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5:00 AM		Member Led Rock 'n Ride 		Member Led Rock 'n Ride 		
6:00 AM				Core Strengthening Margaret 		
8:30 AM					Body Sculpting Ashley 	
8:45 AM	Member Led BOSU Class Anne 	Pilates Plus Kristen 	 Kristen	Member Led BOSU Class Anne 		
9:45 AM				Yoga Kristen 	Rock 'N Ride Margaret 	
1:00 PM	Fit Citz Loretta 		Fit Citz Loretta 		Fit Citz Loretta 	
4:30 PM	Harbor Active Ashley 	Body Sculpting Ashley 				
5:30 PM	Functional Stretching Jake 		Functional Stretching Jake 			
5:30 PM	 KRISTEN	ZUMBA Natalie 	ZUMBA Natalie 	ZUMBA Natalie 		
6:45 PM			Hip Hop Ashley 			

Classes are subject to cancellation at any time

*Class will start June 1st

Revised 6/03/2010

Getting to know your classes



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment. With simple, athletic movements such as squats, lunges, presses and curls, yet ALWAYS AND NEVER THE SAME. Group Power is for all ages and fitness levels.



Yoga/Pilates (Plus)/BOSU/Core Strengthening: Designed to tone your whole body. Slow, controlled movements and sequencing using your core muscles--the deep muscles of the back, abs, shoulders, and glutes. Not a cardio workout, but you will increase your overall strength, balance and mobility.



Rock 'n Ride: Unique indoor cycling program integrating upbeat music, camaraderie and some upper/lower body strengthening. It is especially aerobic and helpful for burning calories. It can be modified for beginners.



Harbor Active/Body Sculpting: A mixture of different weight training exercises, modifications, tools and variety to keep your interest going! Designed to stimulate the muscles in new ways and work your whole body as well as challenge your core, balance, and sometimes, your heart as well. Ever-changing routines.



Fit Citz Program: Expect to regain strength, flexibility, improve balance, and avoid falls. This is one of the few forms of exercise that focuses on improving specific functions used in your every day life. Class uses light weights and stretchy/versa bands.



Functional Stretching: Learn how to stretch for your body! Each class is designed to teach you how to stretch in the most effective way for your body and surpass your current stretching limitations. Expect to learn the fundamentals of core strengthening.



ZUMBA: Zumba fuses hypnotic musical rhythms and tatalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The program is designed to tone and sculpt your body while burning fat.

Hip Hop: A new dance-type class integrating a fun, modern dance routine with a great calorie-burning workout. Come check it out!



Aqua Exercise Classes

Shallow Water Aerobics:

T/Th w/ Val 8-9am

T/Th w./Nicki 5:30-6:30 pm

Fri. w/Val 9-10 am

Sat. w/Vanessa 8-9 am

Deep Water Aqua Jogging/Belts Used:

Mon. w/Stephanie 5:30-6:30 pm

Weds. w/Vanessa 5:30-6:30 pm

Mon./Weds. w/Val 12-12:45 pm

All Aqua Classes held at the Ella Redkey Pool located at 1805 Main Street, Klamath Falls, OR 97061 (541) 273-1471

Please note--we are undergoing a trial period for some of our classes. If the class proves to be a convenient time for enough members, we will try and add one more of the same class on a different day to give our members a twice a week experience. Thank you for

Mission Statement

Harbor Isles endeavors to provide a balanced, well-integrated group exercise program with high-quality instructors. Our goal is to offer a variety of excellent classes and instructors throughout the week to better serve our members and their workout needs.

