

# Class Descriptions

January 9-April 8, 2012

## Adult Total Conditioning

It's time to be challenged! This program is designed for individuals to get into peak shape by training hard to maximize results. Utilizing medicine balls, resistance bands, agility ladders, plyometrics, speed and agility drills and more for functional training, this program offers you the ultimate workout!

## Arthritic Wave

This Arthritis Foundation based program is for the individuals with arthritis or joint pain who wish to improve range of motion and general mobility.

## Aqua Fit

This class incorporates resistive training with aqua dumbbells, wave webs, etc., focused on muscular strength and toning.

## Aqua Zumba

Integrating the Zumba formula with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## Back Splash

Class designed for the individual with a history of back pain or recent injury. It covers stabilization, flexibility, strengthening, and conditioning.

## Boot Camp

Just like basic training for new recruits, this class is designed to put you through a rigorous workout consisting of athletic drills, strength training, and cardio exercises. Get ready to SWEAT!

## Cardio Tennis

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Class includes a warm-up, cardio workout, and cool-down phases. If you are looking for a great way to get in shape and to burn calories, you must try Cardio Tennis!

## CT4Kids (Cardio Tennis for Kids)

This FUN cardio-based class is centered on active tennis drills where kids will hit tons of balls in creative drill formats to the beat of fun and upbeat music. Ages 7-12

## Core-Flex

A training program designed to regain, maintain and increase flexibility. This class incorporates some Pilates core method exercises that you experience in our Pilates classes.

## Deep Water Fitness

This non-impact exercise class is geared for all individuals wanting a challenging aquatic workout. Designed for new and expectant mothers and individuals with orthopedic, back, and arthritic conditions.

## G-Force

An extended version of our cycling program for the experienced studio cyclist, this class will send you cycling into a new plateau of fitness, challenging your cardiovascular system.

## Group Active

Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors.

## Group Centergy

Grow longer and stronger as you explore this journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.

## Group Core

Train like an athlete in 30-action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you ripped abs! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform - all to challenge you like never before. REACH YOUR PEAK with Group Core!

## Group Groove

Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove.

## Group Kick

This electric fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling!

## Group Power

This barbell program strengthens all your major muscles in an inspiring, motivating group environment. For all ages and athletic levels, discover results, discover Group Power!

## Group Ride

Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you ride on!

## Group Step

Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience.

## Healthy Lifestyle

This class is designed specifically for beginners and Golden members of varied skill levels. It offers a variety of fitness programming to include strength, cardio and flexibility for a well-rounded series of exercises.

## NEWtrition

This class compliments group fitness by providing an opportunity for members to bridge the gap between fitness and nutrition. Intended to educate members in a group setting, this class focuses on sound nutrition, metabolism and how in combination with exercise, nutrition can enhance a healthy lifestyle.

## Pilates

This class applies principles pioneered by Joseph Pilates, with a concentration on core development to improve balance and coordination. Focus is on core stability, core strength, flexibility enhancement and body alignment.

## Swim Fit

This fitness swimming class is geared for anyone from a novice swimmer to an expert swimmer who wants a cool and refreshing way to exercise.

## Therapeutic ABC's

This aquatic body conditioning class incorporates balance, coordination and flexibility. The class is designed to meet the needs of pregnant women, and those with fibromyalgia, arthritis or who are post-rehab.

## Yoga

Our yoga program allows anyone to participate in any class. Each instructor will provide professional feedback, variations and modifications to accommodate all fitness levels. Experience yoga and better your overall wellness program

## Zumba

Zumba combines high energy and motivating music with unique moves and combinations, which allow the participants to dance away their worries.



## Who's Teaching?

Visit [RDVSportsplex.com](http://RDVSportsplex.com) to find out!

## Hours of Operation:

Monday-Friday: 5:00am-10:00pm

Saturday-Sunday: 8:00am-8:00pm

# Together

WE *Move!*

## Winter Group Fitness Schedule

January 9-April 8, 2012

## Class Location Key:

Group Exercise Studio #1 = (1)

Group Exercise Studio #2 = (2)

Group Cycling Studio #3 = (3)

Group Exercise Studio #4 = (4)

Aquatics = (AQ)

Tennis = (TN)

Magic Gym = (MG)

Sports Performance Turf = (SP)

Regular Classes = 55 minutes

Swim Fit/CT4Kids = 45 minutes

NEWtrition / Group Core = 30 minutes

Please visit [RDVSportsplex.com](http://RDVSportsplex.com) for exact class end times!



Get Fit. Have Fun!

8701 Maitland Summit Blvd / Orlando, FL 32810 / 407-916-2442 / [RDVSportsplex.com](http://RDVSportsplex.com)

## MONDAY

5:45am - Group Power (1)  
6:30am - Total Conditioning (SP)  
6:30am - Group Ride (3)  
6:50am - Group Step (1)

9:30am - Group Power (1)  
9:30am - Group Ride (3)  
10:00am - Aqua Fit (AQ)  
10:30am - Core Flex (2)  
10:35am - Zumba (1)  
11:00am - Arthritic Wave (AQ)

12:00pm - Total Conditioning (SP)  
12:00pm - Group Power (1)  
12:00pm - Yoga (2)  
12:00pm - Deep Water Fit (AQ)  
12:00pm - Cardio Tennis (TN)  
12:30pm - Group Ride (3)  
1:00pm - Therapeutic ABC's (AQ)  
2:00pm - Back Splash (AQ)

