

The Regents Club Class Schedule

The Regents Club

Mon.	9:00am	60 min	Water Aerobics	Wendell
	6:30pm	30 min	Resist-a-BALL	Allison
	7:00pm	60 min	Pilates Mat Basics	Wendell
Tue.	6:30pm	30 min	Abs-n-Back	Marcus David
	7:00pm	60 min	Box-n-Kick	Marcus David
Wed.	9:30am	60 min	Splash-n-Fit I	Marcus David
	6:30pm	30 min	Resist-a-BALL	Allison
	7:00pm	60 min	Pilates Mat	Wendell
Thur.	7:00pm	60 min	Yoga (Aerobics Studio)	Bai
	7:30pm	60 min	Splash-n-Fit II	Marcus David
Fri.	9:00am	60 min	Water Aerobics	Nina
Sat.	9:00am	60 min	Urb-n-Chi	Marcus David
	10:00am	60 min	Yoga (Hospitality Suite)	Bai
	10:00am	60 min	Master Challenge	Marcus David
Sun.	9:00am	60 min	All-n-One	Marcus David



Splash-n-Fit/Water Aerobics: A combination of resistance training and cardiovascular training in the wonderful waves of the pool, for all fitness levels. Splash-n-Fit II is an advanced high energy class using resistance equipment.

Yoga: Yoga is a health building system that gives you the ability to recondition the body and mind. Meditation and breath control are taught in conjunction with yoga postures.

Master Challenge: A combination of martial arts, kickboxing, calisthenics, total body conditioning with a little flavor, very challenging work out for all people.

All-n-One: Hi-energy workout for all. A combination of all of The Regents Club classes and more. Challenging workout for the beginner and ideal for the weekend warrior.

Box-n-Kick: Fun and invigorating intervals of martial arts and boxing movements blended with aerobic challenges and a whole lot of fun. Designed to burn calories and increase endurance. For all fitness levels.

Pilates: A safe method of body conditioning of no impact exercise routine that stretches and strengthens all major muscle groups in a logical sequence without neglecting the smaller weaker muscles.

Abs-n-Back: A 30 minute workout for toning and strengthening the abdominal and back muscles. For all fitness levels.

Urb-n-Chi: A toning and strength class using neuro muscular activity to implement a series of muscle contractions and simulated resistance, which also helps develop balance and muscle control. Incorporates Tai Chi like movements. For all fitness levels.

Club members only.

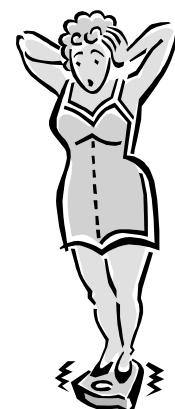
Classes will be cancelled if attendance is not sufficient. Because proper warm-up is necessary, entry to class will be prohibited 10 min. after class has started.

Effective March 1, 2005

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