

EXCELL FITNESS

May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 5:30-6:30 AM Pump 8:30-9:15 AM Zumba 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Step 5:30-6:30 PM Pump 6:45-7:30 Zumba	4 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	5 5:30-6:30 AM Pump 8:30-9:15 AM Step 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 5:30-6:30 PM Pump 6:35-7:30 Zumba CINCO DE MAYO PARTY!!!	6 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	7 5:30-6:15 AM Turbo Kick® 8:30-9:15 AM Turbo Kick® 9:35-10:45 AM Hatha Yoga 5:30-6:30 PM Power Yoga	8 8:30-9:15 AM Turbo Kick® New music begins... Come party with us! 9:30-10:30 Superhero	9 Mother's Day No Group X classes
10 5:30-6:30 AM Pump 8:30-9:15 AM Zumba 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Step 5:30-6:30 PM Pump 6:45-7:30 Zumba	11 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	12 5:30-6:30 AM Pump 8:30-9:15 AM Step 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Turbo Kick® 5:30-6:30 PM Pump 6:35-7:30 Zumba	13 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	14 5:30-6:15 AM Turbo Kick® 8:30-9:15 AM Turbo Kick® 9:35-10:45 AM Hatha Yoga 5:30-6:30 PM Power Yoga	15 8:30-9:15 AM Turbo Kick® 9:30-10:30 Superhero	16 9-10 Superhero Training
17 5:30-6:30 AM Pump 8:30-9:15 AM Zumba 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Step 5:30-6:30 PM Pump 6:35-7:30 Zumba	18 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	19 5:30-6:30 AM Pump 8:30-9:15 AM Step 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Turbo Kick® 5:30-6:30 PM Pump 6:35-7:30 Zumba	20 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	21 5:30-6:15 AM Turbo Kick® 8:30-9:15 AM Turbo Kick® 9:35-10:45 AM Hatha Yoga 5:30-6:30 PM Power Yoga	22 8:30-9:15 AM Turbo Kick® 9:30-10:30 Superhero	23 9-10 Superhero Training
24 5:30-6:30 AM Pump 8:30-9:15 AM Zumba 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Step 5:30-6:30 PM Pump 6:35-7:30 Zumba	25 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	26 5:30-6:30 AM Pump 8:30-9:15 AM Step 9:15-9:45 AM Pilates 10:00-10:45 AM Silver Sneakers 4:30-5:15 PM Turbo Kick® 5:30-6:30 PM Pump 6:35-7:30 Zumba	27 5:30-6:15 AM Cycling 8:30-9:25 AM Pump 9:35-10:45 AM Hatha Yoga 5:30-6:15 PM Cycling 6:30-7:30 PM Hatha Yoga	28 5:30-6:15 AM Turbo Kick® 8:30-9:15 AM Turbo Kick® 9:35-10:45 AM Hatha Yoga 5:30-6:30 PM Power Yoga	29 Memorial Day Weekend—only 8:30-9:15 AM Turbo Kick® Is offered	30 Memorial Day Weekend No Group X classes
31 Memorial Day Gym Hours: 8-1pm No Kids' Room 8:30-9:15 Zumba 9:15-9:45 Pilates 10:00-10:45 AM Silver Sneakers		Join our Cinco de Mayo PARTY!! May 5th in Zumba 6:35-7:30 pm.		New Turbo Kick® music starts the 8th!	Please note Memorial Day Weekend changes for Group X.	NOTE: May 2nd will be the last Sunday 4pm Step and 5pm Yoga class until this fall.
EXCELL'S HOURS: Mon-Fri 5 a.m. - 10 p.m. Saturday 8 a.m. - 8 p.m. Sunday 8 a.m. - 6 p.m.	CONTACT INFORMATION: Phone: 503.434.5044 / Fax: 503.434.6773 www.excellfitness.net					

~ Group-Exercise Class Descriptions ~

CYCLING- We simulate cycling on an adjustable stationary bike to music. Classes incorporate heart rate training techniques and are limited to 18 participants. Please arrive 5 minutes prior to class to allow for set up and to review the basics. A towel and a water bottle are a necessity.

HATHA YOGA- Open to all levels, this class is designed to incorporate pranayama (breathing techniques), safety/alignment in postures, increase flexibility/balance, and develop strength in the muscles and joints. Beneficial for everyone, we invite you to feel challenged, to relax, and to restore the mind and the body.

PILATES- This is an exercise program that is designed to strengthen the core-postural muscles, while teaching awareness of correct alignment and breathing technique. Balance between strength and flexibility is attained through full-body exercises that work to lengthen & strengthen muscles at the same time on and off the stability ball.

POWER YOGA- This class is based on a choreographed sequence of poses (called asanas) that create a flow of energy and synchronized breath. It builds strength, flexibility, and mental focus with the final result being a release of tension. It's taught in a heated room allowing the joints to unwind and muscles to release. Open to all levels.

PUMP- This weight-lifting class will work every main muscle group in your body. With fun music and challenging lifts, come see what everyone is talking about!

RESTORATIVE YOGA - Spend 30 minutes working to restore your shoulders, hips, and back. Then follow up with a 15 minutes guided meditation. This is a wonderful start to your week. All levels of fitness welcome.

SILVER SNEAKERS – Designed for our senior population, this class will increase strength, range of motion, agility, balance and improve participants functional capacities.

STEP- Enjoy a variety of fun cardio combinations and strength segments using a step bench. This is calorie-burning fun!

SUPERHERO TRAINING- Develop your super power muscles and abilities to run, leap, bound, climb, rescue and shimmy your newly shaped physique. Body weight training, select resistance exercises and functional speed and agility drills. This intense, athletic class will help you unleash your own superhero!!

TURBO KICK® - You'll kick, punch, and groove the calories away in this action-packed, super fun, effective cardiovascular workout. Plan to tone your entire body while you sweat!

ZUMBA – This “fitness party” is the latest – revolution sweeping the fitness industry. It fuses easy-to-follow moves with Latin rhythms making you forget you're even exercising. You will burn fat, tone core muscles, and have fun doing it!