



Courthouse Athletic Club

Group Fitness DeWitt Cardio and Conditioning

(530) 885-1964
11558 F Ave.
Auburn, CA 95603
www.cacfit.com 1201/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM SPINNING Michael		5:15-6:00 AM SPINNING Michael		5:15-6:00 AM SPINNING Michael		
6:05-6:50 AM SPINNING Julie	6:00-7:15 MIH Jesse	6:05-6:50 AM SPINNING Julie	6:00-7:15 MIH Jesse	6:05-6:50 AM SPINNING Michael		
				7:00-7:45 AM SPINNING Michael	7:30-8:30 AM SPINNING Alt. Instructor	
8:00-9:00 AM PILATES Mo	8:30-9:30 AM YOGA Heather	8:00-9:00 AM PILATES Mo	8:30-9:30 AM YOGA Heather	8:00-9:00 AM PILATES Mo	8:30-9:15 AM SPINNING Alt. Instructor	
9:00-9:30 AM Silver Elites Julia		9:00-9:30 AM Silver Elites Susan		9:00-10:00 AM Silver Elites Susan		
9:10-9:45 AM Get Fit Aerobics Mo		9:10-9:45 AM Get Fit Aerobics Mo		9:10-10:00AM Get Fit Aerobics Mo	9:30-10:30 AM STEP Mo	
9:15-10:00 AM SPINNING Alt. Instructor	9:25-10:15AM SPINNING Jennifer	9:15-10:00AM SPINNING Amy	9:25-10:15AM SPINNING Jennifer	9:15-10:00 AM SPINNING Joe		
9:45-10:30 AM STEP XPRESS Amy	10:30-11:30 ZUMBA!!! Catie	9:45-10:30 AM DBL. STEP Mo		10:15-11:15 ZUMBA!!! Catie		
10:30-11:15 AM BUTS-n-GUTS Amy		10:30-11:15AM STRENGTH XPRESS Mo				10:30-11:30 AM BASIC STEP Sally
		11:15-12:15 FIT KIDS Raeleen				
		12:15-1:00 PM SPINNING Susan		12:15-1:00 PM SPINNING Amy		
12:15-1:15 PM STRENGTH Mo		12:15-1:15 PM STRENGTH Mo				
4:00-5:30 PM YOGA Elise	5:15-6:10 PM STRENGTH Betsy	4:00-5:30 PM YOGA Rob	5:15-6:15 PM STRENGTH Betsy	4:00-5:30 PM YOGA Rob		
5:30-6:15 PM SPINNING Ann		5:30-6:15 PM SPINNING Joe				
5:35-6:35PM F.I.T. Danielle		5:45-6:45 PM Silver Elites Katie				
	6:00-6:45 PM SPINNING Susan					

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*

SILVER ELITES: 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*

ZUMBA A latin inspired dance fitness craze!

— *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*

F.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*

BUTS-N-GUTS A strength class focused on the abs and all the muscles below the belt!

— *All Levels*

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
Rob Turner
Elise Dumont

CHILD TENDING HOURS

M - F	8:30AM-1:30 PM
M / W	4:00PM-7:15PM
T / TH	4:30PM-7:15PM
Sat	8:30 AM-12:00 PM
Sun	10:00 AM-12:00PM

CLUB HOURS

Mon.-Fri.	4:30 AM - 10:00PM
Sat	7:00 AM - 6:00 PM
Sun	7:00 AM - 6:00 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.