

NORTHSIDE HEALTH & FITNESS CENTER'S MAY CLASS SCHEDULE

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30-7:25	SPIN SUSIE		SPIN EILEEN		SPIN JESSICA		
7:35-8:55	Yoga Monica		Classic Yoga of India Monique 7:35 – 8:55		YOGA JAYNE		
TIMES LISTED BELOW CLASS IN THIS ROW	No-nonsense 9:05-10:05 2 nd half 10:05-11:00* Tristin	Easy Does It Yoga 9:05-10:05 Erika	Vibrate w/the balls 9:05-10:30 Tristin	Easy Does It Yoga 9:05-10:30 Jayne	No-nonsense 9:05-10:05 2 nd half 10:05-11:00* Tristin	SPIN LEE 9:00-10:00	Yoga Monica At 9:00
9:30-10:30	Aquatics Winifred	Water Aerobics Leslie	Aquatics Winifred	Water Aerobics Leslie	Water Aerobics Leslie	Aquatics Jackie	
10:30-11:30		QiGong Rebecca				FELDENDRAIS JUDITH	HIP HOP Lindsay
11:00-11:55	FIT & FABULOUS CHER		FIT & FABULOUS CHER		FIT & FABULOUS CHER		
12:00-1:00		SPINNING Lee	PILATES Rosa	SPINNING Lee		YOGA Erika 12:00-1:30	Spin With David classical music
4:30-5:30		CARDIO/ PUMP Rebecca Corry					
5:00-5:30			ABS & ABS Abby				
5:30-6:30		Power Pump Rochelle		Power Pump Rochelle			
5:45-6:45	Aqua Paula		Aqua Jackie				
6:35-8:00	Classic Yoga of India Monique	SPIN SUSIE 6:35-7:30	Integrated Yoga Jayne	SPIN SUSIE 6:35-7:30			

DESCRIPTION OF CLASSES

- **Aquatics**: A blend of aerobics, spot toning, strength training and yoga. Emphasis on firming abs and thighs and improving flexibility.
- **Water Aerobics**: Sweat in the water. Minimum 1/2 cardio workout, coupled with weight training, isometric muscle and joint strengthening exercises. Good for those with arthritis and autoimmune diseases. Students work at their own pace but to their limits.
- **Fit & Fabulous**: Non-step. Low impact aerobics, strength and core training with balls, weights and floor exercises, and slow stretches.
- **Feldenkrais**: A sequence of movements designed to introduce new options, new ways of moving (being) to the nervous system.
- **Qigong**: A series of postures that move energy through the meridians (energy channels) in the body to remove blockages which lead to improved mental, emotional, physical and spiritual well-being.
- **NoNonsense Monday/Friday**: This is a two-hour class (stay for both or come in for the first or second half) that involves circuit training, strength and core work.
- **Pilates**: A mind body integration that strengthens and lengthens the core muscle. This method enhances everything from posture to weight management.
- **Spinning**: Forty-five to sixty minutes of cardio vascular workout. Includes riding on flats, seated climbs, hill climbs, jumps and sprinting.
- **Vibrate with the balls**: Balance, core, stabilization and strength. All levels welcome.
- **Jivamukti Yoga with Jayne**: Yoga for Jivans (mortals) where the goal of the practice is to seek enlightenment and that goal is remembered during the practice. (all levels)
- **Hatha Yoga with Monica**: Using the breath and allowing the body to be where it is. We do a series of postures that develop strength, flexibility, will, concentration & balance. With a presence of mind, body & spirit (breath) we work both the muscles of the body as well as the internal organs & systems in the body.
- **Classic Yoga of India with Monique**: This comprehensive discipline teaches the fundamentals of classic raja yoga, including properly executed asana (physical postures), pranayama (breathing exercise), mantra japa (mediation techniques), Vedic chant, and occasionally, yogic philosophy, to develop fitness, restore the body to optimal health, and strengthen mental steadiness.
- **Cardio Pump with Rebecca**: A little bit of step, a little bit of strength training, a little bit of floor workand a whole lot of fun!!!!