

■■■ New Self Fitness Class Schedule ■■■

*Sign up for Fitness Menu at the Front Desk by 9am on day of class.

Monday

8:00 am Boot Camp
 9:00 am Hatha Yoga
 10:00 am New Self Sampler
 11:00 am Core
 1:00 pm Boot Camp
 5:30 pm Boot Camp

Tuesday

6:30 am Boot Camp
 8:00 am Senior Exercise
 8:30 am Bosu
 9:30 am Core
 10:30 am FITNESS MENU*
 1:00 pm New Self Sampler
 4:30 pm Zumba
 5:30 pm Boot Camp

Wednesday

8:00 am Power Hour
 9:00 am Breakfast BAGS Club
 10:00 am FITNESS MENU*
 11:00 am Mid-week Muscle Focus
 1:00 pm Boot Camp
 5:30 pm Hatha Yoga

**Your promptness
 is appreciated!**

**If no one has arrived to take
 a fitness class by 10 minutes
 after the appointed time,
 that class will not be held.**

**Late arrivals are welcome if
 class is already in session.**

Thursday

6:30 am Boot Camp
 8:00 am Senior Exercise
 8:30 am Bosu
 9:30 am Core
 1:00 pm Boot Camp
 5:00 pm Boot Camp
 6:00 pm Zumba

Friday

8:00 am Boot Camp
 9:00 am Breakfast BAGS Club
 10:00 am FITNESS MENU*
 11:00 am Flow Yoga
 12:00 pm FITNESS MENU*
 1:00 pm Boot Camp

Saturday

9:00 am Zumba

FITNESS MENU

Athletic Stretching (30 min)
 CORE (1 hr)
 Kettleball (30 min)
 KettleCore (1 hr)

Swiss Ball (1 hr)
 Theraband Class (1 hr)
 Prenatal Fitness (45 min)

..... This schedule runs through December 17, 2010.
 Closed Sundays and Holidays. Please note that
 classes are held on a first-come, first-serve basis.
 Class sizes are based on equipment availability
 as well as space considerations.

■■■ Childcare During Services Policy ■■■

Childcare is available in Kid Corner so parents are able to enjoy a massage, nail service or personal training session at New Self. Some memberships include childcare. For those with memberships that do not include childcare and non-members, our rates are per service visit (not per hour). You will be billed along with your service after you have finished: \$10 for 1 child, \$15 for 2 or more children.

Any parents who bring their children with them while using our spa services are asked to leave their children

in Kid Corner for the duration of the service. Any child receiving spa services must be at least 10 years old at time of visit.

Please note: Parents with memberships that include childcare are welcome to use some or all of their 2 hours and 45 minutes per day childcare time toward their service(s). However, any childcare time used over this amount will still be subject to the full childcare fees listed above.



■■■ New Self Fitness Class Descriptions ■■■

All classes are free with Membership. Non-members may purchase a Day Pass or Day Pass Package. See café for details.

Athletic Stretching: Controlled stretches that prevent stiffness and tendon shortening as well as reduce muscular tension and prevent injury.

Boot Camp: (Class Limit: 10) Small group workouts, with all the benefits of personal training in a fun motivating group environment. You will never know what to expect: Cardio & Resistance Training? Core strengthening? Functional Fitness? Kick Boxing? Athletic Intervals? Running? Balance? Plyometrics? Calisthenics? A little bit of everything? We'll keep you guessing week-to-week!

Bosu: (Class Limit: 6) Bosu stands for Both Sides Up. This new class provides a unique way to work on core strength, aerobic conditioning and balance. The entire class done with a BOSU. The class will be 50 minutes; short warm up and cool down, with lots of sweat in the middle!

Breakfast BAGS (Back-Abs-Glutes-Shoulders) Club: (Class Limit: 7) Start the morning off right! A workout focusing on your abs, back, glutes and shoulders using a variety of accessories (i.e. resistance bands, weights, balls). This is a more advanced version of CORE.

Cardio Power Hour: (Class Limit: 7) This high-intensity class is a great full body workout, incorporating a broad range of fitness moves with athletic drills guaranteed to get your heart pumping! Most suitable to participants of medium to high fitness levels, but newcomers are always welcome; just let your instructor know!

CORE: (Class Limit: 7) Emphasizes muscles that stabilize the spine, pelvis and run the entire length of the torso.

Fitness Menu: Members may call New Self and 'order' a Fitness Class during the times given. For example, if Molly wants to take the Swiss Ball class at 10am on Wednesday during a Fitness Menu time, she may call and schedule the class no later than 9am on Wednesday. Other members may join this class. First come, first served. Fitness Menu classes must be requested **before 9am on the same day**. Members can call the front desk (310.6775) or stop in to sign up.

Flow Yoga: (Class Limit: 12) Classes are designed for beginner to intermediate students and suitable for all fitness levels. Each class will incorporate breath work, brief guided meditation, and a series of yoga poses that are connected, flowing one from the next. Participants will utilize breath and pose sequencing to build internal heat within the body, while improving strength, flexibility, balance and stamina. Classes taught by Angie Morgan, CYT.

NEW! Hatha Yoga: (Class Limit: 12) Class open to all levels (from complete beginner to advanced). Each class will focus on a universal heart-oriented theme that will connect through a brief guided meditation to a series of poses. Participants will use breath and movement to cultivate physical awareness and sensitivity as well as increase strength, balance, flexibility, and inner peace. Empty bellies, comfortable clothing and a light-hearted sense of play encouraged. Classes taught by Sarah Kissel.

Kettleball: (Class Limit: 7, depending on kettle ball weight needs for each participant) Involves whole body conditioning because the entire musculature of the body, particularly the 'core', must contract as a group due to lifting and controlling the Kettleball. Introducing the new KOR Kettleball.

KettleCore: (Class Limit: 7) Members love our classes so much they have created a hybrid! This class involves a condensed version of the CORE class followed immediately with the entire Kettleball class.

NEW! Mid-week Muscle Focus: (Class Limit: 7) This muscle conditioning class will focus on different muscle groups from week to week, utilizing a variety of equipment. Will it be arms? Legs? If you want one area of your body to feel really worked in the middle of the week, this is the class for you!

New Self Sampler: (Class Limit: 6) In a workout rut? Or do you want to know what some of the New Self fitness classes are like? Try out the New Self Sampler, which allows you to experience a small portion of a variety of exercise classes, including: CORE, Kettleball, Bootcamp, Theraband, BOSU and Cardio Power Hour.

Prenatal Fitness: (Class Limit: 7) Whether you're a regular exerciser who wants to stay fit or newly committed to exercise for your health and your baby's, this 45-minute class will effectively and safely condition your growing body throughout your pregnancy by focusing on strengthening and stretching moves. (Please note: Most of our other classes, including Flow Yoga, can be modified for expectant mothers—just let our instructors know your needs.)

Senior Exercise: This class works with you to keep your bones and heart healthy. It combines low impact aerobics with strengthening, stretching and flexibility movements. Emphasis placed on balance activities. Accessories such as swiss ball and therabands may be utilized.

Swiss Ball: (Class Limit: 6) In addition to focusing on major muscle groups, it simultaneously works 'core' muscles because of the instability of the Swiss Ball.

Theraband: (Class Limit: 8, advanced level) Utilizes resistance bands and loops to provide challenging strengthening exercises.

Zumba: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.