

CLASS DESCRIPTIONS

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

BUTS, GUTS & BALANCE:

Strength class using full body movements focused on the abs and all the muscles below the belt!

CORE- Define abs, prevent injury & strengthen your core in this "mini" class that gets right to the point!

FIT KIDS: Age appropriate exercises that work on large/small motor development. Come run, jump, roll, and dance!
— Ages 3-5

INTERVAL BLAST: Cardio and strength intervals in this high energy class...Plyo drills, weights and balls.

R.I.P.P.E.D. "The One Stop Body Shock"

experience this total body "plateau proof" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique. in ways that are fun, safe, doable and extremely effective! All levels, modifications given.

SPINNING: 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. Minimum age— 16 yrs. old.

STEP AB-SPRESS: 40 minutes of step followed by 20 min. of core & stretch.

Strenth: A full hour devoted purely to strength training and core exercises.

TRIM & TONE- This fun class offers dance aerobics, light strength work and a long stretch. Perfect class for beginning exercisers and Seniors.

TRIPLE THREAT: Core strengthening intervals of cardio and strength maximize fat burn and create lean muscles .

Turbokick- Hip-hop inspired kickboxing...you'll get cardio, core and legs in this energizing workout.

PILATES: an exercise class that is focused on building strength, improving flexibility and agility, and helping to prevent injury.

YOGA: Reduce stress and gain flexibility, strength, and balance while connecting mind and body.
Vinyasa Flow Yoga-smooth-flowing series of poses in conjunction with your breath.

Restorative Yoga - a gentle form of yoga that promotes well-being, relieves stress, renews and heals the body. Poses are held longer.

ZUMBA: A latin-inspired dance fitness craze! Come wiggle, jiggle and have a blast! Low-impact. All levels welcome.

ZUMBA Express-: Wanna get your "Zumba fix" and toned muscles? Then this is the class for you! Located in the Fit Express room.

INSTRUCTORS:

Marilyn Burchfield
 Nikki Bruggert
 Danielle Covert
 Ann Downey
 Heather Dwelle
 Spike Dwinelle
 Jacquelyn Fries
 Sally Gardner
 Julie Granat
 Betsy Healing
 Joe Hernandez
 Phil Joffe
 Michael Johnson
 Kristen Juarez
 Katie Kenoyer
 Lisa Klang
 Jennifer Koerber
 Rebecca Krezman
 Susan Licht
 Mo Merritt
 Debbie Prince
 Holli Tripp
 Jackie Warner

CHILD TENDING HOURS

M - F	8:00AM-1:30 PM
M / W	4:00PM-8:00PM
T / TH	4:00PM-8:00PM
Friday	4:00pm-8:00pm
Sat	8:00 AM-12:00 PM

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 is 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.



Courthouse Athletic Club

Group Fitness

Cardio and Conditioning

(530) 885-1964
 11558 F Ave.
 Auburn, CA 95603
 www.cacfit.com 5/14/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:55 AM SPINNING Michael	5:15-6:30 AM STRENGTH Betsy	5:15-5:55 AM SPINNING Michael	5:15-6:30 AM STRENGTH Betsy	5:15-5:55 AM SPINNING Michael		
6:05-6:55 AM SPINNING Julie		6:05-6:55 AM SPINNING Nikki		6:05-6:55 AM SPINNING Michael		
8:00-9:00 AM PILATES Mo	8:30-9:30 AM YOGA VINYASA FLOW Heather	8:00-9:00 AM PILATES Mo	8:30-9:30 AM YOGA VINYASA FLOW Heather	8:00-9:00 AM PILATES Mo	8:00-9:00 AM SPINNING Alt. Instructor	
9:00-10:00AM <i>Aqua</i> Susan		9:00-10:00AM <i>Aqua</i> Susan		9:00-10:00AM <i>Aqua</i> Susan	9:15-10:15 AM SPINNING Alt. Instructor	
	9:35-10:35AM ZUMBA!!! Danielle		9:35-10:35AM STEP AB-SPRESS Rebecca	9:30-10:30AM Turbokick Rebecca	9:00-10:00 AM <i>Aqua</i> Katie/Marilyn	
9:15-10:15 AM21 SPINNING Nikki	9:30-10:30AM SPINNING Jennifer	9:15-10:15AM SPINNING Rebecca	9:30-10:30AM SPINNING Jennifer	9:15-10:15 AM SPINNING Joe		
9:30-10:30AM R.I.P.P.E.D. Rebecca		9:30-10:30AM Interval Blast Mo		10:00-11:00 AM <i>Deep Water</i> Patti	9:30-10:30 AM ZUMBA!!! Danielle	
	9:30-10:30 AM FIT KIDS Marissa (In Court #4)			10:35-11:05PM CORE Rebecca		10:30-11:30 AM BASIC STEP Sally
12:15-1:15 PM SPINNING Jennifer		12:15-1:15 PM SPINNING Danielle		12:15-1:00 PM SPINNING Debbie		
12:15-1:15 PM TRIPLE THREAT Mo				12:15-1:15 PM BUTS. GUTS. BACK & BALANCE Mo		
4:00-5:00 PM YOGA RESTORATIVE Holli		4:00-5:00 PM YOGA VINYASA FLOW Kristen		4:00-5:00 PM YOGA RESTORATIVE Holli		
5:30-6:30 PM SPINNING Ann	5:10-6:10 PM STRENGTH Betsy	5:30-6:30 PM SPINNING Debbie	5:10-6:10 PM STRENGTH Betsy	-NEW CLASSES- Aqua Fitness M-W-Fr-Sa 9:00 AM M-Tu-W-Th 5:45 PM & Deep Water Fitness Fridays 10:00 AM!		
5:30-6:30PM ZUMBA!!! Jacquelyn	5:15-6:15 PM SPINNING Phil	5:30-6:30PM Interval Blast Jackie				
5:45-6:45 PM <i>Aqua</i> Katie	5:45-6:45 PM <i>Aqua</i> Spike	5:45-6:45 PM <i>Aqua</i> Katie	5:45-6:45 PM <i>Aqua</i> Spike			
	6:15-7:10 PM R.I.P.P.E.D. Danielle		6:15-7:10 PM R.I.P.P.E.D. Jacqueline			