



November 2009 group exercise schedule

SUN MON TUES WED THURS FRI SAT

	5:30 am Boot Camp Chris <i>*Meets in Gymnasium Session 1 meets Mon., Wed. & Fri. @ 5:30-6:30 am</i>	5:30 am Boot Camp Chris <i>*Meets in Gymnasium Session 2 meets Tue., & Thur. @ 5:30 am & Sat @ 7:00 am</i>	5:30 am Boot Camp Chris <i>*Meets in Gymnasium Session 1 meets Mon., Wed. & Fri. @ 5:30-6:30 am</i>	5:30 am Boot Camp Chris <i>*Meets in Gymnasium Session 2 meets Tue., & Thur. @ 5:30 am & Sat @ 7:00 am</i>	5:30 am Boot Camp Chris <i>*Meets in Gymnasium Session 1 meets Mon., Wed. & Fri. @ 5:30-6:30 am</i>	7:00 am Boot Camp Chris <i>*Meets in Gymnasium Session 2 meets Tue., & Thur. @ 5:30 am & Sat @ 7:00 am</i>															
	5:30 am Straight Up Strength Tracy	5:30 am *Cycling Tracy	5:30 am Fit Camp Kristin <i>New Session Starts 11/11</i>	5:45 am *Express Cycle 45 minute Cycle Kristin	5:30 am Total Fitness Tracy																
8:30 am *Cycling Laura				6:30 am Core & More 15 Minute Core Class Kristin		8:00 am *Cycling Michelle 11/7 & 11/14 Theresa 11/28 Sub TBD 11/21															
	9:15 am Cardio Combo Donna	9:30 am *Cycling Kristin	9:15 am Straight Up Strength Kristin	9:15 am Yoga Strength Donna	9:15 am Stability Ball Training Donna	9:00 am Cardio Combo Barbara <i>*NEW FORMAT*</i>															
	9:15 am Aqua Exercise Leslie	10:30 am Sr. Aqua Exercise Margret	9:15 am Aqua Exercise Julie	10:30 am Sr. Aqua Exercise Margret	9:15 am Aqua Exercise Julie	10:05 am *Cycling Laura															
		10:30 am Cardio Strength Kristin	10:30 am Fit for Life Kristin <i>*New Program* Starts 11/18</i>		10:30 am *Cycling Tracy	10:30 am Aqua Combat Leslie 11/7 & 11/21 Diane B. 11/14 Julie 11/28															
		12:00pm Lunchtime Circuit William <i>*New Program* 11/4</i>		12:00pm Lunchtime Circuit William <i>*New Program*</i>		11:30 am Advanced Belly Dance Stephanie <i>New Session Starts 11/14</i>															
5:00 pm *Yoga Olena	5:15 pm *Cardio Spin & Sculpt Laura	5:15 pm Core Conditioning Laura <i>New Session Starts 11/10</i>	5:15 pm Step Interval Mehrnoosh Barb 11/4		4:15 pm Creative Dance Youth Program	12:30 pm Belly Dance Stephanie <i>New Session Starts 11/14</i>															
6:30 pm Deep Water Training Julie	6:15 pm Cardio Strength Tracie	6:15 pm Total Fitness Jen	6:30 pm *Yoga Strength Lorraine	6:15 pm Total Fitness Laura	Holiday Group Exercise Schedule <table border="1"> <thead> <tr> <th>Date</th> <th>AVSP Hours of Operation</th> <th>Group Exercise Schedule</th> </tr> </thead> <tbody> <tr> <td>Wed. 11/25</td> <td>5:00 am - 4:00 pm</td> <td>AM classes will run as scheduled. All PM classes cancelled.</td> </tr> <tr> <td>Thurs. 11/26</td> <td>Closed</td> <td>All classes cancelled.</td> </tr> <tr> <td>Fri. 11/27</td> <td>7:00 am - 8:00 pm</td> <td>All classes cancelled.</td> </tr> <tr> <td>Sat. 11/28 & Sun. 11/29</td> <td>7:00 am - 8:00 pm</td> <td>All classes will run as scheduled.</td> </tr> </tbody> </table>		Date	AVSP Hours of Operation	Group Exercise Schedule	Wed. 11/25	5:00 am - 4:00 pm	AM classes will run as scheduled. All PM classes cancelled.	Thurs. 11/26	Closed	All classes cancelled.	Fri. 11/27	7:00 am - 8:00 pm	All classes cancelled.	Sat. 11/28 & Sun. 11/29	7:00 am - 8:00 pm	All classes will run as scheduled.
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	7:30 pm *Yoga Strength Olena	7:15 pm *Cycling Barbara	7:30 pm *Yoga Flow Lorraine	7:15 pm *Spin & Core Theresa Carmen 11/12																	
		8:15 pm Zumba Rocio	8:30 pm Women's Self Defense Chuck <i>Starts 11/18</i>	8:15 pm Zumba Cathy																	

Classes listed in **Red** are Fee Based.

