

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cardio-Toning/ step 60 min Martha		Cardio-Toning/ step 60 min Martha			9am Cardio/ Toning/ Stretch 75 min (60 min of cardio/toning mix; 15 min of stretch/yoga to end class! MARTHA
6:00am		Gentle Yoga 45 min Kat		Gentle Yoga 45 min Kat		
6:45am					7:00am Cardio- Toning 60 min Martha	
7:45 am	Stretch 45 min Dane	Stretch 45 min Paula	Stretch 45 min Dane	Stretch 45min Dane	8:00am Stretch 30 min Martha	
8:45am	Circuit Challenge 90 min Julie	Gentle Yoga Liz	Cardio Challenge 75 min Denise	Gentle Yoga Liz	8:30am Power Stretch 45 min Daniela	3:00pm Youth Strength 45 min Dane
9:30am					9:15am Step/ Bosu Drills & Intervals 60 min Denise	
10:00am	10:30am Stability Ball/ Sculpt/Abs 75 min Julie	Power Yoga Liz	'Core Fusion' 75 min We took the best from pilates, Yoga, and Total Body Sculpt, and strength training	Power Yoga Liz	10:15am 'Core Sculpt' 75 min 45 min of sculpt 30 min of pilates Denise/Karen	
11:00am			to offer an awesome mix. You will love this class!! Karen			
12:00pm	Power Pump 60 min Sydney	12:15pm Power Pump 60 min Sydney	Power Pump 60 min Sydney	11:30am Zumba Mix 60 min Martha	Power Pump 60 min Sydney	
4:30pm				Tennis Agility Drills 30 min <i>Meet By Racquetball Courts</i>		
4:45pm		Yogalates 45 min Sydney	5:00pm Stability Ball- strength & abs 45 min Julie/Martha	4:30pm PlyoMetric BootCamp 40 min/ 30 min strength (70 min) Sydney		
5:45pm	5:30pm Youth Strength 45 min Dane	Power Pump 60 min Sydney	Zumba Mix 60 min Martha	Power Pump 60 min Sydney	5:30pm Youth Strength 45 min Dane	
6:45pm	6:15pm Intro to Yoga 60 min Daniella		Continuing Yoga 60 min Daniella			
7:15pm	Youth Core 30 min Dane		7:45pm Youth Strength 45 min Dane			

**Class
Schedule
starting
March 1st,
2010**

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Class Descriptions:

Absolutely Ripped

Hit your middle with a blast of core conditioning exercises to enhance abdominal definition and stability.

Cardio Toning/Step

Add variety to your routine with this high-energy workout. Includes cardio work on the step, the floor, mixed with dance, yoga, and strength...a fun way to get into shape!

Circuit Challenge

Interval cardio/strength class utilizing an array of equipment (Bosu, Step, weights, medicine balls, etc) to provide a total body workout. Work at your own pace as intervals progress thru various circuits/ stations. No choreography involved!

Cardio Challenge

Never get bored with this workout! Class may go outdoors, on the indoor tennis courts, or use the studio to provide you with a fun, energized workout. No workout is the same so don't be afraid to give it a try! Come with an open mind and be prepared for a GREAT workout!

Core Fusion

This class offers the best from Pilates, Yoga, total body sculpt, and strength training. Offering an awesome mix that will inspire and challenge you. You will love this class.

Core Sculpt

First 50 min of this class will be head to toe strength training, followed by 30 min of Pilates core training. Taught by two instructors so you will have a variety of teaching styles and approaches each class.

STEP/BOSU INTERVAL/ DRILLS

This Class uses both the Step and the BOSU Balance Trainer (inflated Dome) to provide a high-energy workout that will improve coordination, balance, agility, postural alignment and strength. Beginner's- feel free to use the step bench the entire class until you feel comfortable with the BOSU!

Sculpt / Stability Ball

Sculpting your body with an emphasis on strength, balance, and flexibility. May use stability balls, hand weights, barbell with weights, resistance bands, or the BOSU balance trainer. Stability Ball class uses primarily the ball to offer an amazing total body work-out!

Power Pump

High Energy weight lifting class set to music. Use Barbells with plates, hand weights, and/or resistance bands to sculpt the body. You determine the weight you use so, beginner's need not be intimidated!

YOGA POWER

Take your practice to new heights with a unique class that is built for advanced work but welcoming for all levels. Surprise yourself by creating deep internal heat and challenge your flexibility. More physical than mystical. A contemporary and eclectic soundtrack makes this a great class.

Gentle Yoga/ POWER STRETCH

Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

Intro to Yoga

This class is for the student at the beginning stages of their yoga practice. Learn breathing techniques, a variety of poses, how to correctly align your body and how to prevent injury. Discover muscle groups you never knew you had.

Continuing Yoga

Put your yoga knowledge to work for an invigorating, centering and challenging practice. Continue to learn new poses and push your personal limits. Find your inner warrior.

Zumba MIX

Come join the Zumba Party!!!! Get a great workout while having fun. Zumba is a Latin-inspired, dance fitness class that combines fast and slow rhythms that tone and sculpt the body. Zumba's aerobic/fitness fashion achieves a unique blended balance of cardio, and muscle-toning benefits. The cardio-based dance movements are easy-to-follow steps that include body sculpting targeting areas such as gluteals, legs, arms, core, abdominals and most importantly, the heart. Zumba is an innovative and exciting workout that anyone can do. It's a party-like atmosphere that's fun, different, easy and effective.

Youth Strength/Youth Core (core class focuses on the abdominal, back, midsection)

This ultimate fun-conditioning workout is designed to improve strength, flexibility, and core stability. Integrated strength exercises, balance exercises, resistance and stretches provide a total body workout. Led by a personal trainer who specializes in youth training. Instruction will be provided and various options will be given to meet the different needs of those attending. ***Designed for ages 11 and up. Perfectly acceptable if adults join the class or if you want to join your child in the work out!!***

YogaLates

East meets west in this fusion class blending both Yoga & Pilates. Increases core strength and flexibility to help improve your game.

Vinyasa Flow

Some of the favorite yoga postures and some new. Focuses on creating heat and using invigorating breathing techniques and backbends to fight off the winter blues.

Cardio Boot Camp/Plyometrics (Many of these type of exercises in the tennis agility class)

No guts, no glory in this total body workout! Plyometric exercises use explosive movements to develop muscular power. This class provides intense cardio exercise training but is also designed to produce fast, powerful movements, and aims to improve the function of the nervous system, generally for the purpose of improving performance in sports. It is the ultimate cardio/interval workout designed for the intermediate to advanced participant.