


READING ATHLETIC CLUB WINTER CLASS SCHEDULE

GROUP EXERCISE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Boot Camp Lisa C.	5:30am Tabata Lisa M.	5:30am Muscle Conditioning Rose	5:30am Cardio Pilates Combo Rose/Kerri P	5:30am Muscle Conditioning Jodi	6:30am RAC ATTACK \$10 a week pay as you go Lori & Jennifer B	
					7:30am Cardio Kick Joie/Rory	
8:00am Muscle Conditioning Michele	8:00am Muscle Conditioning Joanne	8:00am Muscle Conditioning Lori	8:00am Fitness Fusion/Core Mix Joanne	8:00am Muscle Conditioning Lori		8:15am Muscle Conditioning Jennifer B.
9:00am Cardio Kick Boxing Kerry K.	9:00am Boot Camp Joanne	9:00am Cardio & Conditioning Rory	9:00am Tabata Lisa M.	9:00am Step Joanne	8:30am Step/Muscle Interval Kathy	9:15am Cardio Kick Boxing Joanne
10:00am HIIT & Define Heather L.	10:00am Cardio Kick Boxing Lori	10:00am Muscle Conditioning Jodi	10:00am Cardio Kick Boxing Lori	10:00am Muscle Conditioning Joanne	9:30am Mat Pilates Kathy	10:15am Yoga Joie
		* SEE THE BACK PAGE FOR DETAILS				
4:30pm Muscle Conditioning Lori	4:30pm ZUMBA Stefanie	* 4:30pm CardioKick Michele	4:30pm Lean & Tone Muscle Stefanie			
 5:30pm Reebok Core Training Kerry	5:30pm Boot Camp Kerry	5:30pm Muscle Conditioning Michele	5:30pm Boot Camp Jennifer B.	5:30pm-6:30pm Cardio/Muscle Conditioning Mix Joie		
6:15-6:30pm Abs Class		6:15-6:30pm Abs Class				
6:30pm Cardio Kick Boxing Lori	6:30pm Muscle Conditioning Michele	6:30 pm- 7:15 pm ZUMBA Joie	6:30pm Cardio Kick Boxing Toni			
7:30pm Pilates Kim M.		7:15 pm- 8:00 pm PIYO Joie				

MIND/BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Power Yoga Ginger	8:15am PIYO Kerri P.		TRX Small Group Training 5:30 am Lisa C.		
9:05am Power Yoga Kate	9:05am Mat Pilates Kim	9:05am Mat Pilates Kim		9:05am Body Infusion Heather L.		

CYCLING STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Cycling Kerri P.	5:20am Cycling Jodi S.	5:45am Cycling Kim	5:20am Cycling Lisa C.	5:30am Cycling Lisa M.		
	6:20am Cycling Marcy		6:20am Cycling Kim		7:30am Cycling Nancy	7:15am Cycling Alicia
8:15am Cycling Lori	8:15am Cycling Kim M.	8:15am Cycling Kim	8:15am Cycling Heather L.	8:15am Cycling Marnie	8:30am Cycling Marnie	8:15am Cycling Lisa C.
9:15am Spin-Your-Weight-Off Lori	9:15am Cycling Kerry K.	9:15am Cycling Kerri P.	9:15am Cycling Lori C.	9:15am Cycling Lori		9:15am Cycling Wilston/Joie
4:30pm 60 min Calorie Burn Cycling Kim	4:30pm Spin-Your-Weight-Off Jennifer B.	4:30pm Cycling Kerry		4:30pm Cycling Marnie		10:00am Spin-Your-Weight-Off Lori
	6:00pm Cycling Lori	* 6:30pm Cycling Jodi S.	6:00pm Cycling Nancy B.			
6:30pm Cycling Jennifer B.	7:00pm Cycling Wilston	* SEE THE BACK PAGE FOR DETAILS				

Hours of Operation:

M-Thurs. 5am-10pm
Fri. 5am-8pm
Sat- Sun. 7am-7pm

Babysitting Hours:

M-F 8am-12pm, 4:30pm-7:30pm
Sat-Sun. 7:30am-12pm

Effective: November 14 2011

All classes are 55 min. unless noted
www.readingathleticclub.com 1-781-942-0099

Abs Class

A 15-minute conditioning class that focuses on strengthening the abdominal muscles.

