

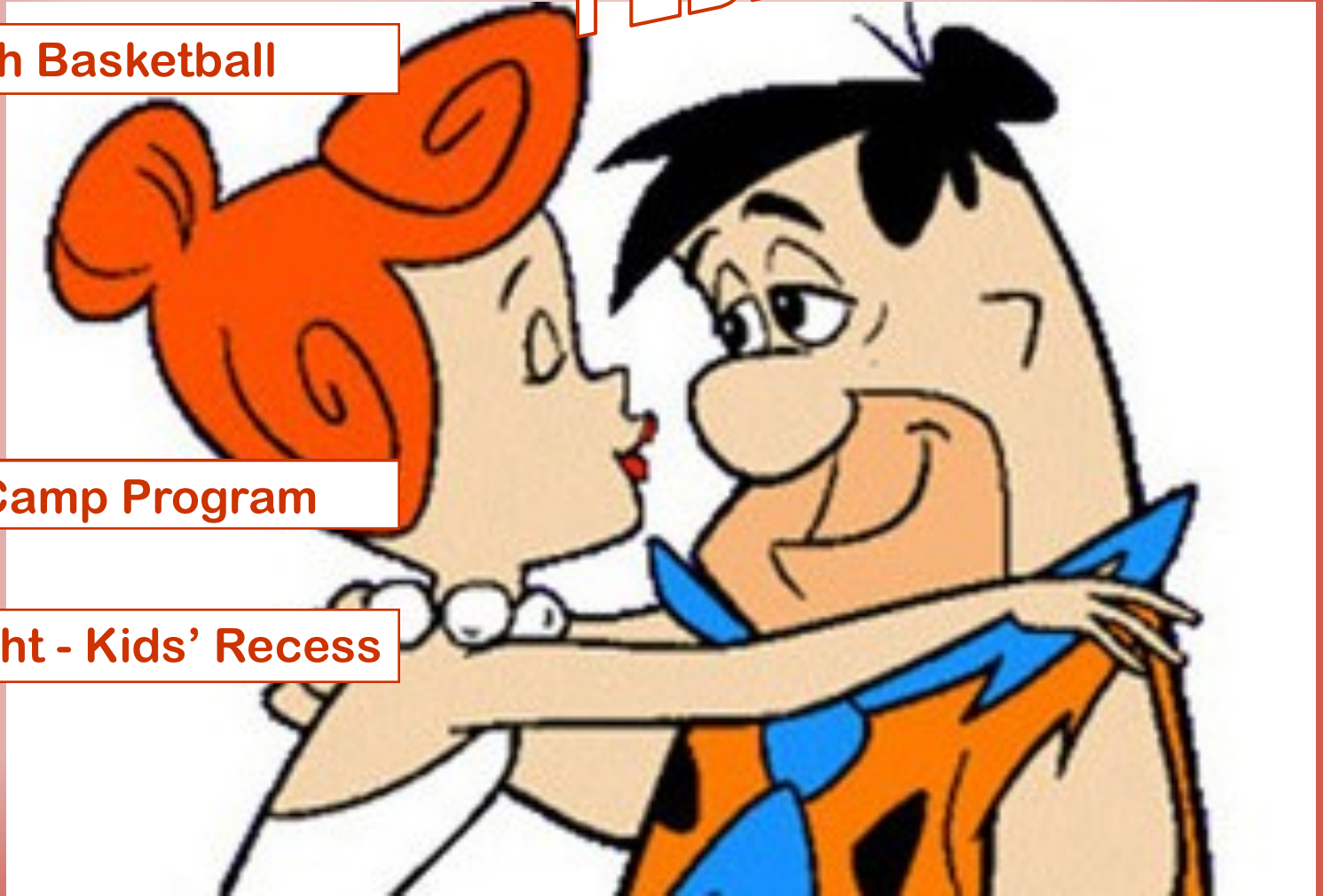
**Group Exercise Program  
& Class Descriptions**

**FEBRUARY 2012**

**Youth Basketball**

**Boot Camp Program**

**Kids' Night - Kids' Recess**



# Youth Basketball

*A Fun, Complimentary Way For Your 12-15yr olds to enjoy the Sports Club.*

This Saturday, please send your 12-15yr olds to the club for basketball games from 10:30am-12:30pm. We'll play refereed half or full-court games, depending on number of participants. Emphasis is on fun & enjoying the club, not competition. Members may bring a guest. Goal is to have enough kids for 2, 3-on-3 half-court games at all times. Signup your children by emailing [msimpson@chateauelan.net](mailto:msimpson@chateauelan.net), 770.867.1760.

