



LONGFELLOW SPORTS CLUB
HealthMasters Schedule: Natick

www.longfellowclubs.com

(low to moderate intensity for all ages)

November 1- November 30, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am Beginner Pilates (4) Sheri			7:00 am Rise & Shine Yoga (3) Sheri		
9:15 am Water Exercise Jane	9:15 am Water Exercise Angie	9:00 am Beginner Yoga Plus (4) Kim	9:15 am Water Exercise Bredt	9:00 am Beginner Yoga Plus (4) Nancy	9:00 am Yoga (4) Jenn
	9:30 am Yoga Stretch (3) Paula	10:15 am Water Exercise Ginni	9:30 am Yoga Stretch (3) Paula		10:00 am <small>1st sat. each month</small> Beginner Cycle Jean
					10:00 am Beginner Hot House Yoga (3) Karen
				1:00 pm Stretch Combo (1) Sharyn	11:00 am BodyPump Technique (1) Beverly
3:00 pm Stretch Combo (1) Sharyn		3:00 pm Stretch Combo (1) Sharyn			
4:00 pm Keiser Group (F) Sharyn		4:00 pm Keiser Group (F) Sharyn			
			6:30 pm Beginner Yoga (3) Siobhan		
8:00 pm Yoga Stretch (4) Karen					

HealthMasters Descriptions

Key:

<p>1-Group Exercise 2-Cycling 3- Hot House Yoga Studio 4-Pilates & Yoga Studio F- Downstairs fitness room with Keiser Equipment *All Water Exercise classes held in pool</p>
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Beginner Pilates This class offers you a body balancing system that strengthens, lengthens, re-aligns and defines your body without putting stress on your joints.

Beginner Hot House Yoga A series of yoga postures in 90-95 degree heat; you will gain deeper stretches and increased flexibility. This is designed for experienced yoga participants, but those who are new to hothouse. Please bring plenty of water.

Beginner Yoga Participants will learn basic Hatha yoga postures and help you to relax your mind and body.

Beginner Yoga Plus This class is the same as Beginner Yoga, but a little harder.

BodyPump Technique This is a 15 minute introduction to BodyPump™.

Keiser Group Participants work individually on the Keiser Machines, while being supervised by an instructor. Participants have the option to supplement any Keiser machine for a cable, ball or free weight exercise. The instructor is there to give you guidance and assistance.

Rise n Shine Yoga This class focuses on basic stretches, beginner yoga postures, balancing, abdominal and back strengthening.

Stretch Combo General stretches for every muscle group, beginner yoga postures and balancing. Class is instructed with a step-by-step approach.

Yoga Stretch Basic yoga postures & stretching are combined to promote physical flexibility and balance, to improve core strength, and to reduce stress by relaxing the mind and body.

Water Exercise A moderately paced cardiovascular and muscle conditioning class focusing on flexibility and increasing your range of motion. Great for beginners, those with injuries or arthritis, and anyone looking for gentle, but effective exercises in the pool.