

Club 2000 Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am - 6:00 am	Spinning®	-	Spinning®	-	Spinning®	-	
7:00 am – 7:45 am	Toning / Resistance	-		-		-	
8:00 am - 8:45 am	Super Seniors	Group Cycling (7:45-8:30)	Super Seniors	Group Cycling (7:45-8:30)	Super Seniors	-	
	Group Cycling (8:00 – 8:45)						
8:45 am - 9:30 am	SilverSneakers® MSROM	Light-n-Lively	SilverSneakers® MSROM	-	SilverSneakers® MSROM	Spinning® (9:00 -10:00)	
9:30 am - 10:15 am		SilverSneakers® YogaStretch		-			
10:15 am - 11:00 am	-	-	-	Light-n-Lively		ZUMBA® (10:00-11:00)	Zumba® (10:00-11:00)
11:00 am – 11:45 am	-	-	-	SilverSneakers® MSROM			
5:30 pm-6: 30 pm		Hip - Hop					
5:30 pm - 6:15 pm	Spinning®	Spinning®		Spinning®	-	-	
6:30 pm - 7:30 pm	ZUMBA® (6:00 – 7:00)	Boot Camp	ZUMBA® (6:00 – 7:00)	ZUMBA®	-	-	
				X-Training Downstairs			
7:00 pm - 7:30 pm		-	Abs Class	-	-	-	
7:30 pm – 10:00pm				Ballroom Dancing \$6.00			

HOURS OF OPERATION

Monday thru Thursday – 5:00am – 10:00pm

Friday – 5:00am – 8:00pm

Saturday - 7:00am – 3:00pm

Sunday – 10:00am – 3:00pm

Phone # - 717-632-6009

WEB: www.club2000fitness.com

CLASS DESCRIPTIONS

SilverSneakers® - MSROM (Muscular Strength & Range of Movement)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® - Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

Light-n-lively/Super Seniors

Just enough to wake you up and get you moving. Light stretching, light cardio, and light toning. Seniors and beginners are welcome!

Toning/Resistance

Toning/resistance, lower body specific using weights, bands, and/or balance balls, upper body specific using pyramid techniques with weights, and Core toning/strength work.

Latin Dance

This aerobic workout uses Latin rhythms, easy to follow moves to create a dynamic and fun workout! Burns calories.

ZUMBA®

Ditch the workout...join the party. This high-energy dance fitness class combines Latin and International rhythms with easy to follow moves. Have fun, burn calories, and tone muscles.

Hip-Hop

High impact dance fitness class featuring mostly Hip-Hop songs. Get your groove on, and burn calories.

Spinning®

The Spinning® program's five core movements and program fundamentals, like heart rate training will help you burn more calories, increase your strength, and improve your overall fitness. Every class is different, the Spinning® program is adaptable to your fitness level. There is no competition. Invigorating music and visualizations come together to make Spinning® class both fun and effective. There are no complicated moves to learn with the Spinning® program.

Ab Class

If you have twenty minutes and want to improve your core strength and abs, spend Wednesday night with some of Club 2000's finest.

Boot Camp

This advanced class is a 60-minute, non-stop strength training class involving integrated core training total body workout. This fast paced, high-energy class involves sports type moves designed to improve cardiovascular endurance, boost your metabolism, burn calories, increase strength and proprioception.

X-Training

A strength and conditioning program for anyone, this program delivers a fitness that is a broad, general and inclusive metcon workout.