4:25pm - Zumba (1)  
5:15pm - Group Step (2)  
5:30pm - Group Power (1)  
5:30pm - Group Ride (3)  
6:00pm - Deep Water Fit (AQ)  
6:20pm - Group Centergy (2)  
6:35pm - Group Kick (1)  
6:35pm - Group Ride (3)  
7:45pm - Group Core (1)

## TUESDAY

6:00am - Yoga (2)  
6:00am - Boot Camp (MG)  
6:30am - Group Ride (3)  
7:30am - Group Core (1)

8:55am - Pilates (1)  
9:25am - Group Centergy (2)  
9:30am - Total Conditioning (SP)  
10:00am - Healthy Lifestyles (4)  
10:00am - Group Kick (1)  
10:35am - Yoga (2)  
11:05am - Group Step (1)

12:00pm - Boot Camp (MG)  
12:00pm - Group Groove (2)  
12:00pm - Aqua Fit (AQ)  
12:00pm - Group Ride (3)  
12:15pm - Group Core (1)  
1:05pm - Group Power (1)

4:25pm - Group Power (1)  
4:25pm - Group Active (2)  
5:00pm - NEWtrition (4)  
5:30pm - Group Kick (1)  
5:30pm - Group Core (2)  
6:00pm - Total Conditioning (SP)  
6:05pm - Yoga (2)  
6:30pm - Cardio Tennis (TN)  
6:35pm - Zumba (1)  
6:35pm - Group Ride (3)  
7:00pm - Swim Fit (AQ)  
7:45pm - Group Power (1)

## WEDNESDAY

5:45am - Group Power (1)  
6:30am - Total Conditioning (SP)  
6:30am - Group Ride (3)  
6:50am - Group Kick (1)

9:30am - Group Power (1)  
9:30am - Group Ride (3)  
9:30am - Group Active (2)  
10:00am - Aqua Zumba (AQ)  
10:35am - Group Core (1)  
10:35am - Group Groove (2)  
11:00am - Arthritic Wave (AQ)

12:00pm - Total Conditioning (SP)  
12:00pm - Group Power (1)  
12:00pm - Yoga (2)  
12:00pm - Deep Water Fit (AQ)  
12:30pm - Group Ride (3)  
1:05pm - Group Kick (1)  
2:00pm - Back Splash (AQ)

4:25pm - Zumba (1)  
5:15pm - Group Centergy (2)  
5:30pm - Group Power (1)  
6:00pm - Group Ride (3)  
6:00pm - Deep Water Fit (AQ)  
6:20pm - Group Step (2)  
6:35pm - Group Kick (1)  
7:45pm - Group Core (1)

## THURSDAY

6:00am - Yoga (2)  
6:00am - Boot Camp (MG)  
6:30am - Group Ride (3)  
7:30am - Group Core (1)

8:55am - Pilates (1)  
9:25am - Group Centergy (2)  
9:30am - Total Conditioning (SP)  
10:00am - Group Step (1)  
10:35am - Yoga (2)  
11:05am - Group Kick (1)

12:00pm - Boot Camp (MG)  
12:00pm - Group Active (2)  
12:00pm - Aqua Fit (AQ)  
12:00pm - Group Ride (3)  
12:15pm - Group Core (1)  
1:05pm - Group Power (1)

4:25pm - Group Power (1)  
4:25pm - Group Groove (2)  
5:00pm - Total Conditioning (SP)  
5:30pm - Group Kick (1)  
5:30pm - Healthy Lifestyles (4)  
5:30pm - Group Core (2)  
6:00pm - Aqua Zumba (AQ)  
6:00pm - Group Ride (3)  
6:05pm - Yoga (2)  
6:30pm - Cardio Tennis (TN)  
6:35pm - Zumba (1)  
7:00pm - Swim Fit (AQ)  
7:45pm - Group Power (1)

## FRIDAY

5:45am - Group Power (1)  
6:30am - Total Conditioning (SP)  
6:30am - Group Ride (3)

9:30am - Group Power (1)  
9:30am - Group Ride (3)  
10:00am - Aqua Fit (AQ)  
10:30am - Core Flex (2)  
10:35am - Zumba (1)  
11:00am - Arthritic Wave (AQ)

12:00pm - Total Conditioning (SP)  
12:00pm - Group Power (1)  
12:00pm - Yoga (2)  
12:00pm - Deep Water Fit (AQ)  
12:00pm - Cardio Tennis (TN)  
12:30pm - Group Ride (3)  
1:00pm - Therapeutic ABC's (AQ)  
2:00pm - Back Splash (AQ)

4:25pm - Zumba (1)  
5:00pm - Total Conditioning (SP)  
5:30pm - Group Power (1)  
5:30pm - Yoga (2)

## SATURDAY

9:00am - Total Conditioning (SP)  
9:10am - Group Power (1)  
9:30am - Yoga (2)  
10:00am - Deep Water Fit (AQ)  
10:15am - Zumba (1)  
10:15am - Group Ride (3)  
10:15am - CT4Kids (TN)  
11:15am - Group Core (2)  
11:20am - Group Kick (1)

## SUNDAY

8:30am - Swim Fit (AQ)  
8:55am - Group Power (1)  
9:30am - G Force (3)  
9:30am - Group Kick (2)  
10:05am - Zumba (1)  
10:35am - Group Core (2)  
11:15am - Yoga (2)

4:00pm - Group Power (1)  
5:00pm - Yoga (2)  
5:05pm - Group Kick (1)

### Class Location Key:

Group Exercise Studio #1 = (1) / Group Exercise Studio #2 = (2) / Group Cycling Studio #3 = (3)

Group Exercise Studio #4 = (4) / Aquatics = (AQ) / Tennis = (TN) / Magic Gym = (MG) / Sports Performance Turf = (SP)