



# MAY 2012

# group exercise schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT
AM		5:30 am Straight Up Strength Donald <b>No Class 5/28</b>	5:30 am *Cycling Tracy		5:30 am *Express Cycle 45 minute Cycle Patti G. Tracy 5/31	5:30 am Total Fitness Patti R.	7:30 am *Sunrise Yoga Lorraine
	8:30 am *Cycling Laura 5/13 & 5/20 Sarah 5/27			9:15 am Kickboxing Eric Lindsay 5/2	6:15 am Core & More 15 Minute Core Class Patti G. Tracy 5/31	8:15 am *Cycling Patti R.	8:00 am *Cycling TBD 5/12 Laura 5/19 Sarah 5/26
		9:15 am Cardio Combo Donna <b>No Class 5/28</b>	9:15 am Cardio Strength Express Eric Tammy 5/29	9:15 am <b>Aqua Exercise</b> Julie	9:15 am Yoga Strength Donna Larry 5/3	9:15 am Cardio, Core & More Donna Lindsay 5/4	9:00 am Cardio Combo Laura
		9:15 am <b>Aqua Exercise</b> Julie 5/7 TBD 5/14 & 5/21 <b>No Class 5/28</b>	10:30 am <b>Sr. Aqua Exercise</b> Margret	10:30 am Zumba Mara <b>*New Time*</b> Starting May 16	10:30 am <b>Sr. Aqua Exercise</b> Margret	9:15 am <b>Aqua Exercise</b> Julie	10:05 am *Cycling Laura 5/12 & 5/26 <b>No Class 5/19</b>
							11:30 am Zumba Mirna 5/5 Kate 5/12 <b>No Class 5/19 &amp; 5/26</b>
		5:30 pm *Cardio Spin & Sculpt Laura <b>No Class 5/28</b>	4:30 pm ZumbAtomic! Dena (Youth 4-12) <b>No Class 5/8</b>	5:15 pm Cardio Strength Tracy <b>*New Time*</b> Starting May 16	5:15 pm *Cardio Spin & Sculpt Laura	<div data-bbox="1201 1449 1567 1963" data-label="Complex-Block"> <p><b>MAY GROUP EXERCISE CLASSES</b></p>  <p><b>Fitness Expo Day</b> Saturday, May 19th from 9am-3:30pm!</p> </div>	
5:00 pm *Yoga Olana	6:30pm Cardio Strength Lindsay <b>No Class 5/28</b>	6:15 pm Total Fitness Jen	6:30 pm *Yoga Strength Desiree Larry 5/9 & 5/16	6:15 pm Total Fitness Laura Tammy 5/31			
	7:30 pm *Yoga Strength Sheri Kate 5/7 <b>No Class 5/28</b>	7:15 pm *Cycling Laura 5/1, 5/15 & 5/29 Bibiana 5/8 & 5/22	7:30 pm *Yoga Flow Kate	8:15 pm Zumba Cathy Max 40 Participants			
		8:15 pm Zumba Rocio Max 40 Participants					

\* Indicates reservations required.

Blue indicates Aqua class

Published on 5/08/2012. Schedule is subject to change



## class descriptions

<b>Aqua Exercise:</b>	Low impact water aerobics with body sculpting. <i>55 min.</i>
<b>Cardio, Core &amp; More:</b>	Mix it up with a combination of cardio, strength and core conditioning to boost your metabolism. Class will target large muscle groups and incorporate pilates to work core muscles. <i>55 min.</i>
<b>Cardio Combo:</b>	Raise your heart rate and lower your weight with a variety of high and low impact movements. <i>55 min.</i>
<b>Cardio Interval:</b>	A combination of cardio drills and strength training designed to improve your aerobic capacity and strength. <i>55 min.</i>
<b>Cardio Spin &amp; Sculpt:</b>	A combo of cardio consisting of step and spinning while incorporating core and resistance exercises. <i>55 min. Reservation Required</i>
<b>Cardio Strength:</b>	A heart pounding, total body workout! Includes cardio and muscle endurance/strength training. <i>55 min.</i>
<b>Core &amp; More</b>	Need a little work on the muscles of the abdominals and lower back? Try this quick 15 minute core workout.
<b>Cycling:</b>	Take a ride on the wild side. A challenging cardio workout on the cycling bikes. <b>Reservation required.</b>
<b>Express Cycle:</b>	Short on time but love to cycle? Try this 45 minute cycle class. <b>Reservation required.</b>
<b>Kickboxing:</b>	In this class, you will punch, kick and sweat your way to a more lean and toned body! Challenge yourself to one of the most demanding and fun workouts around! This powerful workout is for all fitness levels.
<b>Spin &amp; Core:</b>	Enjoy a challenging cardio workout on the cycling bikes for 40-45 minutes followed by a 15 minute core workout. <b>Registration Required.</b>
<b>Step Interval</b>	This high-energy interval training class alternates step choreography with intensive muscle conditioning for a total-body workout. <i>55 min.</i>
<b>Straight Up Strength:</b>	A no nonsense muscle building workout. <i>55 min.</i>
<b>Total Fitness:</b>	A complete workout with equal emphasis given to each component of fitness. Cardio, strength & flexibility. <i>55 min.</i>
<b>Yogalates:</b>	Yogalates emphasizes balance, correct breathing, and mindfulness; while attaining specific postures, developing strength, flexibility and stability. You will find that Yogalates has a natural flow of smooth and controlled movements allowing both Yoga and Pilates practices to synchronize beautifully together as one. <i>55 min. Reservation Required</i>
<b>Yoga Flow/Yoga Strength:</b>	Learn basic yoga poses incorporating strength and cardio wellness. <i>55 min. Reservation Required</i>
<b>Zumba:</b>	A high energy Latin dance class. Get fit and have fun doing it! <i>55 min. *Maximum 40 participants.</i>
<b>ZumbaAtomic:</b>	This class is a fun and healthy program designed just for kids aged 4-12 using the Zumba concept. <i>*Maximum 40 participants.</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).

1. 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.
2. Please do not enter the aerobics room until the preceding class is finished.
3. Please follow all safety instructions provided by the instructor, including technique regarding the use of equipment.
4. Please do not talk during class.
5. 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.
6. Please be considerate of your use of space in crowded classes so we may accommodate as many members as possible in class. **Maximum participation in strength class is limited to 25 and Zumba class participation is limited to 40.**
7. 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.
8. 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.
9. Please bring all concerns directly to the attention of the instructor or the Fitness Director.
10. 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)

1. Classes accommodate the following number of participants. Cycling (15); Yoga (25); BOSU (14) Pilates (15).
2. 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.
3. Members participating in the prior class who wish to take a yoga or Pilates class must have a pass and should proceed as above.
4. Participants may call to reserve spot no more than 24 hours in advance.
5. 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.
6. Participants must be 16 years of age or older.
7. Participants are responsible for wiping down their equipment after class.
8. 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