Boot Camp

A total body workout that incorporates intervals of cardiovascular and muscle conditioning drills. Various pieces of equipment will be used in class, including, weights, stability balls, medicine balls, steps, core boards and bands. Be ready for this high-energy class! Please bring water and a towel.

Body Infusion

Like no other workout! It is a combination of strength, balance and flexibility combined with massive core conditioning and loads of energy! Students will experience the workout of a lifetime utilizing a ballet bar and other equipment that will transform their body like nothing else! ALL YOU NEED is a towel, an exercise mat, plenty of water and your **"I can do it" attitude!**

"On Location" Boot Camp

This Boot Camp class is all done outdoors. This is a result-driven conditioning program. It is conducted in an outdoor environment, utilizing a military-style format, coupled with the most progressive, innovative and creative exercises in fitness. These workouts include, but are not limited to, cardiovascular, speed, endurance, partner resistance, strength training, and ending with stretches! We expect you to challenge and or endure your body in a way that you see results!

Cardio Kick Boxing No pulled punches

If you are looking for a high-intensity workout, CardioKick might be the perfect form of exercise for you. Repetition, strength and flexibility are all hallmarks of this activity.

HITT & Define

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.

Cycling

A cardiovascular workout that will elevate self-image and physical fitness. **All Cycling classes are 45 minutes in length. Space is limited. Please pre-register no more than 12 hours in advance to reserve your spot through our online system. Please cancel at least 2 hours in advance online if needed. Or go to the RAC's Website to log into Supersaas, www.readingathleticclub.com**

Go to site www.supersaas.com/schedule/Reading_Athletic_Club/Cycling

Mat Pilates

A conditioning class that focuses on trunk stability, posture and breathing. The Flex-Rings and mini-balls are incorporated in some workouts. Beginner/Moderate and Intermediate classes are offered.

Muscle Conditioning

A conditioning class that focuses on muscle strength and endurance through the use of weights, bands, body bars, stability balls and gravity.

TABATA TRAINING

Tabata interval training is the **single most effective type of high intensity interval training**, its also the **most intense** by far, and surprisingly its the shortest in duration, it **only last for four minutes...** but those four minutes produce remarkable effects.

Lean and Tone:

A total body conditioning class that uses light hand weights, tension bands, and a focus on form and body resistance to tone muscle and give you that long, lean look you have always wanted!

Reebok Core Training

Experience the newest form of core training on the Reebok Core Board. This is a fun and challenging class that will strengthen and tone every muscle in your body. Any level participant can take part in this workout. Benefits of the Reebok Core classes include enhanced athletic performance, improved balance, functional strength and agility.

Step

A moderate to high intensity class that involves stepping up and down using an adjustable platform incorporating various upper and lower body movements.

Yoga

Gentle Yoga

A great way to end your weekend! This class focuses on restorative postures, relaxation, pranayama and meditation.

PiYo

PiYo is a unique combination of Pilates, Yoga, strength conditioning, flexibility and dynamic balance. Learn movements that elongate muscles, strengthen the core, release tension, deepen breath and improve posture.

Power Yoga

This is an athletic form of yoga where Hatha yoga poses are incorporated to increase one's energy and fitness level. A Hatha yoga class is recommended before this one.

Zumba (Xtra charge \$20 unlimited monthly or \$5 member drop-in, \$8 non-member drop-in)

A cardio -based workout incorporating explosive Latin and exotic music rhythms with some components of resistance training to tone the entire body from top to bottom in a "party-like atmosphere".

Class Guidelines

- Please try to arrive for class on time; the warm-up is an important part of the class..
- If you are new to class, please identify yourself to the instructor so he/she can give you the appropriate guidance.
- Work at your own level of intensity and impact. Appropriate footwear is required for all classes.
- All classes are 55 minutes in length unless noted otherwise, so please allow for the previous class to finish before entering the studio. Cycling classes are all 45 minutes in length

ALL BOLD CLASSES ARE AN EXTRA COST TO YOUR MONTHLY MEMBERSHIP AND PRE-REGISTRATION CLASSES

***THE FIRST Wednesday OF EVERY MONTH WILL BE A COMBINATION MUSCLE/KICK BOXING CLASS 4:30/5:30 PM (Michelle Dean)
*Jodi Simpson will teach a 75 min Cycling class the first Wednesday of every month. Please sign-up online, 12 hours prior to the class.**