



MAY

2012 SCHEDULE

Creating Remarkable Experiences That Make A Difference In The Lives Of Our Members, Employees, and Community

1908 Olympic Boulevard • Walnut Creek, California 94596 • Phone (925) 932-6400 • Fax (925) 932-6404 • Web www.wcsf.net

CLUB HOURS

Mon-Thurs 4:50am - 11:00pm
Fri 4:50am - 10:00pm
Sat-Sun 5:50am - 8:00pm

Kidzville

Mon-Fri 8:30am - 2:00pm
3:30pm - 7:30pm
Sat 8:00am - 1:00pm
Sun 8:00am - Noon

Membership Department

Mon-Thurs 9:00am - 7:00pm
Fri 9:00am - 6:00pm
Sat 9:00am - 4:00pm

Personal Training Department

Mon-Fri 6:00am - 7:00pm
Sat 8:00am - Noon

Massage

Mon-Fri 9:00am - 9:00pm
Sat, Sun 9:00am - 7:00pm

Skincare

Tracy Tompkins
Telephone **953-3804**
Call to Schedule
www.tracytompkins.com

Endermologie/Spray Tans

Mitzi Mertz
Telephone **525-8867**
www.newbodysolutions.com
Call to schedule

Chiropractic



Telephone **939-2224**

Mon, Tue, Thurs 12:00pm - 6:30pm
Wed 9:00am - 1:00pm
Fri 8:00am - 1:00pm

KIDZVILLE DATE NIGHT OUT! Saturday, May 5th: 4:30-8:30pm.

IT'S "FIESTA" TIME! on Cinco de Mayo. Parents... Enjoy a night off while your children have a "Fiesta" of a good time in Kidzville! As an added bonus, Sandi & Stevie will be here performing their "Bedtime Stories" show. Date Nights are only \$20/child for the whole evening. Take advantage and sign up in the Activities Binder at the Front Desk.

HYDROSTATIC UNDERWATER BODY FAT TESTING (the most accurate!)

Wednesday, May 23: 8am-1pm. Don't Wait, Register Today at Front Desk!

At only \$49, this test is a steal-normally \$150 or more at local colleges!

Assess your progress accurately or establish your baseline for future comparison.

Receive a 4-page personal analysis that shows:

-your body fat and lean mass

-your body fat % for optimal health

-how much fat, if any, you need to lose to reach your goal

-an accurate reading of your Basal Metabolic Rate

-a personal caloric intake & expenditure chart, so you know how much you burn.

MOTHER'S DAY SPECIAL: PAMPER THAT SPECIAL LADY IN YOUR LIFE!

BUY A PACKAGE OF 3 PERSONAL TRAINING SESSIONS FOR ONLY \$179 (NORMALLY \$240) AND RECEIVE A 25-MINUTE MASSAGE. HUGE SAVINGS WITH GREAT BENEFITS!

Support her looking and feeling her best. GIVE THE GIFT OF HEALTH!

PARENTS! GROUP CHILDREN'S SWIM LESSONS BEGIN IN JUNE.

Sign up beginning the 2nd week of May at the Front Desk for Mommy & Me, Sea Turtles, or Dolphins! Classes are arranged in (4) 25-minute sessions either Mon/Wed, Tu/Th, or 4 consecutive Saturdays. All lessons are held in our comfortable 84 degree pool.

LAFAYETTE HEALTH CLUB MEMBERS-WELCOME TO THE CLUB!

We are excited to have you here at your new club. We are working to incorporate some of your favorite instructors and classes into our group fitness schedule, so expect to see some of those inclusions coming in June. Let us help integrate you into the Club with a complimentary Personalized Exercise Program appointment with one of our Professional Personal Training Staff, who can outline an entire program of cardio, strength, and flexibility and tell you the best classes and programs to help you achieve RESULTS! Schedule with one of our trainers or contact Membership to get an appointment.









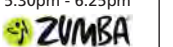

GROUP FITNESS Class Schedules

A Note on Schedule Changes:

We will change the schedule from time to time throughout the year to keep pace with member feedback.

You vote most powerfully with your feet, so when class attendance numbers drop below an average of 10 for any given class, we owe it to you to give it a grace period and then replace it with a more desirable class format and/or instructor if attendance remains low.

