

April, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Training Program available! "Iron Maidens!" See Front Desk for more information.			1	2	3	4 Cyclo-seismic 7:30am w/ Chris (R1) \$
5	6	7	8	9 Bar Exam Demos (floor) 9 - 10:30am and 11:30am - 2pm w/ Vicki	10	11 Cyclo-seismic 7:30am w/ Chris (R1) \$ Info. Mtg. for Adult & Youth Tri Prog. w/ Chris, 11am in lobby
12	13	14	15 Info. Mtg. for Adult & Youth Tri Prog. w/ Chris, 7pm in lobby	16 Bar Exam Demos (floor) 9 - 10:30am and 11:30am - 2pm w/ Vicki	17	18 Info. Mtg. for Adult & Youth Tri Prog. w/ Chris, 11am in lobby
19 90 Min. Country Themed Spinning Class w/ Vicki 8:30 - 10:00am	20 Intro. to meditation w/ Jennifer 7 - 8pm (R1) \$	21 Plyomania 6pm w/ Don	22 Info. Mtg. for Adult & Youth Tri Prog. w/ Chris, 7pm in lobby	23 Teen Yoga Begins \$ 6 Week Session Ages 14-17 4:30pm-5:15pm	24	25
26 Rock Star Workout 8:15am w/ Don Deep Relaxation Yoga w/ Lisa 1:30 - 3pm (R1) \$	27	28	29	30		

Schedule of Events for April

- **Bar Exam:** Thursday, April 9th and 16th from 9:00am - 10:30am and 11:30am - 2:00pm. Sign up for your FREE 15 min. demo and catch a glimpse of the fastest and safest way to achieve a full body workout concentrating on key areas that most struggle with: hips, thighs, butt abs and arms. You will work with a free standing ballet bar, tubing and mat. Please pre-register at the Front Desk.
- **Cyclo-seismic:** First two Saturdays in April from 7:30am - 8:30am with Chris. Last chance on the trainer to prepare for the cycling season! Using your bike on your own indoor trainer, Chris will work you to train you in both the aerobic and anaerobic energy zones. Heart Rate Monitor Strongly encouraged for this class. Open to members for a \$5 fee and non-members for \$10. Please pre-register at the Front Desk.
- **Deep Relaxation Yoga:** Sunday, April 26th from 1:30pm - 3pm with Lisa. Dive down deep into relaxation from your busy life, busy mind and distractions. Bring yourself to this class for a light yoga practice and deep relaxation where you will get past the business and to the essential you. This class will allow relaxation do for you what hard work and effort cannot; soften your edges and your heart. \$15 for members, \$20 for non members. Please pre-register at the Front Desk as space is limited.
- **Introduction to Meditation:** Monday, April 20th from 7 - 8pm. Always wanted to try meditation? Join Jennifer for an introduction to the basics of how to meditate. Learn how to stay on track with your mediation practice and try different methods to see what style works for you. This class is a fun way to see what meditation is all about and how to benefit from this simple but health boosting and stress busting practice. \$15 for members, \$20 for non members. Please pre-register at the Front Desk.
- **Iron Maidens:** Join Jamie or Vicki for this 6 week women's weight training program in which the main objective is to build your comfort level using the free weight area, improve your overall health and well-being as well as boost your metabolism! Contact Jamie at: jamiophysed@gmail.com or Vicki at: vic_ki_renda@yahoo.com to book your program or for more information.
- **PlyoMania:** Tuesday, April 21st at 6pm. Don will challenge how high you can jump, pull and power your way through a high-intensity workout! Limited to 12 participants. Please pre-register at the Front Desk.
- **Rock Star Experience Workout:** Sunday, April 26th at 8:15am. Don will lead you through a class to bring out your inner Rock Star while having a great workout using drumsticks, stability balls and BOSU Trainers. You don't need to have rhythm, easy to follow along. The Rock Star Experience also has a really cool light show!!! Please pre-register at the Front Desk. Limited to 10 Rockers.
- **Teen Yoga:** Thursdays, April 23 through May, 28th from 4:30pm-5:15pm. Cindy will teach boys and girls ages 14-17 to chill out with Yoga. Learn proper breathing and meditation techniques to improve concentration and memory. 6 week session \$60, drop in fee \$12
- **Triathlon Training Program Informational Meetings:** Saturday, April 11th or 18th at 11am and also on Wednesday, April 15th or 22nd at 7pm. Meet with Coach Chris to learn more about the 10 week adult training program to prepare you for the 2015 Hopkins Sprint Triathlon. Chris will also be offering a 10 week training program for kids to prepare for the 2015 Sandy Beach Triathlon. These meeting and training programs are open to members and non members and also for all levels as the training program will be individually customized. If you cannot attend any of the meetings and would like more information, please leave your contact info. w/ the Front Desk or contact Chris at: cpapsin@yahoo.com.