

March 2010

CLASS SCHEDULE

effective: March 1, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS						
6:00a Swim Conditioning Pool Kristina 6:00a BOOT CAMP FS Kelsey (\$)	6:00a Sculpt & Tone FS Linda 8:30a Aqua Aerobics Pool Ruth 9:00a Cardio Pump FS Stacey 9:15a Pilates Reformer PS Emily (\$)	6:00a Swim Conditioning Pool Kristina 6:00a BOOT CAMP FS Kelsey (\$)	6:00a Sculpt & Tone FS Linda 8:30a Aqua Aerobics Pool Kristina 9:00a ZUMBA® FS Roxanne (45mn) 9:15a Pilates Reformer PS Elizabeth (\$)	6:00a Swim Conditioning Pool Kristina 9:00a Cardio Super Sculpt FS Dina 9:15a Pilates Reformer PS Sonya (\$)	TBD Walking Class John 7:00a BOOT CAMP FS Kelsey (\$)	8:30a Yoga (BEG.) FS Mara (90mn)
9:00a Pump It FS Stacey 9:15a Pilates Reformer PS Sonya (\$)	9:15a Pilates Reformer PS Emily (\$)	9:00a Sculpt & Tone FS Dina 9:15a Pilates Reformer PS Emily (\$)	9:15a Pilates Reformer PS Elizabeth (\$)	9:15a Pilates Reformer PS Sonya (\$)	9:30a Pilates Reformer PS Venona/Emily (\$)	10:30a Tae Kwon Do FS Jamal (\$) ★
10:30a Pilates Reformer PS Elizabeth (\$)	10:30a Pilates Mat I FS Mary	10:30a Movin' Easy FS Sonya	9:45a Fitball FS Roxanne (45mn)	9:45a Fitball FS Roxanne (45mn)	10:00a Pilates Mat I FS Mary	11:30p Tae Kwon Do FS Jamal (\$) (90mn)
10:30a Dance Party FS Laura	12:00p Pump It FS Stacey	2:00p Movers & Shakers FS Nicole ★	12:00p Cardio Pump FS Stacey	12:00p Cardio Pump FS Stacey	3:00p Candlelight Yoga FS 3/22 (\$) (90mn)	
1:30p Pre-Ballet (\$) FS Zoura ★	5:00p SPINLATES CS Sonya (90mn)	5:00p Yoga FS Helaine	4:30p Sing, Hop & Bop FS Nicole ★	4:30p Sing, Hop & Bop FS Nicole ★	<div style="border: 1px solid black; padding: 5px;"> <p>CLASS KEY ALL CLASSES ARE ONE HOUR LONG EXCEPT WHERE NOTED.</p> <p>— This is a NEW class, time, or instructor.</p> <p>★ This is a class for KIDS.</p> <p>* Sign-Up is required. You must call or sign-up in person within one-hour prior to this class to reserve your place. You may only sign-up yourself.</p> <p>(\$) This is a fee based class or program. Sign-Up is required at the front desk.</p> <p>STUDIO LOCATIONS: FS Fitness Studio PS Pilates Studio CS Cycling Studio Pool Swimming Pool</p> </div>	
3:30p Tae Kwon Do FS Jamal (\$) ★ (75mn)	6:45p Yoga FS Helaine	6:00p Pilates Reformer PS Elizabeth (\$)	5:30p Pilates Mat II FS Sonya	5:30p Pilates Mat II FS Sonya		
5:00p Yoga FS Mara		6:30p ZUMBA® FS Venona	7:00p West Coast Swing FS Diane <i>**New Session starts March 4!</i>	7:00p West Coast Swing FS Diane <i>**New Session starts March 4!</i>		
6:00p Yoga FS Mara						
GROUP CYCLING						
6:00a Group Cycling CS Linda	8:45a 1.5 Hr Spin CS Marci (90mn)	6:00a Group Cycling CS Linda	8:45a 1.5 Hr Spin CS Marci (90mn)	9:15a Group Cycling CS Erin	9:00a Group Cycling* CS Patti/Julie	10:00a Group Cycling CS Julie
8:45a Group Cycling CS Roxanne		9:15a Group Cycling CS Sonya	6:00p Group Cycling* CS Nikki	10:30a Spinnin' Easy CS Erin		
6:00p Group Cycling* CS Michael	5:00p SPINLATES CS Sonya (90mn)	6:00p Group Cycling* CS Michael				

ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES.

PETALUMA VALLEY ATHLETIC CLUB | 85 OLD CORONA ROAD, PETALUMA, CA 94952 • 707-789-9898 • 707-789-9897(fax) • www.pvac.com

CLUB HOURS: WEEKDAYS 6:00am–10:00pm WEEKENDS 7:00am–7:00pm POOL HOURS: WEEKDAYS 6:00am–9:00pm WEEKENDS 7:00am–6:30pm

KIDS CLUB HOURS: WEEKDAYS 8:30am–12:30pm & 3:30pm–8:00pm WEEKENDS 8:30am–12:30pm

CLASS DESCRIPTIONS

ADULT CLASSES

Aqua Aerobics - *New Instructor!*

A low impact group fitness aquatics class held in our year round heated swimming pool.

