

JANUARY 2012 GROUP EXERCISE CLASSES

Pick up a detailed schedule for instructors of each class.

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Body Blast		TBS		
9:00 am	Cardio Circuit	Pump & Crunch	Kick It	TBS	Low Max	Cardio Fusion
10:00 am	Muscle Max	Tap	Muscle Max	Jazz Mix	Tap	Zumba®
11:10 am	Yoga		Yoga		Beginner Yoga	Yoga
12:10 pm		Body Blast		Muscle Max	Beginner Pilates	
4:30 pm	Pump & Crunch	Kick It	Cardio Fusion	Energy Up		
5:30 pm	Step Blast	Zumba®	Kick It	TBS		
6:30 pm	Pilates					

Precision Cycling

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycling		Cycling	Cycle-X	Cycling	
9:00 am	Cycling		Cycling		Cycling	Cycling
12:10pm	Cycling		Cycling			
4:30pm	Cycling	Cycling				
5:30 pm	Cycling	Cycling	Cycling	Cycling		

Aquatic Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Aqua Fusion	Cross Currents	Instructors Choice	Cross Currents	New Waves	
9:00 am						
10:00 am	Aqua Fusion		Aqua Fusion			
4:30 pm		Swim 101				
5:30 pm	New Waves	Aqua Fusion				

Aquatic Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Healing Waves	Pilates	Healing Waves	Pilates	Healing Waves	
12:10 pm	Fibromyalgia		Fibromyalgia			
5:30 pm	Pilates					

Why Snoozing is Important for Losing

Nutrition News Flash

Burning the midnight oil could be giving you the munchies the next day. A small study found that lack of sleep might trigger individuals to eat more. Twelve young men slept for only four hours on two consecutive nights. Then hormone levels and hunger ratings were recorded:

- The hormone leptin, which alerts the brain that it is time to stop eating, was 18% lower.
- The hormone ghrelin, which triggers hunger, was 28% higher.
- The men showed a 24% increase in assessing their "hunger rating" following the sleep restriction. The rise in obesity has occurred simultaneously with the decline in time spent sleeping. Currently only about 25% of young Americans get 8 to 9 hours of sleep a night. In 1960, 41% received 8 to 9 hours of sleep nightly.

Action Sparked

Additional studies are needed to confirm this initial study. However, consistently getting a good night's sleep (at least 8 hours) may be one of the answers to maintaining a healthy weight. This sensible recommendation may be one of the easier lifestyle changes to make. Too busy for that much sleep? Try getting to bed an hour earlier each night when you can. Maintaining the same bedtime (and alarm time) each day (including weekends!) can also stabilize your circadian rhythm