yoga				

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** SIGN-UP REQUIRED—Sign-up at the Front Desk

Schedule Effective: 2-1-09

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	8:00-8:30 am Weight Training 101 (Appoint. Necessary)					
					8:30-9:00 am Equipment Orientation (Appoint. Necessary)	8:30-9:00 am Equipment Orientation (Appoint. Necessary)
10:00-10:30 am Equipment Orientation (Appoint. Necessary)	10:00-10:30 am Equipment Orientation (Appoint. Necessary)	10:00-10:30 am Equipment Orientation (Appoint. Necessary)	10:00-10:30 am Weight Training 101 (Appoint. Necessary)			
12:15-12:45 pm Express Workout		12:15-12:45 pm Express Workout		12:15-12:45 pm Express Workout	12:15-12:45 pm Equipment Orientation (Appoint. Necessary)	12:15-12:45 pm Equipment Orientation (Appoint. Necessary)
4:00-5:30 pm Junior Weight Training Hour	4:00-5:30 pm Junior Weight Training Hour	4:00-5:30 pm Junior Weight Training Hour	4:00-5:30 pm Junior Weight Training Hour	4:00-5:30 pm Junior Weight Training Hour		
5:30-6:00 pm Weight Training 101 (Appoint. Necessary)						
		6:00-6:30 pm Equipment Orientation (Appoint. Necessary)				
7:30-7:45 pm Abs & Stretch		7:30-7:45 pm Abs & Stretch				
7:45-8:15 pm Equipment Orientation (Appoint. Necessary)						
		8:15-8:45 pm Weight Training 101 (Appoint. Necessary)	8:35-8:50 pm Abs & Stretch			

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Power Pacing Classes

Fitness Room



Session Dates: *Jan. 5th-Feb. 13th *Feb. 23rd-April 3rd *April 13th-May 22nd

Mon	Tues	Wed	Thu	Fri	Sat	Sun
5:45-6:30 am Cycle & Sculpt	6:00-6:30 am Novice/Intermediate	5:45-6:30 am Cycle & Sculpt	6:00-6:30 am Novice/Intermediate	6:00-6:30 am OPEN CLASS		
	8:30-9:00 am Novice/Intermediate		8:30-9:00 am Novice/Intermediate			
11:15-11:35 am Beginner		11:15-11:35 am Beginner				
	12:15-12:45 pm Advanced		12:15-12:45 pm Advanced			
5:45-6:30 pm Intermediate/ Advanced	5:30-6:00 pm Beginner/Novice	5:45-6:30 pm Intermediate/ Advanced	5:30-6:00 pm Beginner/Novice			
7:00-7:30 pm Novice/Intermediate		7:00-7:30 pm Novice/Intermediate				

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** SIGN-UP REQUIRED—Sign-up at the Front Desk

Schedule Effective: 1-1-09



FITNESS PROGRAMMING

DESCRIPTIONS

- **Introductory Personal Training Session**-Schedule a free appointment with one of our personal trainers. A 1/2 hour of your time starts you on the right path to reaching your fitness goals. After a brief assessment and needs analysis, we'll take you through an introductory personal training session that will familiarize you with the equipment and exercises.
- **Equipment Orientation**—Sign-up at the Fitness Desk and join a group to learn the basics of the Cybex, Nautilus and Cardio Equipment.
- **Weight Training 101**– Meet with an instructor in a small group to get started with a free general workout to follow for 6-8 weeks.
- **Abs & Stretch** - A fitness instructor will lead you through an abdominal workout and flexibility exercises (approx. 15 min.) It's a great way to end your exercise session. There's no need to sign-up. Just meet at the desk in the fitness area.
- **Express Workout**—These are group exercise classes held in the fitness area with an instructor leading you through an exhilarating workout. Express Workout classes consist of series or a circuit of strength and cardio exercises'. Sign-up at the fitness desk or call 746-2790. Class size is limited. The class is free for Gold-members and \$18 per 6-week session for fitness members; classes M,W,F
- **Body Composition Testing**– A personal trainer will conduct a skin fold test to determine your estimated percentage of body fat and lean body mass. The cost is \$8 for members and \$16 for non-members.
- **Fitness Assessment**—This is a complete assessment of your body composition, aerobic capacity, muscular strength, muscular endurance and flexibility. It's an excellent way to evaluate your current level of fitness, set goals, and monitor your progress. The cost is \$50 for members and \$70 for non-members.
- **Junior Weight Training Hour**– During this time, we'll allow junior members [11-14 years old to use the fitness area (upstairs gym ONLY)] without a parent or legal guardian present. We will have a staff member assigned to supervise the area. These junior members must have completed Weight training 101 or a program approved by the fitness manager. For more information contact Chris Langei at 746-2790. Note: See Junior Programming Flyer
- **Pilates**– Pilates training is offered on a one-on-one or group Personal training basis. We now offer Reformer-based Pilates sessions. See a Personal Trainer for details.
- **Group Personal Training Programs**– A variety of Group Personal Training Programs are available for all levels of experience. W.O.W (Women on Weights), Kick Start, In Gear and Full Throttle. See separate flyers or visit with a fitness professional for more information on class times and fees.
- **Running Club**– This is a great way to meet other runners who would enjoy having you join the group . We provide maps of various routes for this annual summer program. Track your miles in the "Running Club" log book and we'll recognize your efforts. Running Club runs from March 16th—Oct 4th, 2009.
- **Sports Specific Training and the Acceleration Center**– Off-season strength and conditioning programs are available at Center Court Fitness Club 746-2790. Pre-season sports training programs are available at the Acceleration Center for more information regarding this particular program call 746-2768.
- **Junior Fitness Programs**—Classes and programs specifically for our junior members ages 8-18. See separate flyer for details.

