

**MERITCARE SPORTS MEDICINE
GROUP EXERCISE CLASS SCHEDULE**

MeritCare Lifelong Fitness 234-8750
Annie Young, Coordinator 234-7916



September/October/November/December 2009

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45am		SPORTS CONDITIONING	THE SPIN CYCLE	SPORTS CONDITIONING			
8:00am	CORE MAXED	W.O.W WOMEN ON WEIGHTS	CORE MAXED	W.O.W WOMEN ON WEIGHTS			
8:30am		DIABETES & EXERCISE		DIABETES & EXERCISE			
9:00am	** SPLASH WATER WORKOUT	ACTIVE ADULTS	** SPLASH WATER WORKOUT	ACTIVE ADULTS	CARDIO BALL	POWER CIRCUIT	
10:00am	MAT PILATES	YOGA-LATES	MAT PILATES	YOGA-LATES	MIND BODY FUSION		
11:00am		*SIT-N-FIT		*SIT-N-FIT			
12:00pm	MIND BODY FUSION	CARDIO A'LA CARTE		CARDIO A'LA CARTE			
12:15pm	SPORTS CONDITIONING		SPORTS CONDITIONING		SPORTS CONDITIONING		
3:00-5:30	+TAE KWON DO After School Program	+TAE KWON DO After School Program	+TAE KWON DO After School Program	+TAE KWON DO After School Program	+TAE KWON DO After School Program		
5:15pm		PILATES			PILATES		
5:30pm	NIGHT RIDERS		NIGHT RIDERS				
5:45pm		+ ADULT TAE KNOW DO		+ ADULT TAE KWON DO			
6:30pm	HATHA YOGA		TAI CHI CHUAN 1	HATHA YOGA			
8:00pm			TAI CHI CHUAN 11				

Please call to inquire on the status of all programs. Many classes may be joined while in progress. Some classes are seasonal. There may be some cancellations dates due to holiday scheduling and attendance.

All classes take place at Southpointe unless specified with BHC (Broadway Health Center)

All classes subject to change based on attendance. Some classes are seasonal, please call for current dates.

***Classes highlighted/Bold** indicate a specific starting date. Many classes required pre-registration, call for info.

Classes are free to MeritCare Lifelong Fitness Members. MeritCare Associates and Non-members may attend classes, paying per session or purchasing a Group Fitness Punch Card.

Gym Workouts

CIRCUIT: A daily variety of intervals of cardiovascular conditioning plus muscle strengthening.

POWER CIRCUIT: Super Saturday power workout. Anything goes... work at your own pace for a total body challenge.

SPORTS CONDITIONING: Total Body Cross-Training Program. Uses sports oriented drills, exercise and equipment to exercise the total body. Classes will meet in the gym.

Gym & Group Exercise Studio Workouts

ACTIVE ADULTS: For the 50+ generation, meet new people and learn new exercises correctly and safely. The class moves you through warm-up, cardiovascular conditioning, resistance training, torso stabilization, balance exercises and stretching.

CARDIO A'LA CARTE: Any thing goes... bike, Bosu, step, heart pump'n cardio followed by a variety of exercises to work all the major muscle groups right down to the core. An energizing workout, relaxation and great stretch to get you through your day. Seasonal

CARDIO BALL: Stability ball basics at its best. Includes aerobic movement, toning, balance and a great stretch. Get on the ball!

CORE MAXED: Core training with a variety of aerobics, muscular endurance exercises designed to increase strength, flexibility and abdominal toning. Put your middle to the test!

MIXIN IT UP: Your very own muscle makeover. Get to know all your instructors with this class rotation schedule. They will provide all the knowledge and, motivation, you will reap all the benefits through a variety of fitness challenges. Bring your friends to this one!

NIGHT RIDERS: Be prepared for a great ride, abdominal work and a stretch. Fun+Challenging=WOW! Seasonal

***SIT-N-FIT:** A group exercise program designed for individuals with orthopedic concerns, mental and physical limitations and those who are not able to exercise independently. This class will provide a total body workout appropriate for gait assisted and wheel chair bound individuals. Various levels of exercises are performed while seated to help improve motor skills, balance, strength, flexibility and posture. The program runs in multiple-week sessions, specialty program fees apply. Caregivers are welcome at no addition fee.

THE SPIN CYCLE: Join us for a 45 minute spinning class that will challenge and invigorate those early a.m. exercisers. This class is open to all insomniacs. A great way to start your day. Are you up to the challenge? Seasonal

W.O.W -WOMEN ON WEIGHTS: A strength training class for women to learn and perfect the use of weight training equipment and body mechanics for safe effective muscle toning. Seasonal

Mind Body Exercise Experience

DIABETES & EXERCISE: This exercise and education class is specifically designed to help the individual who has Diabetes to use exercise as a tool. New sessions begin monthly. Call 234-5659 for more information.

HATHA YOGA: This term is used to describe all physical Yoga postures, which may include several different styles. We emphasize alignment, proper breathing and show modifications for different fitness levels. This class is open to everyone. M/60, Th/75 min classes.

MAT PILATES: This dynamic mind-body class promotes a feeling of physical and mental well being while increasing muscle tone, flexibility and core strength.

MIND BODY FUSION: Perfect for those Yoga/Pilates enthusiasts. Join us for a wonderful noon workout to break up your day and revive your afternoons.

PILATES: A different kind of core workout. This class will guide you through the basic, intermediate and advanced Pilates moves giving you a fun yet challenging workout. End your day the right way...the Pilates way!

+**TAE KWON DO:** A private martial arts program. "After School Program" please call 271-0894. Please contact Master Carter @ 388-5405 for more information. Discounts for the adult programs available to MeritCare Lifelong Fitness Members.

***TAI CHI CHUAN:** The official Tai Chi in China. Learn 24 movements in a progressive sequence during an 8-week session. Seasonal

***TAI CHI CHUAN II:** This class is open for those who have learned the 24 movements and want to practice with others. (Oct.-May)

YOGA-LATES: This class is an invigorating fusion of classic Pilates moves and flowing yoga to bring you a balanced and effective workout.

AQUATIC PROGRAMS

****SPLASH WATER WORKOUT:** Enjoy a safe, vigorous water aerobic class designed to help increase aerobic endurance, muscle tone, and flexibility. No time is wasted here, you've never had so much fun in a workout! All fitness levels are welcome. Need not be a swimmer.

All water programs take place at the L. E. Berger Pool. 631 4th Ave. East, West Fargo, ND.

These classes are seasonal. The water classes require pre-registration and additional specialty program fees.

A Physician's release may also be required.

Personal Training is also available at MeritCare Sports Medicine. Please call 234-8750 for information and scheduling appointments.