

January 2010

Lansdowne Resort GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM 20/20/20 FITNESS TRAINING MICHELLE		6:00AM TOTAL BODY CONDITIONING MICHELLE			
8:00AM SPIN BOOT CAMP KAREN		8:00 AM SPIN BOOT CAMP KAREN		8:00AM GROUP CYCLE KAREN	8:00AM SPIN BOOT CAMP KAREN	
9:00AM BODY SCULPT DOREEN	9:00AM BOSU BALL CARDIO VALERIE	9:00AM BOOT CAMP FITNESS CHALLENGE VALERIE	9:00AM BOSU BALL CARDIO DRILLS VALERIE	9:00AM TOTAL STRENGTH TRAINING VALERIE	9:00AM BODY SCULPT	9:00AM FLEXIBILITY & CORE JANE
10:00AM YOGA DOREEN	10:30AM TOTAL BODY CONDITIONING VALERIE		10:30AM TOTAL BODY CONDITIONING VALERIE		10:00AM YOGA	
					JOHN CHUNG TAE KWON DO FEE BASED 11:00AM- 1:00PM	
5:30PM TOTAL BODY CONDITONING		5:30PM CARDIO & STRENGTH KAREN	JOHN CHUNG TAE KWON DO FEE BASED 3:30PM-7:00PM	JOHN CHUNG TAE KWON DO FEE BASED 3:30PM-9:00PM		
JOHN CHUNG TAE KWON DO FEE BASED 3:30PM- 9:00PM	7:30PM VINYASA FLOW YOGA LORRAINE	JOHN CHUNG TAE KWON DO FEE BASED 6:30PM-9:00PM	7:30PM TWILIGHT YOGA JILL		YOGA DAY JANUARY 23	

Highlighted classes
require
reservations.
Reservations
can be made at
Health Club Front
Desk.

Tae Kwon Do is a fee
based program that
requires reservation.
Please see Health Club
Front Desk for details.

Come Join us on
January 23, 2010
for Yoga Day!!

9:00AM
Introduction to
Yoga

10:15AM
Yogalates

11:30AM
Yoga Strength

11:30AM
Kids Yoga

12:45PM
Gentle Yoga

LANSDOWNE RESORT

FITNESS CENTER - CLASS DESCRIPTIONS

Designed to provide our participants with a safe, effective, and wellness-oriented method to ultimately improve your cardiovascular and musculoskeletal level of wellness/fitness.

Body Sculpt

This class is a conditioning format that focuses on muscle strength and endurance. Resistance, tubing, and hand weights, along with floor work provide you a complete strength, conditioning workout.

Boot Camp Fitness Training

Get ready to challenge every muscle group in this action packed class! All workout formats to include cardio drills with circuits of strength emphasizing correct postural alignment and core stability. Designed to increase cardio endurance and strength incorporating super sets weight training. Registration required.

BOSU Ball Cardio Drills

The challenging BOSU Ball workout for advanced fitness training with emphasis on balance, power, stability, agility, and core. This class does include more complicated movement and choreography.

Flexibility & Core

This class applies to all levels of fitness. Optional equipment includes mats and stability balls with emphasis on body alignment, abdominal core/back strengthening, and stretching. Flexibility training includes concentration on all major muscle groups while emphasizing posture and body alignment with total relaxation in mind.

Flexible Core Strength with BOSU Ball Skills

Focusing on the development of a strong body center or “core” through emphasizing total body alignment with a method to incorporate a mind-body connection that encourages developing core strength. A cross-training movement system designed to strengthen the abdominal and postural muscles. Also incorporates BOSU Ball for balance and stabilization drills, as well as strength and coordination.

Group Cycle

Cycle program utilizing motivational techniques to challenge your cycle training experience. No exercise background is necessary. Set your own pace. Choreographed to great music, it is an awesome workout for anyone!

Spin Boot Camp

Spin to the music while also doing a combination of Boot Camp!! A total body workout for all!!

Total Strength Training/Body Conditioning

Strength endurance training using body bar, free weights, exerc tubing and other equipment. Straight up strength training with super sets. Focusing on a training format of muscle endurance, core stabilization, as well as some low impact cardio intervals. Designed for those who exercise regularly or wish to maintain and increase their fitness level.

Vinyasa Yoga

An active Hatha yoga class that flows through a series of postures linking breath to movement to enhance the mind-body connection. The class begins with gentle repetitive flows and progresses through sun salutations warrior poses and other sequences. Deep stretching and relaxation complete the class. Careful attention is paid to body alignment and breath awareness. Modifications and options are offered to accommodate the beginner to the more advanced yoga practitioner.

20/20/20 Fitness Training

Improve muscular strength or endurance using equipment such as weights, tubing, BOSU, body bars, stability balls or more in this great group class. Regular strength training improves the body's metabolism, promotes greater fat-burning efficiency, and strengthens muscles and bones.

PERSONAL & GROUP FITNESS TRAINING

For More Information regarding Personal Training or Small Group Fitness Training please contact the Health Club.

Personal Training Rates:

one session	\$65.00
6 sessions	\$300.00

Small Group Fitness Training:

one session	\$100.00
6 sessions	\$400.00

Small Group Fitness Training (SGFT) is an exercise program created by groups of two or more (not to exceed six participants). All sessions scheduled by appointment with a Fitness Trainer. Formats available for training include: Group cycle (limited to three participants), Boot Camp Fitness, BOSU Ball & Core, Aqua Aerobics, Cardio & Strength Endurance Training, Yoga Strength, Yoga Flow, and Pilates. SGFT offers a rewarding experience through group exercise personally designed to assist you in achieving your fitness goals. Couples, a group of friends, family members, co-workers, and/or neighbors can plan an exercise routine that welcomes the challenge of teamwork and effort.

It is our pleasure to assist you in achieving your fitness goals!