BOOT CAMP – *New Class!* See flyers for more info.

Candlelight Yoga Flow – *New Class!* See flyers for more info.

Cardio Pump

A high energy, low impact cardiovascular class using controlled motion and free weights to tone and strengthen the body.

Cardio Super Sculpt

Strength and cardio vascular training combined with flexibility. Improve in all these areas with one class! All levels welcome.

Dance Party

Dance to world music with choreography incorporating a variety of dance styles from hip-hop to latin! Learn easy routines that will exercise both the body and the mind.

Fitball

A functional, fun, and challenging total body workout using a stability ball to target the core, hips, and thighs as well as building upper body strength and improving balance skills.

Group Cycling - *New Instructor!*

Self-paced approach to endurance training that challenges everyone regardless of fitness level. Each class simulates a ride traveling flat roads, climbing hills, sprinting and racing! The benefits are amazing - weight loss, cardio conditioning, and improving leg strength!

Movin' Easy

A slower paced step/cardio fitness class for beginners and seniors, or those who just want to move a little easier.

Pilates Mat I/II

Body conditioning that focuses on strengthening and balancing the core by consciously controlling muscular movements of the abdominals, gluteals, and lower back. All exercises are designed to increase balance, flexibility and strength through concentration, control, precision, breathing and flow of movement.

Pilates Reformer (\$) - *New Instructor!*

Pilates changes the way in which we use our bodies. Some of the benefits of Pilates include greater strength and muscle tone, more efficient respiratory, lymphatic and circulatory systems, increased joint mobility and lower stress level. *Private & Semi-Private classes are also available. For more information, please contact Sonya van Ommeren-Akelman at 658-2384(office), 695-9449(cell) or via email at s.vanommeren@comcast.net.*

Pump It

High Energy, Muscle Strengthening and Building, Fat Burning, Cardiovascular, Non Impact Class using Barbells, Fit Balls, Tubing and more.

Sculpt & Tone

A full body strength training class. Build lean muscle, tone your body, improve your bone density and feel and look great! All levels welcome.

SPINLATES

This is a new class that begins with 45 minutes of cycling followed by 45 minutes of Pilates II.

Spinnin' Easy

A slower paced class for beginners who want to learn the basics of indoor cycling.

Swim Conditioning - *New Instructor!*

A one-hour swim conditioning class focusing on improving form and efficiency in swimming. This class includes drills, enhancing arm stroke and leg performance. Open to ALL LEVELS and modified to accommodate different swimming strength and ability.

Tae Kwon Do (\$) - *NEW! ADULT Class Sundays 11:30am-1pm*

Increase energy and gain self-confidence through a practice that improves focus as well as both mental and physical discipline. Classes led by Instructors of Eternal Source Tae Kwon Do School. For more information, please call Eternal Source at 707-331-9718 or visit www.eternalsourcetkd.com

Walking Class

This is a walking class on Saturday mornings that tours through the Petaluma countryside. The class walks 3 miles in 50 minutes. All levels are welcome.

West Coast Swing - *NEW! Session starts March 4! Sign Up Today!*

This modern and versatile style of swing was originally danced to blues music, but has evolved into a contemporary style danced to a variety of music including blues, pop and country.

Yoga

Yoga incorporates breath, exercise, and meditation to improve the health and function of both body and mind. Regular daily practice of yoga can produce a clear, bright mind and a strong, capable body.

ZUMBA®

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This class will make you want to work out, love working out, and get hooked.

\$ *This is a fee based class. See front desk for details.*

KIDS CLASSES ★

Sing, Hop & Bop

Walking to 4 yrs.

This is a fun, interactive class where parents and their children explore fitness, music, and social interaction with other families. *This class will run for 12 weeks. (45min)*

Movers & Shakers

Ages 3-6

This class includes yoga, music, parachute play, and a variety of fitness activities to promote wellness, social interaction and fun! *This class will run for 12 weeks. (45min)*

Pre-Ballet (\$)

Ages 3-6

NEW SESSION starts March 29!

An introduction to basic ballet technique, inviting kids to explore musicality and discover the unique artistry of dance through pantomime, story telling and creative movement. *(45min)*

Tae Kwon Do (\$)

Ages 5-13

Just as one practices "Tae Kwon" with hand and foot, one must practice "Do" with the mind, body and spirit. Increase energy and gain self-confidence through a practice that improves focus as well as both mental and physical discipline. Classes led by Instructors of Eternal Source Tae Kwon Do School. For more information, please call Eternal Source at 707-331-9718 or visit www.eternalsourcetkd.com

\$ *This is a fee-based class. See front desk for details.*