

GROUP FITNESS SCHEDULE—Effective OCTOBER 6, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Muscle Conditioning Christine					
8:00-9:00am Hatha Yoga Lakshmi	8:00-9:00am Muscle Conditioning Sheila	8:00-9:00am Hatha Yoga Jenni	8:00-9:00am Muscle Conditioning Sheila	8:00-9:00am Hatha Yoga Jenni	8:00-9:30am High/Low (30mins.) Step Circuit (60mins.) Sheila	8:30-9:30am Step Carol W./Teresa
9:00-10:00am Step/Kickboxing (1hr.) Sheila	9:00-10:30am Step (45mins.) Muscle Cond. (45mins.) Carol F.	9:00-10:00am Zumba Sally	9:00-10:30am High/Low (45mins.) Muscle Cond. (45mins.) Sheila	9:00-10:00am Step Circuit Sally		
10:00-10:30am Body on the Ball Sheila	10:45-11:45am Zumba Gold Jenni	10:00-10:30am Body on the Ball Sally	10:45-11:45am Zumba Gold Teresa			9:30-10:30am Pilates Margaret
12:00-1:00pm Muscle Conditioning Terri		12:00-1:00pm Muscle Conditioning Carol F.		12:00-1:00pm Muscle Conditioning Terri		
4:30-5:30pm Muscle Conditioning Sally		4:30-5:30pm Muscle Conditioning Terri			<p align="center">Westford Regency Health Club</p> <p align="center">Hours of Operation Monday-Thursday 5:00am-9:30pm Friday 5:00am-8:00pm Saturday & Sunday 7:00am-5:00pm</p> <p align="center">Cycling Classes If you have signed up for a class and are unable to attend, please call and remove your name from the list.</p>	
6:00-7:00pm Zumba Jenni	5:30-6:30pm Zumba Carol W.	5:30-6:30pm Step Interval Carol F.	5:30-6:30pm Zumba Jenni			
	6:30-7:30pm Muscle Conditioning Carol W.	6:30-7:30pm Zumba Toning Jenni	6:30-7:30pm Boot Camp Christine			
	7:30-8:30pm Hatha Yoga Lakshmi		7:30-8:30pm Hatha Yoga Lakshmi			

INDOOR CYCLING						
MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30-6:30am Tara		5:30-6:30am Spin/Yoga Tara		6:00-7:00am Meg	7:15-8:15am Meg	7:15-8:15am Meg
9:00-10:00am Sally		9:00-10:00am Sheila		9:00-10:00am Jenni	9:00-10:00am Terri	8:30-9:30am Margaret
5:30- 6:30pm Margaret			5:30-6:30pm Tara			
	6:00-7:00pm Terri	6:00-7:00pm Sally				

WATER AEROBICS						
MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9:05-10:05am H2O Aerobics Sue		9:05-10:05am H2O Aerobics Margaret		9:05-10:05am H2O Aerobics Sue	9:00-10:00am H2O Aerobics Margaret	
6:30-7:30pm H2O Aerobics Terri		6:45-7:45pm H2O Aerobics Teresa				

Group Fitness Class Descriptions

Club Number: 978-692-0532

Play Room Number: 978-692-0772

Schedule and classes are subject to change. Holiday hours and classes may differ.

Group Exercise Classes Cancellation Policy

Monday-Friday, if Westford schools are delayed, classes will begin at 9:00am. If schools are cancelled classes will begin at 10:30am..

Evening & Weekend classes, call the Regency Club to confirm the schedule.

Body on the Ball

Combine strength and core work with the additional challenges of stability and balance when you do it on the ball, improves balance and coordination.

Boot Camp

Alternating segments of calorie blasting aerobic exercise and toning. You'll burn fat and build metabolism boosting muscle.

Hatha Yoga

Gentle practice uniting the body, mind, and spirit through rhythmic movements incorporating breathing techniques and deep relaxation. Excellent for reducing stress.

High/Low Aerobics

A choreographed floor workout that can be adapted for your fitness level by using high or low impact moves for safe, effective cardio exercise.

Muscle Conditioning

You'll build strength, endurance, and flexibility using ankle weights, body bars, dumbbells, and tubing in this class. Various modes of weight training are incorporated and may include super setting, pyramids, negative/positive work, and slow/fast sets.

Pilates

A safe and highly effective way to stretch and strengthen your body without stressing your joints. Focus is on core conditioning and body awareness. A perfect complement to your cardio and weight bearing workouts. Stability balls, weighted balls and body bars may also be used.

Step

A great cardio workout that involves stepping up and down on a platform to music. Step I choreography is more basic than that of Step II with few or no power moves. Recommended for beginners through advanced.

Step/Kickboxing

A great cardiovascular workout, combining step choreography and kickboxing moves.

Step Circuit/Interval

A great cross-training workout that combines step patterns and drills with intervals of strength training for a total body workout.

Zumba

Zumba is an "Exercise in Disguise." Participants are having so much fun they do not realize they are exercising. Zumba is a fusion of Latin and international music with dance movements, which creates a dynamic exciting and effective fitness class. The class format combines fast and slow rhythms creating a blended balance of interval-training cardio and muscle-toning benefits.

Zumba Gold

Specifically designed to take the exciting Latin and International dance an fitness program created in the original ZUMBA program and bring them to the beginner, active older adults and all participants needing modifications for a successful class. This explosive program is so easy to follow, that everyone can do it!

Zumba Toning

This program takes the original Zumba dance-fitness class to the next level with the addition of light-weight toning sticks or dumbbells. This combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance.

STUDIO 1

Indoor Cycling

This ultimate interval workout incorporates cardio and endurance drills on stationary cycles using time, speed, flywheel resistance, and recovery periods.

30 Minute Cycle Express

Geared for the beginner who wants a slower workout and to the experienced cyclist who wants a 30min. non-stop endurance ride. Two different workouts in the same cycle studio.

To reserve your spot in cycling classes; please call or sign up at the front desk two days in advance. If you have signed up for a spot in a class and are unable to attend, please call and remove your name from the sign up list.

POOL

Aquacise

A well rounded water class that challenges you with water running, aerobic choreography, balance and flexibility exercises. Resistance equipment is utilized to enhance strength training.

Regency Policy

- Arrive to class on time, **please don't enter a class after the warm-up.** Instructors will enforce.
- New participants should introduce themselves to the instructor before class.
- Bring a towel and your water bottle to class.
- Please no gum chewing or candy during classes. Instructors have the authority to enforce this safety rule.
- Avoid wearing perfumes or scented products to classes as some participants are allergic, asthmatic, or sensitive!
- Sneakers are required for all classes and throughout the gym.
- Please turn off all cellular phones.

Revised 9/21/11



