



# Mariners Wellness Center

## EFFECTIVE 1-18-2010 GROUP EXERCISE SCHEDULE

**NO CHALLENGE - NO CHANGE - 2010**

**Operation Hours: Mon thru Fri 6am to 9pm - Sat and Sun 7am to 5pm**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	<b>**BEGIN SPIN**</b> Janet	<b>ABSOLUTELY ABS</b> Alex	<b>MUSCLE MASS BLAST</b> Barbara	<b>BEGINNER YOGA</b> Jill			
8:00 AM	<b>BOOT CAMP INTERVAL</b> Barbara	<b>BANDS, BARS, &amp; BALLS</b> Jill	<b>**SPIN**</b> Janet	<b>INSTRUCTOR'S CHOICE</b> Jill	<b>**SPIN**</b> Janet	<b>INSTRUCTOR'S CHOICE</b> Barbara/Diane	
9:00 AM	<b>MAT PILATES &amp; STRETCH</b> Barbara	<b>STEP, JUMP, &amp; PUMP</b> Jill	<b>YOGA &amp; STRETCH</b> Barbara	<b>TOTAL "CORE" PILATES</b> Jill	<b>**5-5-5**</b> Barbara	<b>SPIN</b> 1st come/1st serve Larry	<b>SPIN</b> 1st come/1st serve Larry
10:00 AM	<b>FIT FOR LIFE</b> Larry		<b>FIT FOR LIFE</b> Larry			<b>FIT FOR LIFE</b> Larry	
12:30 PM		<b>CIRCUIT EXPRESS</b> Corey		<b>CIRCUIT EXPRESS</b> Corey			
4:15 PM	<b>YOGA &amp; SCULPT</b> Doris	<b>STEP &amp; SCULPT</b> Doris	<b>TOTAL BODY SCULPT</b> Doris	<b>**SPIN**</b> Doris	<b>INSTRUCTOR'S CHOICE</b> Doris		
5:15 PM	<b>STEP COMBO</b> Diane	<b>POWER VINYASA YOGA</b> Jill	<b>STEP COMBO</b> Diane	<b>HATHA YOGA &amp; STRETCH</b> Barbara			
6:15 PM	<b>**SPIN**</b> Larry	<b>DANCE FUSION</b> Start date TBA	<b>**SPIN**</b> Larry	<b>DANCE FUSION</b> Start date TBA			<b>ROOM CAPACITY 20</b>

**Members of all fitness levels are welcome. Instructors may use substitutes as needed.**

**[www.baptisthealth.net/marinerswellness](http://www.baptisthealth.net/marinerswellness).**

**You may call us at (305) 434 – 3700 with any questions.**

**\*\* Sign-up required for these classes\*\***



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## Group Exercise Class Descriptions

CLASSES ARE APPROXIMATELY 45-50 MINUTES UNLESS OTHERWISE NOTED.

**Absolutely Abs:** 45 minutes of core, low back, obloquies and stability training.

**Bands, Balls, & Bars:** Involves 15 minutes each of interval circuit training utilizing weighted bars, Swiss and medicine balls, and stretch bands.

**Begin Spin:** A basic spin class introducing the five phases of Spin: Endurance, Strength, Interval, Race, and Recovery. **Sign up at front desk, 4-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

**Boot Camp Interval:** A high-intensity cardiovascular workout blending elements of boxing, martial arts and cardio power sculpting into a 50-minute exercise routine.

**Fit For Life:** Play smart and stay young. This class consists of strength, balance, and agility in a circuit-style format...designed for safety and flexibility.

**Muscle Mass Blast:** A class to start your day, consisting of rotations of CARDIO SPIN BLASTS and 5-10 minutes of sculpt ...a challenge for the heart!

**Pilates:** A mat exercise workout that has evolved from techniques created by Joseph H. Pilates over 70 years ago, focusing on core and flexibility.

**Step, Jump, & Pump:** A power packed class using innovative steps, circuit training, and strengthening moves.

**Step Combo:** A Step cardio cross training class which includes a variety of sculpting and strengthening techniques.

**Spin:** A 45-minute class that uses our special spinning bikes to provide a fantastic cardiovascular workout. Great if you are looking for a high-intensity, low-impact class. **Sign up at front desk, 4-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

**Total "Core" Pilates:** Three different workouts incorporating resistance, circle bands, and weights into a pilates class. Each segment uses a variety of well transitioned targeted exercises.

**Yoga:** Meditation and relaxation in motion assuming different forms and practice of either Hatha and/or Vinyasa Yoga. Postures range from basic to complex and provide a challenging and invigorating workout for the mind and body. Refreshing and energizing.

**5-5-5:** This class offers a little bit of everything! It's a variety workout involving 5 minutes each of Spin, Step, and Sculpt ending with abdominals and a stretch.

**Sign up at front desk, 4-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

**Circuit Express:** This intense 30-minute class is led by one of our exercise physiologists in the weight machine area. Quick machine changes make it fun and interesting while providing a great strength and cardio workout.

**Instructors Choice:** A total fitness workout decided and designed by the instructor....guaranteed to challenge your cardio and strength.

**Dance Fusion:** This class is a choreographed mix of salsa, latin rhythms, and zumba moves. Includes lots of exciting and easy to follow dance moves!

## Group Exercise Room Capacity - 20

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