



# DROP-IN CLASS DESCRIPTIONS

Fall 2009

August 24 thru December 8

CLASS	DESCRIPTION	Max Per Class	INSTRUCTOR
<b>Yoga</b>	Traditional and innovative yoga practices to bring awareness of your senses and help develop strength, balance, coordination and flexibility	20	Tanya – MW @ 12:00pm Jennie – TR @ 12:00pm Alison – MW @ 5:30pm Lynette – TR @ 5:30pm Tanya – Sat @ 10:00am
<b>Kickboxing</b>	Energizing mix of resistance and cardiovascular training	30	Tanya – Sat @ 9:00am Tanya – MW @ 6:30pm
<b>Pilates (Reformer)</b>	Traditional Pilates using the reformer machine to help develop core trunk stability and strength	10	Jackie – MWF @ 12:00pm Tanya – TR @ 12:00pm Jackie – MW @ 5:30pm Tanya – TR @ 5:30pm
<b>Indoor Cycle Fusion</b>	Cardiovascular ride that will burn calories and increase aerobic function.	30	Johnny – TR @ 12:00pm
<b>D's Boot Camp</b>	High powered boxing regime used to develop speed, agility, power and strength	30	Dewayne – TR @ 6:30pm
<b>Butts &amp; Guts</b>	High powered combination of cardio and strength exercises that target your core, trunk and legs	30	Tanya – MW @ 5:30pm
<b>CrossFit</b>	High intensity workout using the Crossfit method to develop all around strength	20	Jim – MW @ 12:00pm Jim – F @ 12:30pm Drew – TRF @ 5:30pm Drew – MW @ 7:00pm
<b>Kayak Roll Session</b>	Learn the basics of white water kayaking without the river. Equipment provided	15	Toby – R @ 7:00pm

You must sign up for all Drop-In classes to participate. Please see the Drop-In policy for further information.