You have our commitment to minimize the amount of change to our timetable – we all like predictability – and we appreciate your support of our goal to deliver the very best in group fitness programming.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		5:45am - 6:40am I.C.E. Jenn	6:30am - 7:00am 30 STRENGTH Jenn	5:45am - 6:40am H.E.A.T. Tom H.	6:30am - 7:00am 30 STRETCH Lisa	5:45am - 6:45am  Susan	
6:45am		6:45am - 7:00am BACK AND ABS Jenn		6:45am - 7:00am BACK AND ABS Tom H.			7:30am - 8:25am  Chris
8:00am		8:10am - 8:55am CARDIO COREMOTION Laurie	8:00am - 8:55am YOGA ALL LEVELS Janine	8:10am - 8:55am CARDIO COREMOTION Laurie	8:00am - 8:55am PILATES YOGA FUSION Janine	8:15am - 8:45am BACK AND ABS Andy	8:30am - 9:25am STEP II Kerry S.
9:00am	9:00am - 9:55am  Janet	9:00am - 9:55am  Susan	9:00am - 9:55am BODY POWER Laurie	9:00am - 9:55am  Liz	9:00am - 9:55am BODY POWER Tiffany	9:00am - 9:55am STEP Amy	9:30am - 10:25am BODY POWER Laurie
10:00am	10:00am - 11:30am YOGA ALL LEVELS Linda	10:00am - 11:00am  Susan	10:00am - 10:55am  Kathleen	10:05am - 11:00am PROP PILATES Orlena	10:00am - 10:55am  Sara	10:00am - 10:55am PURE PILATES Tracy / Tom	10:30am - 11:15am ROLL, RELEASE, RELAX Laurie
11:00am		11:00am - Noon KIDZVILLE Staff	11:00am - Noon KIDZVILLE Staff	11:00am - Noon KIDZVILLE Staff	11:00am - Noon KIDZVILLE Staff	11:00am - Noon KIDZVILLE Staff	
12:00pm	12:00pm - 3:00pm NCK MARTIAL ARTS *Fee-Based	12:15pm - 1:15pm STEP Michele		12:15pm - 1:15pm STEP June		12:15pm - 1:15pm  Liz	11:30am - 3:30pm NCK MARTIAL ARTS *Fee-Based
3:00pm		3:30pm - 4:25pm YOGA ALL LEVELS Barbara	3:00pm - 3:55pm  Susan	3:30pm - 4:25pm YOGA ALL LEVELS Barbara	3:00pm - 3:55pm FOREVER FIT Tom H.		
4:00pm		4:30pm - 5:25pm  Jenn	4:30pm - 5:25pm H.E.A.T. Tom H.	4:30pm - 5:25pm STEP & SCULPT Michele	4:00pm - 5:25pm PILATES - YOGA FUSION Janine		
5:30pm		5:30pm - 6:25pm  Cheryl	5:30pm - 6:25pm YOGA ALL LEVELS Mollena	5:30pm - 6:30pm  Anjoli	5:30pm - 6:25pm H.E.A.T. Tom H.	5:30pm - 6:30pm  Luis	
6:30pm		6:30pm - 7:45pm PILATES-YOGA FUSION Janine	6:30pm - 7:30pm  Nicole	6:35pm - 7:30pm  Sara	6:30pm - 7:25pm ROLL, RELEASE, RELAX Maxine	6:40pm - 7:35pm YOGA ALL LEVELS Leslie	
7:30pm			7:35pm - 8:35pm NCK MARTIAL ARTS *Fee-Based			7:40pm - 9:40pm NCK MARTIAL ARTS *Fee-Based	

**BACK & ABS
CLASSES
15 - 20 MINS**

Mondays: 6:45am - Group Fitness Studio
9:30am - Fitness Floor

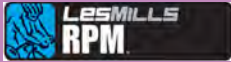
Wednesdays: 6:45am - Group Fitness Studio
9:30am - Fitness Floor

Fridays: 8:15am - Group Fitness Studio
9:30am - Fitness Floor

DESCRIPTION OF ALL CLASSES ON BACK PAGE



GROUP CYCLE/



Schedule

RESERVATIONS
REQUIRED.

SIGN-UP AT FRONT DESK
AS YOU ENTER THE CLUB
(UP TO 1 HOUR IN ADVANCE).

Please arrive 5-10 mins
before the class start time.

**Water bottle and towel required
for all group cycle classes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45am - 7:00am CYCLE / STRENGTH Jenn		5:45am - 7:00am CYCLE / STRETCH Lisa		
9:00am - 9:50am CYCLE Sarah/Alexis	9:00am - 9:45am CYCLE Tiffany		9:00am - 9:55am CYCLE Laurie		9:00am - 9:45am CYCLE Bruce	8:30am - 9:20am Nicole
	5:30pm - 6:20pm Jenn	5:30pm - 6:20pm Nicole	6:30pm - 7:20pm Jenn	5:30pm - 6:15pm CYCLE Andy		

POOL Schedule

• NO Lap swimming
during aqua fitness
classes.

• Pool open all club
hours.