POWER PACING

What is Power Pacing?

Power Pacing is an instructor led indoor cycling class on a specially designed stationary bike.

Whether you are a beginner or advanced individual, Power Pacing will add variety to your exercise program.



How much does it cost?

- **FREE** for Gold members.
- If you are a Fitness member the cost for this 6-week session is \$12.00

Where should I start?

Orientations— offered every 1st and 3rd Tuesday of each month at 7:00PM. Please sign-up with the fitness staff.

Beginner Classes-this is a 20 minute class geared toward those who are just learning to power pace or anyone getting back to exercise.

Novice/Intermediate— this class is the next step. Participants may be standing during cycling drills. Classes are 30 minutes long and drills may be more challenging.

Intermediate/Advanced— our most advanced classes. Minimal rest (flushes) class time varies from 30–45 minute classes, but guaranteed to be a great-challenging workout!

Cycle & Sculpt—Participants will bike and lift weights within this 45 minute class. A great way to get your cardiovascular conditioning and toning into one tough workout.



GROUP EXERCISE (Aerobics)

CLASS DESCRIPTIONS



Flexibility Classes

Breathe n' Stretch Yoga: This class includes a 3-5 minute warm-up followed by the presentation of a variety of relaxing stretches and poses that will refresh and energize you.

Intro to Breathe n' Stretch Yoga:** Offered on 1st and 3rd Thursday of the month. This class will introduce you to the poses and format we use in our traditional Breathe n' Stretch class in a relaxed setting. The instructor will take you through stretches and teach proper form in this one-time intro class. Sign-up at the front desk.

Stretch Out Your Life: Our Breathe n' Stretch class for 50+ and beginners includes gentle stretches and relaxation in this 40 minute class.

TNT YOGA: Our Breathe n' Stretch class time set aside specifically for teens. See separate "Junior Programming" flyer for more details.

Step Classes

Intro to Everything:** This class will introduce the basic moves that are used in the classes offered on our schedule and allow time for practice and questions. We will familiarize you with our schedule and make you feel welcome in any class. Please Sign-up for this class at the front desk or see the Fitness Coordinator for appointments. *Get started* in group exercise with this one-time class.

Basic Step: This class is designed to familiarize the beginner/novice exerciser with the steps that are used throughout all of our step training classes. This is the class to start with—for those new to step or exercise in general!

Step It Up: A step class for the beginner to intermediate participant looking for a challenging workout. This class includes step and may incorporate toning for an efficient and fun workout!

Target Zone: This class is the ultimate cardiovascular workout for the exerciser who wants some serious calorie-burning. For this intermediate class Step Training is often the main workout and lo-impact aerobics may be included.

BOSU Step: Step merges with BOSU training for a fresh approach to cardiovascular conditioning. This new challenge for those who have tried step before and those who have been "stepping for years"—push your body in a new and different way in this dynamic class!

Step Challenge: This class uses the Reebok Step to deliver a power-packed cardiovascular workout. This is a novice to advanced workout.

Cardio & Specialty Classes

Sun-Up: Instructor's Choice. This class includes cardio and is for those who like to rise with the sun. Muscle strengthening is included.

Cardio Punch: Kick, jab, and punch your way to better health in this fun kickboxing-structured class

Circuit Toning: A combination of aerobic moves with upper and lower body toning. This class uses weights, toning bars, steps, BOSU's, and other equipment. Be ready for a challenging workout!

Drums Alive®: Looking for a unique, fun class? Drums Alive joins aerobic dance moves with rhythmic drumming using the stability ball as a drum! This class utilizes "whole brain"- "whole body" functions providing an exhilarating workout for all ages and fitness levels.

Fun & Fitness: This is an exercise class for the mature adult. It is designed for exercisers, age 50+, but also a great place to start for *any* beginner. It will offer the participants a variety of activities that will help improve their quality of life and an atmosphere that will re-energize.

SilverSneakers® Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support for head-to-toe stretching and complete relaxation in a comfortable position.

SilverSneakers® Muscular Strength & Range of Movement (MSROM): 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. A chair is used for seated and/or standing support.

Mat Pilates: For strength, flexibility, and toning through movement, try this exciting class.

Resistance Training

Power Pump: Choreographed weight training workout for your full body. Barbells weights, high reps, motivating music!

Guts, Butts, and Thighs: This class uses weights, cables, rings, Fit Balls, and Body Bars to tone and strengthen the muscles which make up the hips, abs, and thigh areas of the body. This is the ideal class for those who want to work on these traditionally problematic areas.

Tone "UP": The complementary class to our Guts, Butts, and Thighs class. This toning class will take you through various upper body and abdominal exercises using a variety of equipment. A great way to round out your cardiovascular workout with this energizing class— tone up,

Join the Ca\$h for Cla\$\$ PROGRAM. It's FREE!

The Ca\$h for Cla\$\$ program is an on-going program. Participants have one year from the time they sign-up to attend 125 group exercise classes. We'll reward you along the way. Participants will receive prizes when they reach 25, 50, 75, and 125 classes. We'll hang your name up in the group exercise room to recognize each of your accomplishments.

How to Get Started

Register with an instructor in the group exercise room before or after a class. Each time you attend a group exercise class, pull your Ca\$h for Cla\$\$ activity card from the file located in the group exercise room and place it in the tray labeled "Ca\$h for Cla\$\$". The instructor will stamp your card and return it to the file. It's that simple! Sign-up at any time and start your fitness "FUNd" today -invest in your health!