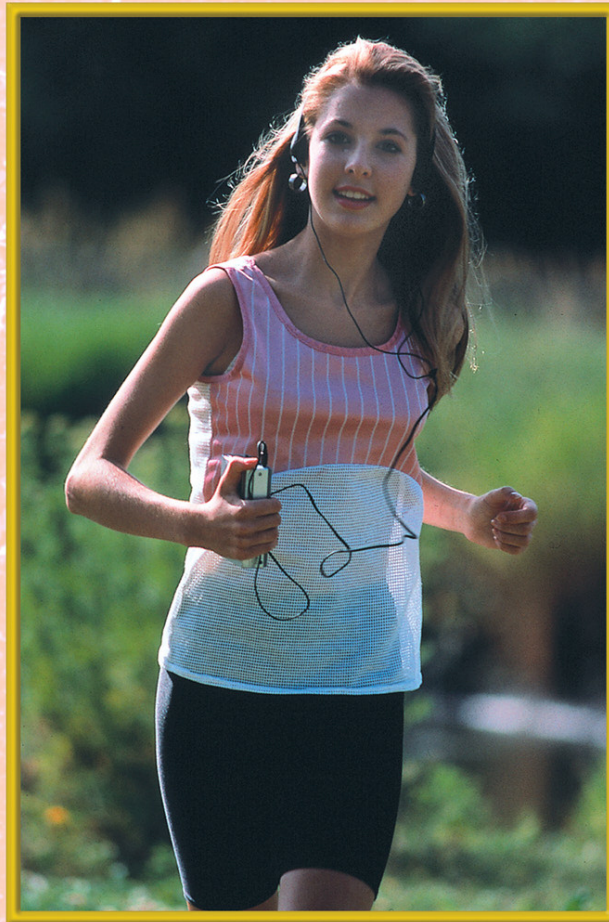


# CLASSICAL FITNESS



DE 1604



Music for a Healthful Lifestyle



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# Classical Fitness

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Everybody knows that exercise can facilitate optimum health for all ages. But in trying to stay with a regular exercise program, many of us have experienced a common stumbling block — the monotony of repetition. Exercising to music has proved to be an especially rewarding way to avoid that monotonous feeling and to keep an exercise routine fresh and enjoyable. Pleasant, stimulating sounds and rhythms help to keep motivation high, promote the deeper breathing which brings oxygen to the muscles, and encourage a positive attitude about the next session.

It is with such an enhanced routine in mind that we have created a disc containing some of the most stimulating passages from great music of the Masters. We have put together a 47-minute program of up-beat classical repertoire — some of which will sound very familiar to you — followed by an 11-minute cool-down section of classical music which is soothing and relaxing in nature. We've tailored the music to fit a wide range of work-out regimes, from organized exercise in your health club to your own personal routine — whether it be walking or any other form of movement that works for you. Exercisers should note that the music program alternates pacing, building to faster-paced sections and stepping back to slower-paced sections throughout the 47 minutes. Health experts recommend a varied pace for the best cardiovascular and anaerobic workout.

So take a few moments from your daily grind, strap on Classical Fitness and exercise your way to a healthier, happier state of being!

**IMPORTANT NOTE:** Before starting any exercise program, first consult a physician.

## WORKOUT SECTION

(47 MINUTES)

1. **Handel: Water Music II, Alla Hornpipe**
2. **Mozart: Eine Kleine Nachtmusik, Rondo**
3. **Prokofiev: Classical Symphony, I**
4. **Mozart: Symphony No. 40, IV**
5. **Copland: Rodeo, Hoe-Down**
6. **Grieg: Holberg Suite, Präludium**
7. **Mozart: Symphony No. 41, "Jupiter," IV**
8. **Hummel: Trumpet Concerto, III**
9. **Mozart: Clarinet Concerto, III**
10. **Handel: Water Music I, Hornpipe**

## COOLDOWN SECTION

(11 MINUTES)

11. **Schubert: Impromptu in B-Flat, Andante**
12. **Mozart: Clarinet Concerto, Adagio**

Executive Producers: *Amelia S. Haygood, Carol Rosenberger*  
Concept: *Linda Callender*  
Compilation supervised by *John Eargle and Jeff Mee*

Creative Direction: *Harry Pack, Tri-Arts and Associates*  
Graphics: *Mark Evans*  
Special Thanks: *Joanie Merrill*

## NOTES ON THE PROGRAM

In the notes below, we give an indication of our reasons for including particular selections in this program, along with information about the complete Delos recordings from which these tracks are drawn.

