



Fitness Schedule September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM					
5:15 AM					
5:30 AM					
5:45 AM					
6:00 AM		Total Core! 6:00-6:30 w/Tim		Total Core! 6:00-6:30 w/Tim	
6:15 AM	"Spin-Off" 6 - 7 w/Mitsue				"Spin-Off" 6 - 7 w/Mitsue
6:30 AM					
6:45 AM					
7:00 AM					
7:15 AM					
7:30 AM					
7:45 AM					
8:00 AM		Body Balance 8:00-9:00 w/Diane		Body Balance 8:00-9:00 w/Diane	
8:15 AM	"Spin-Off" 8:00 - 9:00 w/Suzanne		"Spin-Off" 8:15 - 9:15 w/Mitsue		"Spin-Off" 8:15 - 9:15 w/Mitsue
8:30 AM			Stretch 'n' Flex 8:15 - 9:15 w/Jessica		Stretch 'n' Flex 8:15 - 9:15 w/Jessica
8:45 AM					
9:00 AM	Pilates 9 - 10 w/Sandy			Pilates 9 - 10 w/Sandy	
9:15 AM					
9:30 AM	Cardio Tennis 9:30-10:30	Zumba 9:30-10:30 w/Kristie	Muscle Pump 9:30-10:15 w/Angela P	Cardio Challenge 9:30-10:30 w/Kristie	Muscle Pump 9:30-10:15 w/Angela P
9:45 AM					
10:00 AM					
10:15 AM					
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5:00 PM					
5:15 PM	Muscle Pump 5:15-6:00 w/Angela P	Total Core! 5:30-6:00 w/Kacy	Cardio Kickboxing 5:30-6:00 w/Kristie	Muscle Pump 5:15-6:00 w/Angela P	Total Core! 5:30-6:00 w/Dianne
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM	Zumba 6:15 - 7:15 w/Angela V	"Spin-Off" 6:15 - 7:15 w/Kacy	Stretch 'n' Flex 6:15 - 7:15 w/Jessica	Zumba 6:15 - 7:15 w/Angela V	"Spin-Off" 6:15 - 7:15 w/Alice
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					

Class Descriptions:

Body Balance

Balance your body and your mind. Body Balance is filled with moves that strengthen, lengthen, tone and stretch your body. While working on fat-burning, muscle-toning, ab-flattening moves, you also improve your balance. Get the best body possible - all on the ball!

Cardio Challenge

A boot camp style cardio class that will have you running, jumping, squatting and sweating. Cardio Challenge is a fun and effective cardio workout for your fitness routine! This class will incorporate plyometrics, boxing, circuit training and other techniques.

Cardio Kickboxing

Cardio kickboxing is a fun and interesting way to keep fit and burn calories. The class provides an intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

Cardio Tennis

Cardio Tennis will elevate your heart rate into your Aerobic zone! This class will give your body an all round workout! Get active and burn off fat! Cardio tennis is a grand slam!

Muscle Pump

Total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

Pilates

Pilates is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind. Pilates utilizes specifically designed exercise apparatus and is supervised by highly trained teachers.

"Spin-Off"

Build strength and improve your cardiovascular efficiency as your instructor coaches you through the ride of your life! Through the use of specially designed stationary cycles, participants enjoy "Endurance" rides, "Fat Burn" rides and much, much more! Each ride and stationary cycle can be easily adjusted to suit your own level of fitness.

Stretch 'n' Flex

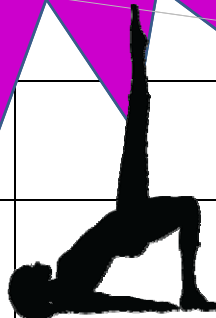
A fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles.

Total Core

Features powerful abdominal moves performed in a circuit format. This variation on your typical abs class allows you not only to tighten your abs, but also to shed off extra inches in the process. It's a quick workout with infinite results.

Zumba

Tired of the regular aerobics classes and need something new? This is unlike any other class you have ever been in. Zumba is a mixture of Latin rhythm moves set to upbeat music. Very basic, fun and easy. Come try it!



New Class

Stretch 'N' Flex

Tues/Thurs 6:15pm

Wed/Fri 8:15am