• Private swim lessons
available.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45am - 9:45am AQUA-BLAST Marion		8:45am - 9:45am Susan		8:45am - 9:45am STRENGTH & SWIMSUITS Dawn	8:45am - 9:45am AQUA BLAST Chris
9:30am - 10:30am H2O POWER Chris/Marion						
		10:30am - 11:30am WATER WALKING Marion		10:30am - 11:30am WATER WALKING Marion		
LAP SWIMMERS MAY REMAIN IN POOL UP UNTIL 5 MINUTES BEFORE START OF EACH CLASS						
1:00pm - 4:00pm FAMILY SWIM	1:00pm - 2:00pm AQUA-FIT Andrea		1:00pm - 2:00pm AQUA-FIT Tammra		1:00pm - 2:00pm MAKIN' WAVES Tom F.	
		4:30pm - 5:30 pm Meg		4:30pm - 5:30pm AQUA BLAST Marion		

NO LAP SWIMMING DURING CLASSES

Intro/Demo Classes

Looking to try something new? Find out if one of these exciting programs should be part of your fitness regimen.
Sign up for one of these FREE orientation classes, held EVERY month, in the "FREE Intro Class Binder" at the Front Desk.



2nd Tuesday @ 5:45pm (May 8)



GROUP
CYCLE



3rd Saturday @ 9:30am (May 19)



See any Fitness Trainer to
schedule your FREE Demo.



See any Fitness Trainer to
schedule your FREE Demo.



Fill out a Pilates Training Interest
Form & submit to Front Desk.
You will be contacted for a
Private 30-minute Intro to Pilates.

CLASS DESCRIPTIONS

* Suitable for Beginners / Novice Exercisers

GROUP FITNESS STUDIO

BACK & ABS* (Fitness Floor and Group Fitness Studio)

A high intensity group workout for the musculature of the torso. Uses creative exercise variations to safely and effectively condition the abdominals and lower back. Keep with it for great results!

BODY POWER*

A dynamic muscular conditioning and strengthening workout using a variety of props to sculpt, shape and define muscles. Designed to improve strength, muscle tone and body alignment. Flexibility exercises included. NON-AEROBIC WORKOUT.



BODYVIVE is the low-impact, whole body group fitness workout that uses squishy VIVE™ balls, VIVE™ resistance tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on! Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and choreography. This class is great for everyone, but especially beneficial for those new to group fitness, those returning to exercise or rehabilitating after an injury, pre and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility all in one class.



BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for-and FAST! Shape and tone your muscles, build your bone density and burn up to 600 calories per class.

CARDIO COREMOTION*

This is a high energy class where emphasis is placed on improving your posture and balance, stability, strength, flexibility, and range of motion. Using a two pound ball throughout the entire workout, a skilled instructor will safely and innovatively take you through a series of exercises such as squats, crunches & twists while listening to energizing music. You will definitely finish feeling satisfied from a challenging workout!

FOREVER FIT*

This gentle class includes cardiovascular activity, strength, posture, alignment, balance, agility and flexibility work using bands, balls, bars and light to medium weights. Ideal for post rehabilitation, pre/post natal, individuals returning after an absence and those looking for friends, fun and good health!

H.E.A.T (High Energy Athletic Training)

Using a variety of formats and props, this class combines calisthenics with athletic conditioning, strength, power, speed and agility in a playful atmosphere. Taught by Fitness Director Tom Hart, this workout is for those individuals looking for that little extra!

I.C.E. (Interval Cardio Exercise)

This advanced level class will push you to your aerobic limits with heart-pounding intervals that blast calories and get you in the best shape of your life. From STEP to BOSU to high/low aerobics, strength and calisthenics, this class will leave you gasping for air and asking for more.

KICKBOXING*

Backed by high energy music, Kickboxing incorporates kicks, punches, elbows and knees, and combinations used in martial arts and boxing together with effective athletic drills. Perfect cueing and instruction allow beginners as well as more advanced exercisers to follow the challenging combinations, burn fat, release stress, & have fun!

KIDZVILLE

Kids of all ages interacting with Kidzville staff, utilizing props and music for a variety of activities and kid play.



Nia is a high-powered energizing workout that gives you a new body and a new look! This integrative workout blends Dance, Martial Arts and Healing Arts (including Yoga and Sounding). Nia is a low impact barefoot workout performed to eclectic inspiring music. Adaptable for all ages and all fitness levels, Nia classes allow you to move 'the body's way'. Feel fully empowered as you adjust the intensity and style according to your unique needs and desires. Each routine has a set intention, bringing greater meaning to your workout. Experience the physical, mental, emotional and spiritual benefits of Nia as you train your body from the inside out. Find more joy in your fitness program and more joy in your life!

PILATES-YOGA FUSION*

Enjoy this blend of traditional Iyengar Yoga emphasizing proper body alignment, flexibility, stamina and strength fused with Pilates mat exercises for core and lower body muscle tone. The effective use of breathwork helps reduce stress and support efficient movement patterns and posture.