**1. George Frideric Handel: Alla Hornpipe from Water Music, Suite II in D (3:42)**

The infectious rhythm of a Hornpipe dance begins your workout. Handel's famous Water Music, popular since the early 18th century, has graced all sorts of festive and happy occasions. The music was written to enhance royal boating parties on the Thames River, and its spirit reflects the release from everyday restraints and cares which many feel when on the water. [From Handel: Water Music, complete; Los Angeles Chamber Orchestra; Gerard Schwarz, conductor; DE 3010]

**2. Wolfgang Amadeus Mozart: Rondo from Eine Kleine Nachtmusik (5:09)**

The delightful sounds of *A Little Night Music*, as Mozart's title translates, are familiar to most everyone. This music, too, is carefree, and its buoyant spirit encourages us to be light on our feet. [From Music for a Sunday Morning; Eugenia Zukerman, flute; Shanghai Quartet; DE 3173]

**3. Sergei Prokofiev: Allegro con brio from Classical Symphony, Op. 25 (4:06)**

Prokofiev's Classical Symphony was a hit from its first performance in Russia in 1918. He did much of the work on this symphony while walking in the country; and the freshness

and fun in the music give the impression that his country walks must have been a delight. [From Prokofiev: Classical Symphony; Stravinsky: Soldier's Tale; Shostakovich: Concerto for Piano and Trumpet; Los Angeles Chamber Orchestra; Gerard Schwarz, conductor; DE 3021]

**4. Wolfgang Amadeus Mozart: Allegro assai from Symphony No. 40 in G Minor (6:16)**

The exciting finale of one of Mozart's best-loved symphonies picks up the pace — with high-leaping phrases and many twists and turns in its musical path. This is a side of Mozart's music that urges you to keep pace with it. [From Mozart: Symphonies 40 and 41; Los Angeles Chamber Orchestra; Gerard Schwarz, conductor; DE 3012]

**5. Aaron Copland: Hoe-Down from Rodeo (3:11)**

The lively spirit continues in a foot-stomping romp from Agnes de Mille's famous ballet about the American West. Based on square dance tunes, *Hoe-Down* expresses the Cowgirl's delight in "roping" her man. [From "Out West," music of Copland and Grofé; Seattle Symphony; Gerard Schwarz, conductor; DE 3104]

**6. Edvard Grieg: Präludium from Holberg Suite, Op. 40 (2:44)**

The Holberg Suite is Grieg's appealing tribute to a Norwegian musician of an earlier time. This Prelude, which begins the Suite, takes a more moderate pace from that of the preceding Mozart and Copland tracks, while still exuding energy and a heightened, noble emotion. [From Grieg: Holberg Suite / Lyric Suite / Piano Concerto; Seattle Symphony; Gerard Schwarz, conductor]

**7. Wolfgang Amadeus Mozart: Molto allegro from Symphony No. 41 in C Major, "Jupiter" (5:40)**

This is probably the most majestic of Mozart's symphonic finales, and though its pace is mid-way between that of the Holberg Prelude and the Hummel track which follows, its strength and momentum are exhilarating. [From Mozart: Symphonies 40 and 41; Los Angeles Chamber Orchestra; Gerard Schwarz, conductor; DE 3012]

**8. Johann Nepomuk Hummel: Rondo from Trumpet Concerto in E Major (3:32)**

The trumpet leads us on a merry chase in this exuberant music. The fastest-paced music in the Classical Fitness program, this track can well accompany the peak of your workout. [From Haydn/Hummel: Trumpet Concertos; Gerard Schwarz, trumpet and conductor; New York Chamber Symphony; DE 3001]

**9. Wolfgang Amadeus Mozart: Rondo from Clarinet Concerto in A Major (9:10)**

Mozart's magnificent Clarinet Concerto has been inspiring concert audiences for two centuries, and has even found its way into film scores. This clarinet Rondo relaxes in pace after the Hummel trumpet Rondo, allowing you to catch your breath, but maintains a joyful mood. [From Mozart: Clarinet Concerto / Clarinet Quintet; David Shifrin, clarinet; Gerard Schwarz, conductor; New York Chamber Symphony; DE 3020]

**10. George Frideric Handel: Hornpipe from Water Music, Suite I in F (2:27)**

Another Hornpipe dance from Handel's delightful Water Music concludes the workout portion of this program, pick-

ing up the pace from Mozart's Rondo, but gently and lightly. [From Handel: Water Music, complete; Los Angeles Chamber Orchestra; Gerard Schwarz, conductor; DE 3010]

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For the cool-down period, we have chosen well-loved music by two great composers who were unsurpassed masters of the simple, hummable melody. Such a melody can be enjoyed over and over again, gaining in richness with each listening. As the great teacher Nadia Boulanger used to say about Schubert, and as is equally true of Mozart, such a melody has that magic one cannot really define, "so simple that there's nothing to it, just innocence and an irresistibly spontaneous movement that makes it a masterpiece."

**11. Franz Schubert: Andante from Impromptu in B-Flat, Op. 142, No. 3 (2:27)**

Schubert loved to go for long walks in the Austrian countryside, and while this music is playing it is not hard to imagine a quiet stroll in a beautiful natural setting as you slow your pace at the beginning of your cool-down period. This music is quiet, relaxed and carefree. [From Such Stuff as Dreams..., a Lullaby Album for Children and Adults; Carol Rosenberger, piano; DE 3230]

**12. Wolfgang Amadeus Mozart: Adagio from Clarinet Concerto in A Major (7:56)**

The pace slows to an Adagio in this soaring music, one of Mozart's most inspired slow movements. This music is perfect for stretching, as it invites us to reach beyond our perceived limitations while it uplifts the spirit. [From Mozart: Clarinet Concerto / Clarinet Quintet; David Shifrin, clarinet; Gerard Schwarz, conductor; New York Chamber Symphony; DE 3020]

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- 12 Mozart: Clarinet Concerto,  
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