



Courthouse Athletic Club

# Group Fitness DeWitt Cardio and Conditioning

(530) 885-1964  
11558 F Ave.  
Auburn, CA 95603  
www.cacfit.com 4/1/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM <b>SPINNING</b> Michael		5:15-6:00 AM <b>SPINNING</b> Michael		5:15-6:00 AM <b>SPINNING</b> Michael		
6:05-6:50 AM <b>SPINNING</b> Julie	6:00-7:15 <b>MIH</b> Jesse	6:05-6:50 AM <b>SPINNING</b> Julie	6:00-7:15 <b>MIH</b> Jesse	6:05-6:50 AM <b>SPINNING</b> Michael		
				7:00-7:45 AM <b>SPINNING</b> Michael		
8:00-9:00 AM <b>PILATES</b> Mo	8:30-9:30 AM <b>YOGA</b> Heather	8:00-9:00 AM <b>PILATES</b> Mo	8:30-9:30 AM <b>YOGA</b> Heather	8:00-9:00 AM <b>PILATES</b> Mo	8:30-9:15 AM <b>SPINNING</b> Alt. Instructor	
9:00-10:00 AM <b>Aqua Aerobics</b> Julia		9:00-10:00 AM <b>Aqua Aerobics</b> Susan		9:00-10:00 AM <b>Aqua Aerobics</b> Susan	9:00-10:00 AM <b>Aqua Aerobics</b> Alt. Instructor	
9:10-9:45 AM <b>Get Fit Aerobics</b> Mo		9:10-9:45 AM <b>Get Fit Aerobics</b> Mo		9:10-10:00AM <b>Get Fit Aerobics</b> Mo	9:30-10:30 AM <b>STEP</b> Mo	
9:15-10:00 AM <b>SPINNING</b> Alt. Instructor	9:25-10:15AM <b>SPINNING</b> Jennifer	9:15-10:00AM <b>EASY RIDERS</b> Amy	9:25-10:15AM <b>SPINNING</b> Jennifer	9:15-10:00 AM <b>SPINNING</b> Joe	9:30-10:15 <b>SPINNING</b> Alt Instructor	
9:45-10:30 AM <b>STEP XPRESS</b> Amy		9:45-10:30 AM <b>DBL. STEP</b> Mo				
10:30-11:15 AM <b>STRENGTH XPRESS</b> Amy		10:30-11:15AM <b>STRENGTH XPRESS</b> Mo				10:30-11:30 AM <b>BASIC STEP</b> Sally
		11:10-12:10 PM <b>Fit Kids Class</b> Rayleen				
		12:15-1:00 PM <b>SPINNING</b> Susan		12:15-1:00 PM <b>SPINNING</b> Amy		
12:15-1:15 PM <b>STRENGTH</b> Mo		12:15-1:15 PM <b>STRENGTH</b> Mo		12:15-1:15 PM <b>STRENGTH</b> Mo		
4:00-5:30 PM <b>YOGA</b> Celena	5:15-6:10 PM <b>STRENGTH</b> Betsy	4:00-5:30 PM <b>PILOGA</b> Celena	5:15-6:15 PM <b>STRENGTH</b> Betsy	4:00-5:30 PM <b>YOGA</b> Celena		
5:30-6:15 PM <b>SPINNING</b> Ann		5:30-6:15 PM <b>SPINNING</b> Joe				
5:35-6:35PM <b>H.I.T.</b> Danielle	5:45-6:45PM <b>Aqua Aerobics</b> Spike	5:35-6:35 PM <b>Cardio, Core &amp; More</b> Lisa	5:45-6:45PM <b>Aqua Aerobics</b> Spike			
5:45-6:45PM <b>Aqua Aerobics</b> Katie	6:00-6:45 PM <b>SPINNING</b> Susan	5:45-6:45PM <b>Aqua Aerobics</b> Katie				

# CLASS DESCRIPTIONS

**STEP (DOUBLE STEP):** An exciting cardio step class alternating between one or two steps giving you an added challenge to your workout.

— *Intermediate-Advanced*

**BASIC STEP:** A fun way to learn the basics of step.

— *All Levels*

**SENIOR MOVES:** A land based alternative to Aqua Aerobics—gentle strength and cardio conditioning

— *Beginning*

**GET FIT AEROBICS:** A fun & energizing floor aerobic class!!

— *All Levels*

**FIT KIDS:** Age appropriate exercises that will work on large and small motor development. We will use the balance beam and parachute while listening to our favorite songs. Come run, jump, roll, and dance the time away.

— *Ages 3-5*

**Cardio, Core And More:** Basic cardio exercise with a side order of strong abs and back!

— *All Levels*

**MIH (Make IT Happen!):** A total body strength and cardiovascular workout with innovative, fun training techniques to help you meet all your fitness goals!

— *All levels*

## H.I.T.

An interval training class designed to improve cardiovascular fitness, strength and agility

— *All levels*

**STRENGTH XPRESS:** A group strength training and endurance class targeting total body. (TBS) 45 min.

— *All Levels*

**STRENGTH:** 60 minutes of total body strengthening

— *All Levels*

**SPINNING:** MUST BE AT LEAST 16 YEARS OLD TO This is a non-impact program specifically designed to work the lower body while conditioning the cardiovascular system. Everyone works out at their own level.

— *All Levels*

**AQUA-AEROBICS:** A low-impact cardio and strength class. It is a refreshing way to get or stay in shape!

— *All Levels*

## EASY RIDERS :

An introduction to Spinning—learn bike set up, positions and all about heart rates!

— *Beginner/all level*

## CHILD TENDING HOURS

M - F            8:30AM-1:30 PM

M / W           4:00 PM -7:15 PM

T / T H           4:30 PM-7:15 PM

Sat                8:30 AM-12:00 AM

Sun                10:00 AM-12:00PM

**YOGA:** Reduce stress and gain flexibility, strength, and balance while connecting mind and body. Finish off the class with a relaxation segment.

— *All Levels*

**PILATES:** (Pil-la-teez) Optimize strength, endurance, and flexibility while creating improved balance and posture.

— *All Levels*

**PILOGA:** A combination of yoga and pilates

## INSTRUCTORS:

**Susan Alexander**  
**Marilyn Burchfield**  
**Nikki Bruggart**  
**Danielle Covert**  
**Ann Downey**  
**Heather Dwelle**  
**Spike Dwinelle**  
**Sally Gardner**  
**Julie Granat**  
**Betsy Healing**  
**Joe Hernandez**  
**Jesse Huizar**  
**Michael Johnson**  
**Katie Kenoyer**  
**Lisa Klang**  
**Jennifer Koerber**  
**Amy Logan**  
**Julia Longthorne**  
**Susan Licht**  
**Mo Merritt**  
**Celena Polena**  
**Gina Serio**

## CLUB HOURS

Mon.-Fri.        4:30 AM - 9:30 PM

Sat                7:00 AM - 6:00 PM

Sun                8:00 AM - 5:00 PM

## CLASS GUIDELINES

- ◆ Schedule of classes and/or instructors are subject to change
- ◆ ARRIVE EARLY if your are NEW and let your instructor know
- ◆ For your SAFETY please BE ON TIME to ensure proper warm up. HYDRATION important for greater results; 16oz recommended
- ◆ Be courteous to other members, no cell phone use during classes OR loud lengthy conversations that distract the others from hearing the instructor.
- ◆ Reservations for Spinning may be made one day in advance
- ◆ Bike shoes with SPD cleats are compatible, but not necessary; for Spinning Classes. For all classes, wear athletic shoes with a firm sole.