* Indicates reservations required

AVSP

am

pm



class descriptions + policies

Aqua Exercise:	Low impact water aerobics with body sculpting. 55 min.
Aqua Combat:	Advanced water aerobics with strength training. 55 min.
Belly Dance:	Tribal belly dance instruction for exercise using your "powerhouse" and "core" Registration Required. Fee \$
Boot Camp:	Four week comprehensive fitness and weight loss course. Meets 3 times a week for a total of 12 sessions. Registration Required. Fee \$
Cardio Combo:	Raise your heart rate and lower your weight with a variety of high and low impact movements. <i>55 min.</i>
Cardio Interval:	A combination of cardio drills and strength training designed to improve your aerobic capacity and strength. <i>55 min.</i>
Cardio Spin & Sculpt:	A combo of cardio consisting of step and spinning while incorporating core and resistance exercises. <i>55 min. Reservation Required</i>
Cardio Strength:	A heart pounding, total body workout! Includes cardio and muscle endurance/strength training. <i>55 min.</i>
Core Conditioning:	45 min. class with an emphasis on strengthening and stretching the muscles of the abdominal, pelvic and lower back regions. Registration Required. Fee \$
Core & More	Need a little work on the muscles of the abdominals and lower back? Try this quick 15 minute core workout.
Creative Dance:	Youth dance class with a fun upbeat jazz and hip hop techniques. Fee \$
Cycling:	Take a ride on the wild side. A challenging cardio workout on the cycling bikes. Reservations required.
Deep Water Training:	This course utilizes deep water running and other aerobic exercises to strengthen and tone muscles and improve cardiovascular fitness. This class allows you to get a great workout with less stress on your joints. Registration Required. Fee \$
Express Cycle:	Short on time but love to cycle? Try this 45 minute cycle class. Reservations required.
Fit Camp:	Boot camp with a high intensity format that combines resistance exercises, cardio & core. <i>55 min. Reservation Required. Fee \$</i>
Fit for Life:	Comprehensive exercise and weight loss program. Gain the tools you need to lose the weight and stay "Fit for Life." Fee \$
Lunchtime Circuit Workout:	Non-stop circuit workouts combine cardio and strength training for anyone short on time. Fee \$
Pilates Reformer:	Pilates Reformer class focuses on core strength and flexibility. Check schedule for various levels and times. Reservation Required. Fee \$
Spin & Core:	Enjoy a challenging cardio workout on the cycling bikes for 40-45 minutes followed by a 15 minute core workout. Registration Required.
Stability Ball:	Core exercises on the stability ball; take your muscles to the next level.
Step Interval	This high-energy interval training class alternates step choreography with intensive muscle conditioning for a total-body workout. <i>55 min.</i>
Straight Up Strength:	A no nonsense muscle building workout. <i>45 min. /Wed. 9:15 class is 60 min.</i>
Total Fitness:	A complete workout with equal emphasis given to each component of fitness. Cardio, strength & flexibility. <i>55 min.</i>
Women's Self Defense	Marital arts style defense training techniques for women. Fee \$
Yoga Flow/Yoga Strength:	Learn basic yoga poses incorporating strength and cardio wellness. <i>55 min. Reservation Required</i>
Zumba:	A high energy Latin dance class. Get fit and have fun doing it! <i>55 min.</i>

GROUP EXERCISE/AQUA AEROBICS CLASS POLICY

In order to ensure the safety and enjoyment of all AVSP aerobics class participants, the following policies will be in effect for the Ashburn Village Sports Pavilion (AVSP).

- To participate in any group exercise class or aqua aerobics class, members must be 16 years of age or above. Members between the ages of 12 and 15 must be accompanied by their parent or legal guardian. All participants must be members of the AVSP.
- Please do not enter the aerobics room until the preceding class is finished.
- Please follow all safety instructions provided by the instructor, including technique regarding the use of equipment.
- Please do not talk during class.
- If you choose not to follow the routine of the instructor, please move to the back of the room so as not to distract the instructor and those participants who are following.
- Please be considerate of your use of space in crowded classes so we may accommodate as many members as possible in class.
- Individuals arriving more than 10 minutes late to class may not be permitted to participate. It is important to arrive on time to ensure proper warm-up. Late arrivals may be asked to leave.
- All classes will be 55 minutes in length, unless otherwise noted, allowing time to return all equipment to its properly designated place and allowing the next class to start on time.
- Please bring all concerns directly to the attention of the instructor or the Fitness Director.
- The goal of the AVSP group exercise program is to provide a variety of classes that meet the needs of our members. To ensure that we are offering the highest quality classes, we consistently measure our success based on the level of participation. We have implemented a "green light, yellow light, red light" program which allows us to engage our members in the development of the group exercise schedule. Each class has established participation goals. If a class is not meeting the participation goals, it is given a yellow light. This gives the instructor and participants the opportunity to increase participation before a class is given a red light and taken off of the schedule. This also enhances communication with our members by ensuring that everyone is made aware of any potential change in the program schedule. The group exercise board will be adjusted the first week of every month. A list of classes with a yellow light and red light will be posted on the group exercise bulletin board. Classes that have a yellow light for two months in a row will receive a red light and be taken off the schedule the next month. If there are any questions on this program, please contact the Fitness Director. We look forward to seeing you at one of our next classes.

POLICIES FOR CLASSES REQUIRING RESERVATIONS (CYCLING, BOSU YOGA & PILATES)

- Classes accommodate the following number of participants. Cycling (15); Yoga (25); BOSU (14) Pilates (15).
- Numbered passes will be distributed at the front desk, at check-in, no earlier than 1 hour before class starts. Participants without a pass will not be permitted to take the class.
- Members participating in the prior class who wish to take a yoga or Pilates class must have a pass and should proceed as above.
- Participants may call to reserve spot no more than 24 hours in advance.
- There is a "5 minute rule" in effect. Members must be checked-in 5 minutes before class starts. Spots will be available to *stand-by* members if there are any "no-show" members. NO ADMITTANCE to class will be allowed once class has started.
- Participants must be 16 years of age or older.
- Participants are responsible for wiping down their equipment after class.
- You may only sign up for one back-to-back class that required reservations. If you wish to take both class you may only sign up for the second class after the first reserved class has ended.**