PROP PILATES

This variation on the traditional mat Pilates class incorporates props such as rings, rollers, mini-balls, and stability balls to create an energizing, yet mindful workout in the principles of Pilates. Using precise, controlled, whole body movements along with attention to breath work; Pilates will enhance your core strength, joint stability and will enhance your body alignment and posture. This is great for reducing back pain, enhancing sports performance, and feeling better.

PURE PILATES*

Pilates based work begins by strengthening the core (deep abdominal and back muscles) and works outward to the extremities to create muscular balance. You will focus on strengthening and lengthening muscles in order to improve flexibility, posture, and circulation. Participants will also learn how to experience movement from the inside out, allowing the body to move more efficiently.

ROLL, RELEASE & RELAX*

This a complete myofascial workout for improved performance, enhanced flexibility and an elevated quality of life using foam rollers, tennis balls, and bands with your body weight and gravity to realign and repair proper joint range and reduce muscular tension. It finishes with an escape from life's stresses with focused flexibility, mental relaxation and greater body awareness to rejuvenate your youthful spirit.

STEP*

Step up to a great workout! Using the height-adjustable platform developed by Reebok, you can get a great total body workout. Strengthen your heart and your legs with this 55-minute aerobic workout.

STEP II

Step up to a higher level with this advanced class. This 55-minute workout is all cardio and will rev up your calorie-burning systems for a leaner physique and raise your fitness levels. This is NOT a beginner class.

STEP & SCULPT*

Elevate your aerobic fitness and energy with an intense cardio workout using the adjustable STEP platform. After the invigorating cardio workout, switch to weight training that will rev up your metabolism, tighten your physique, and build total body strength. Top it off with exercises for the core and flexibility and you will know you have done your work for the day!

YOGA – ALL LEVELS*

Our Yoga classes allow each individual to exercise in a slow relaxing manner while releasing body tensions, limbering up joints and stretching all body musculature. Enjoy this peaceful time to enhance flexibility, gain strength and improve overall endurance, stamina and balance. Everyone welcome.



Zumba is a fusion of Latin and International music – to create a dynamic workout system designed to be FUN and EASY TO DO! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of tantalizing body sculpting movements with easy to follow dance steps. Ditch the Workout, Join the Party!

CYCLE TRAINING STUDIO

CYCLE*

An exhilarating, body changing class that integrates music and motivation in a non-impact workout. A terrific cardiovascular and lower body workout for participants of all fitness levels! No cycling background needed. Come ride with us!

CYCLE/STRENGTH*

Take a 45-minute "express" ride and then climb the stairs to the Group Fitness Studio for a varied upper and lower body strengthening class using barbells, dumbbells, balls or bands. You may participate in either of the segments...try both for maximum results!

CYCLE /STRETCH*

Take a 45-minute ride filled with hills, flat land sprints, and mountain climbs and then cool down and relax with a 30-minute rejuvenating combination of foam rolling and stretching to enhance your range of motion and flexibility.

ENDURANCE CYCLE

Add 15-minutes of duration, intensity and calories burned in this challenging cycle class. For intermediate to advanced level riders.



RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach, who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover the athlete within-sweat and burn to reach your endorphin high. A personalized bike fit and variable resistance make the class perfect for novice riders, beginning exercisers, and those who need non-impact cardio.

POOL

AQUA-FIT*

A challenging and FUN water workout designed to increase cardiovascular endurance, muscular strength, muscular endurance, flexibility and well being. Includes conditioning with various water resistance tools, abdominal work and stretching. All levels welcome.

AQUA BLAST*

A fun and challenging cardio class in the water. Improve body awareness, muscle strength and endurance for a total body workout.

H2O POWER*

The mind will connect with the muscles in this powerful total body conditioning class. Working from your core, you will develop stronger posture, alignment and muscle balance. Slow, controlled, full range-of-motion movement will allow every muscle to work to its maximum potential. All levels welcome.

MAKIN' WAVES

Improve your aerobic fitness, strength, and mobility in this water-based total body fitness class. Your joints will feel massaged by the water while your muscles and heart and lungs will be challenged in this low-impact environment. Get invigorated and motivated to feel and be your best!

STRENGTH & SWIMSUITS*

A wonderful class for cross-training! Raise your heart rate, strengthen your muscles, and have fun in this 3-dimensional water world.



Dive in and experience the newest wave in water exercise! WATER IN MOTION is a pre-choreographed exercise program that will strengthen, condition and motivate you! This is not your ordinary water workout. This amazing program will improve the overall tone of your body and the conditioning of your heart!

WATER WALKING*

Participants move continuously throughout the pool using water resistance for a non-impact conditioning and aerobic workout. Perfect for those recovering from surgery or injury, active adults, or pregnant women. All levels welcome.

Please make yourself familiar with our Group Fitness Etiquette, which is posted in the Group Fitness Studio and can also be found on our website at www.wcsf.net.