

Class Schedule							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am - 6:45 am		AM Fitness		AM Fitness			
8:00 am - 8:45 am	Super Seniors		Super Seniors		Super Seniors		
8:00 am - 8:45 am		Yoga		Yoga			
8:15 am -9:00 am							
8:45 am - 9:30 am	SilverSneakers®	Light-n-Lively	SilverSneakers®		SilverSneakers®		
9:15 am - 10:15 am				Body Sculpting			
9:30 am - 10:30 am	Body Blast		Step/Toning		Cycling/Tone		
9:30 am - 10:15 am		SilverSneakers Yoga Stretch					
10:00 am - 11:00 am						Zumba®	Zumba®
10:15 am - 11:00 am				Light-n-Lively			
10:30 am - 11:30	Tai Chi		Pilates				
12:15 pm-12:45 pm**	30K at Mid Day		30K at Mid day				
5:00 pm - 6:00 pm							
5:30 pm - 6:00 pm			Abs Class				
5:30 pm - 6:30 pm		Zumba®		Body Sculpting			
6:00 pm - 7:00 pm	Zumba®		Zumba®				
6:30 pm - 7:30 pm		Body Blast		Zumba®			
6:30 pm - 7:30 pm				X-Training			

Spinning/Cycling Schedule							
5:15 am - 6:00 am	Cycling		Cycling		Spinning®		
6:00 am - 6:45 am			Cycling				
7:15 am - 8:00 am						Spinning®	
7:45 am - 8:30 am		Group Cycling		Group Cycling			
8:00 am - 8:45 am	Group Cycling						
5:30 pm - 6:15 pm		Cycling		Spinning®			
6:00 pm - 6:45 pm							
6:30 pm - 7:15 pm			Spinning®				

Hours of Operation

****CLASS CHANGE:**
STARTING WEDNESDAY JUNE 8
30 K at MID-DAY
MONDAY AND WEDNESDAY
12:15 - 12:45PM
REPLACING MID-DAY MANIA

Monday - Thursday 5:00 am - 10:00 pm
Friday 5:00 am - 8:00 pm
Saturday 7:00 am - 3:00 pm
Sunday 10:00 am - 3:00 pm
Phone 717-632-6009
Web www.club2000fitness.com

* Pilates Monday 5:00-6:00PM June 6 is last class Until Further Notice

Friday 10:30 - 11:30 AM / Tai Chi With Jackie / TRY IT!

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!

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.

Spinning® / Cycling

The Spinning® program's five core movements and program fundamentals, like heart rate training will help you burn calories, increase your strength, and improve your overall fitness. Every class is different, and adaptable to your fitness level. Spinning®class are 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.

X-Training

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

Body Blast

This class will improve your cardio & strength endurance. For the more advanced, but beginners are welcome to try. Mix of step, floor aerobics, strength training, & some dance. Fun music & cardio bursts to get you going. Can Burn 500 to 700 calories in this class

Body Sculpting

Arms, legs, core, front to back, head to toe workout. Improve strength & flexibility. Great for beginners to advance.

AM Fitness

Mixing it up! Toning, Ball, Weights, Step, Boot Camp, Kickboxing

YOGA

Yoga is a class designed to relax, enhance flexibility, and relieve stress.

TUESDAY CLASS: Mostly standing poses to strengthen and lengthen the body. All levels welcome.

THURSDAY CLASS: Seated and lying poses to stretch and relax the body. All levels welcome.

PILATES

Pilates is an exercise method designed to condition and connect body and mind, correct muscle imbalance, improve posture, and tone the body. The primary focus is to strengthen the body's core, therefore protecting the back.

TAI CHI

Touchy is a form of Chinese martial arts and is a gentle exercise for all fitness levels-a mind/body exercise, utilizing deep breathing and relaxation. Benefits-reduces stress/improves balance/helps depression and anxiety/boosts bone health.

30K at MidDay

Monday – Fast paced / step aerobics & Wednesday – Tone / Full body.