

**BAC CLASS DESCRIPTIONS Fall  
Schedule for 2009**

**ABS/Hard CORE ABS:** Will focus and target on your abdominals, back and everything in between! 😊 ✦

**AHT:** Abdominals (Abd), Hips, and thighs! Join Kathy J. for a great "Total" lower body workout! 😊 ✦

**Boot Camp:** Join Sandy R. for a 45-minute "Full Body Workout" that will target all major muscle groups ✦ ↑ including a cardio component. This class will make you sweat, make you work hard and glad that you did!

**Equilibrium:** Join Rem B., Monday and Kathe B., Wednesday evenings for this "Ideal" class for beginners or for those who want to improve their basic and balance to advanced in their Yoga techniques. Relax and stay fit with slow moves and gentle stretches combined with strengthening postures. Emphasis is on deep relaxation and stress releasing moves. 😊 ✦ ↑

♥ **Fit 4-50/LIP/BAC Boomers:** Great class for beginners or for the mature individual desiring a (LIP) low impact routine. This easy to follow cardio-vascular routine has added benefits such as strength conditioning exercises for the whole body, Balance (foundation exercises), stretching exercises that is much needed to increase ones flexibility and full range of motion of your muscle and joints. Not to mention, this LIP routine is with no added stress to your body or joints. Interested? ! **All Levels Welcome!** Try the following listed below:

- M/W/F @ 08:00 AM with Kathe K. in Studio 1.
- BAC Boomers Monday @ 1-11:45 PM with Deb S in Studio 3. **Please Note: This class is a sign up class!**

**CSI (Cardio & Strength Intervals):** are combines of fitness drills and games to challenge your body and keep it guessing what is coming next! Times goes by fast when you are having fun!

😊 ✦ ↑

**Hi/Lo:** A "dynamic", easy to follow high and low impact routine with varieties in intensity. Kathe B. incorporates dance, kickboxing and some calisthenics to give you the ultimate challenge. ✦ ↑

**Drill BITS:** Drills, drills and more...you'd think you're in the military! Just kidding...Come Join Mike/Maureen/Deana for this sports conditioning class full of drills with "Bits-of Intense Training Segments" to get your heart a pumping! This class is very intense but will have different levels to best suit you!

😊 ✦ ↑

**Kick Boxing:** Gigi will demonstrate the proper techniques to execute punches and kicking combined for a total body workout. Come join the fun and get a great cardio workout!

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**Step & More...** Your are not just using the Step in this class...Join Judy, Monday's @4:30PM for a (45) minute class of Step w/cardio and use of the Resist-A-Balls, Body Bars and weights with Wednesday class being a (30) minute cardio base workout.

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**TBC (Total Body Conditioning):** This class focuses on muscular strength and conditioning by using tools such as weights, band's, Gliding™ Disc, Body Bars and Steps for props...Whew that is a lot! But, it's fun! Excellent class for whole body conditioning! Try the following classes listed below:

- Wednesday mornings @ 5:45 am with Sandy R.
- Saturday mornings @ 8:45 am with alternate Instructors, Mike/Denise/Laura!
- Tuesday/Thursday mornings @ 9:15 am with Master Gliding™ Trainer, Sheri Shon. This Total Body workout program works multiple muscles while engaging core stabilization throughout the range of motion. Meaning you use the upper body, lower body and torso all simultaneously. This is called "Combination" or "Interacted" training.

😊 ✦ ↑

**Yoga:** Join our BAC Instructors for a non-competitive, body/mind fitness Yoga class combined with traditional Yoga Techniques. The result is a powerful cardio/strength/flexibility workout that increases body tone and definition.

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**Upper Body & Lower Body Conditioning:** Join Personal Trainer Dave or Ryan for one of or both of the 30-minute conditioning classes. Both will focus on isolation of each of the major "Upper body" &/or "Lower body (Legs)" muscle groups by using body weight, free weights, tubing and body resistance exercises. 😊 ✦

**Key:** 😊 Basic/Beginning ✦ Intermediate ↑ Advanced *Revised 7/27/2009 S. Shon*