## kId'S NIghT

cOme joIn us 4 FuN, pIzza, gAmES n the gYm, & cRafT on FrIdAy,  
FEBruaRY 3rd fRoM 5-9pM. FuN 4 thE KidZ & a dATE NiGHt 4 U! We'Ll  
wAtCH a dOIPhIN TaLe & cReATE VaLeNtINE FLoWeRz. CozT is \$18  
fOr thE 1st ChILD, \$15 For EaCH aDDitioNAl ChILD aFteR THaT, OR  
KidZ maY bRinG their oWn mEaL fOr \$10. PIEase rsvP tO  
[msimpson@chateauelan.net](mailto:msimpson@chateauelan.net), oR by CallinG 770.867-1760. THanX!

# Group Exercise

**Kick It Up!:** 3-or-4:1 ratio of cardio-to-resistance, using kickboxing & boot camp style drills for cardio & dumbbells, bars, bodyweight, tubing, & more for resistance training. Mod-Hi intensity. 60min

**Pump:** Total Body resistance training incorporating a variety of approaches to resistance - balls, body weight, isometrics, plyometrics, tubing, dumbbells & barbells, & more. Mod-Hi intensity. 70-75min

**HI!** HI! (High Intensity) is exactly that - tough cardio using step, floor aerobics, kickboxing, plyometrics, & resistance training for a heart-pounding, higher impact workout. Hi intensity. 60min

**Total Core:** 30 minutes dedicated to developing a strong, firm, sculpted & supportive core. Class can be adapted for beginners. 30min

**South Main Street:** Toning for everything from the core & below. Mod-Hi intensity. 60min

**Yoga/Candlelight Yoga:** AM / PM classes focusing on stretching, balance, & with a strength/core strength component. Mod intensity. 60min.

**Senior Yoga:** Above-mentioned class adapted for Sr. exercisers. Lt-Mod intensity. 60min.

**Walk N Tone:** A Lt-Mod intensity cardio class for 60+yr old exercisers. Tues/Fri class focuses on 2-4min walking intervals, balance, stability, stretching; Mon/Wed class uses resistance training & 3-4min intervals. Both classes use walking as the base for cardio & class is indoors. Lt-Mod intensity. 60min

**Kids' Recess:** 60min PE classes adapted for ages 5-11yrs focusing on exercise-intensive games. Great workout, great fun!. ***Parents please stay until 5:07pm to make sure the 5-person minimum is reached.*** 60min.

**Men's Basketball:** Resident men gather for self-managed, half- & full-court games. 7-9pm

**BOOT CAMP:** A 4-week, military-style exercise program incorporating many resistance, core, & cardio training approaches to high-intensity, no frills training. **Pre-register only**, meets W/F 6-7am, see page 4 for details.

# ***BOOT CAMP***

**BOOT CAMP: HI-INTENSITY PROGRAM, MOD-HI IMPACT, MEETS WED/FRI 6-7AM.**



***Instructor:*** Cory Blackmon, BS, CPT.

- **NO-FRILLS WORKOUTS**
- **TRAIN HARD, EAT RIGHT, GET RESULTS**
- **TIME FOR EVERYTHING ELSE**
- **\$100 - NEW CAMPERS, \$80 - REPEATS**

