

...New Self Fitness Class Schedule...

Schedule runs January 3 – March 31, 2012. Closed Sundays and holidays. Classes are held on a first-come, first-served basis. Class sizes are based on equipment availability and space considerations.

Monday

7:00 am Boot Camp
 8:00 am Boot Camp
 10:00 am CORE I
 11:00 am CORE II
 12:00 pm Running (Beginner)
 (For paid participants: Feb. 6 - April 28)
 1:00 pm X2
 5:30 pm Hatha Yoga*

Tuesday

6:00 am Boot Camp
 7:00 am Boot Camp
 8:00 am Fitness Menu
 8:30 am BOSU
 10:00 am BAGS (No class 2/7 & 3/6)
 11:00 am Kettleball
 12:00 pm Running (Advanced)
 (For paid participants: Feb. 6 - April 28)
 1:00 pm X2
 4:00 pm Boot Camp
 5:00 pm Zumba*

Wednesday

7:00 am Boot Camp
 8:00 am X2
 9:00 am CORE I
 10:00 am CORE II
 11:00 am 72
 12:00 pm Running (Beginner)
 (For paid participants: Feb. 6 - April 28)
 1:00 pm X2
 5:30 pm Zumba*

Thursday

6:00 am Boot Camp
 7:00 am Boot Camp
 8:00 am Fitness Menu
 8:30 am BOSU
 10:00 am CORE I
 11:00 am 72
 12:00 pm Running (Advanced)
 (For paid participants: Feb. 6 - April 28)
 1:00 pm X2
 4:30 pm Boot Camp

Friday

7:00 am Hatha Yoga*
 7:00 am Boot Camp
 8:00 am Stir Fry
 9:00 am CORE I
 10:00 am CORE II
 11:00 am BAGS
 11:30 am Flow Yoga*
 1:00 pm X2

Saturday

9:00 am PiYo™*
 (1st & 3rd Saturdays)
 9:00 am Zumba*
 (2nd & 4th Saturdays)

*Class will be held in Multi-purpose Room unless otherwise indicated.

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.

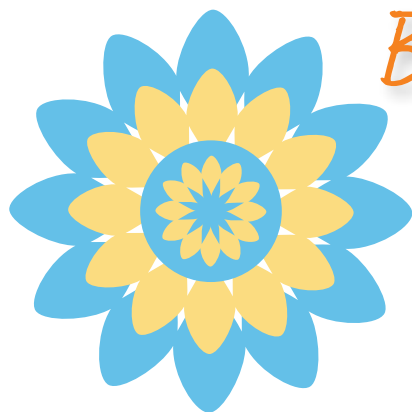
Fitness Menu 30-minute Class Options:

Athletic Stretching
 CORE Express

Kettleball
 Senior Exercise

Swiss Ball
 Prenatal Fitness

Sign up for Fitness Menu at the Front Desk or call 310-6775 by 5 pm the day before the class.



Breathe, Bend, Bloom: Yoga for Tots

6-week Session • Tuesdays • May 1 – June 5
3-5 year-olds: 10:15-11 am

(Register by April 25 - see front desk or website for details)

Cost per session: \$59 member/KTK • \$69 non-member

Join in this movement adventure as we practice yoga poses, learn breathing exercises and participate in fun games—all while building gross and fine motor skills! Using stories, music, guided imagery and interactive games, your little yogi will have the opportunity to express him or herself creatively and increase their movement repertoire. Come along as we stretch our bodies to the sky, balance like trees in the wind and play together like a whole team of downward dogs! Class taught by Mariah Meyer LeFeber, *YogaFit Kids!* Certified Instructor.

■ ■ ■ New Self Fitness Class Descriptions ■ ■ ■

Class difficulty is ranked on a scale from 1-5, with 1 being a beginner level class & 5 being an advanced level class.
All classes are free with Membership. Non-members may purchase a Day Pass or Day Pass Package. See front desk for details.

72: (Difficulty: 5; Class Limit: 8) Is the number of stairs in this stairwell! Looking for a unique and challenging cardio workout to get through the winter? This combined cardio and strength class is held in the 'secret' stairwell at New Self and is intended for people who are ready to WORK!

Athletic Stretching: (Difficulty: 1; Class Limit: 7) Controlled stretches that prevent stiffness and tendon shortening as well as reduce muscular tension and prevent injury.

Boot Camp: (Difficulty: 1-5, can be modified to all levels; 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: (Difficulty: 5; Class Limit: 6) A 90-minute class that includes a 30-minute challenging cardio class on the BOSU, followed by an intensive strengthening class that utilizes the BOSU along with a variety of fitness accessories including bands, dumbbells and kettleballs.

BAGS (Back-Abs-Glutes-Shoulders) Club: (Difficulty: 3-4; 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.

CORE I: (Difficulty: 1; Class Limit: 7) Emphasizes the muscles that stabilize the spine, pelvis and run the entire length of the torso. Great class for overall strengthening as well as understanding what defines muscles of the "core."

CORE II: (Difficulty: 4; Class Limit: 7) This is a progression of CORE I. It is strongly suggested that you spend time participating in CORE I for a more specific understanding of what defines Core and for proper mechanics of movement.

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 8 am on Tuesday during a Fitness Menu time, she may call and schedule the class no later than 5 pm on Monday afternoon. Other members may join this class. First come, first served. Classes must be requested before 5 pm on the day prior.

Flow Yoga: (Difficulty: 2-3; Class Limit: 12) Designed for beginner to intermediate students and suitable for all fitness levels, each class incorporates 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. **Please bring your own mat if you are able.**

Hatha Yoga: (Difficulty: 2; 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. Classes taught by Jana Laughlin. **Please bring your own mat if you are able.**

Kettleball: (Difficulty: 3-4; 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.

PiYo™: (Difficulty: 2-3; Class Limit: 12) PiYo™ is for those who color outside of the lines! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results. Class taught by Christina Ahlansberg, certified instructor. **Please bring your own mat if you are able.**

Prenatal Fitness: (Difficulty: 1; 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 30-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 yoga, can be modified for expectant mothers—just let our instructors know your needs.)

Senior Exercise: (Difficulty: 1; Class Limit: 7) 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 used.

Stir Fry: (Difficulty: 1-5, can be modified to all levels; Class Limit: 10) Curious? Check out this mixed class where anything goes—you won't get bored!

Swiss Ball: (Difficulty: 3; Class Limit: 6) In addition to focusing on major muscle groups, it simultaneously works 'core' muscles because of the instability of the Swiss Ball.

Xtreme Xertion (X2): (Difficulty: 6, no modifications; Class Limit: 6) Need we say more? This class was designed with advanced Boot Camp participants in mind. Come prepared for an intense workout. Promptness is mandatory.

Zumba: (Difficulty: 4; Class Limit: 12) 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. Taught by Alicia Butz and Amy Merwald, certified instructors.