**REGISTER:  
(770) 867-1760  
MSIMPSON@CHATEAUVELAN.NET**

***TALK TO US ABOUT PERSONAL TRAINING,  
TOO...***

## January Group Exercise & Events

<p>Mon, Jan 30th</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p>Tues, Jan 31st</p> <p>HI! 9am - Russella Walk N Tone 10am - Malcolm Kids' Recess 5pm - Malcolm Candlelight Yoga 6:30pm - Sue</p>	<p>Wed, Feb 1st</p> <p>Pump 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p>Thurs, Feb 2nd</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Kids' Recess 5pm - Malcolm</p>	<p>Fri, Feb 3rd</p> <p>HI! 9:15am - Russella Walk N Tone 10am - Malcolm</p> <p style="text-align: center;"><b>KIDS' NIGHT</b></p>	<p>Sat, Feb 4th / Sun, Feb 5th</p> <p style="text-align: center;">No Classes</p>
<p>Mon, Feb 6th</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p>Tues, Feb 7th</p> <p>HI! 9am - Russella Walk N Tone 10am - Malcolm Kids' Recess 5pm - Malcolm Candlelight Yoga 6:30pm - Sue</p>	<p>Wed, Feb 8th</p> <p>Pump 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p>Thurs, Feb 9th</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Kids' Recess 5pm - Malcolm</p>	<p>Fri, Feb 10th</p> <p>HI! 9:15am - Russella Walk N Tone 10am - Malcolm</p>	<p>Sat, Feb 11th / Sun, Feb 12th</p> <p style="text-align: center;">No Classes</p>
<p>Mon, Feb 13th</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p><b>Tues, Feb 14th</b></p> <p><b>HI! 9am - Russella</b> <b>Walk N Tone 10am - Malcolm</b> <b>Kids' Recess 5pm - Malcolm</b> <b>Candlelight Yoga 6:30pm - Sue</b></p>	<p>Wed, Feb 15th</p> <p>Pump 9am - Malcolm Walk N Tone 5pm - Malcolm</p>	<p>Thurs, Feb 16th</p> <p>Yoga Stretch 7:30am - Sue Sr. Yoga 9am - Sue Kick It Up! 9am - Malcolm Kids' Recess 5pm - Malcolm</p>	<p>Fri, Feb 17th</p> <p>HI! 9:15am - Russella Walk N Tone 10am - Malcolm</p>	<p>Sat, Feb 18th/ Sun, Feb 19th</p> <p style="text-align: center;">No Classes</p>

## January Group Exercise & Events

<p>Mon, Feb 20th</p> <p>Yoga Stretch 7:30am - Sue</p> <p>Sr. Yoga 9am - Sue</p> <p>Kick It Up! 9am - Malcolm</p> <p>Walk N Tone 5pm - Malcolm</p> <p>Men's Basketball 7pm</p>	<p>Tues, Feb 21st</p> <p>HI! 9am - Russella</p> <p>Walk N Tone 10am - Malcolm</p> <p>Kids' Recess 5pm - Malcolm</p> <p>Candlelight Yoga 6:30pm - Sue</p>	<p>Wed, Feb 22nd</p> <p>Pump 9am - Malcolm</p> <p>Walk N Tone 5pm - Malcolm</p>	<p>Thurs, Feb 23rd</p> <p>Yoga Stretch 7:30am - Sue</p> <p>Sr. Yoga 9am - Sue</p> <p>Kick It Up! 9am - Malcolm</p> <p>Kids' Recess 5pm - Malcolm</p> <p>Men's Basketball 7pm</p>	<p>Fri, Feb 24th</p> <p>HI! 9:15am - Russella</p> <p>Walk N Tone 10am - Malcolm</p>	<p>Sat, Feb 25th / Sun, Feb 26th</p> <p style="text-align: center;">No Classes</p>
<p>Mon, Feb 27th</p> <p>Yoga Stretch 7:30am - Sue</p> <p>Sr. Yoga 9am - Sue</p> <p>Kick It Up! 9am - Malcolm</p> <p>Walk N Tone 5pm - Malcolm</p> <p>Men's Basketball 7pm</p>	<p>Tues, Feb 28th</p> <p>HI! 9am - Russella</p> <p>Walk N Tone 10am - Malcolm</p> <p>Kids' Recess 5pm - Malcolm</p> <p>Candlelight Yoga 6:30pm - Sue</p>	<p>Wed, Mar 1st</p> <p>Pump 9am - Malcolm</p> <p>Walk N Tone 5pm - Malcolm</p>	<p>Thurs, Mar 2nd</p> <p>Yoga Stretch 7:30am - Sue</p> <p>Sr. Yoga 9am - Sue</p> <p>Kick It Up! 9am - Malcolm</p> <p>Kids' Recess 5pm - Malcolm</p> <p>Men's Basketball 7pm</p>	<p>Fri, Mar 3rd</p> <p>HI! 9:15am - Russella</p> <p>Walk N Tone 10am - Malcolm</p>	<p>Sat, Mar 4th / Sun, Mar 5th</p> <p style="text-align: center;">No Classes</p>