

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday:</b>
<b>5:45 am</b>	Cardio-Toning/ step 60 min Martha		Cardio-Toning/ step 60 min Martha			
<b>6:00 am</b>		Gentle Yoga 45 min Kat		Gentle Yoga 45 min Kat		<b>9:30am</b> Power Pump 60 min Sydney
<b>7:00 am</b>				<b>6:45am</b> Power Pump Express 45 min Kat	Cardio- Toning 60 min Martha	
<b>7:45 am</b>	Stretch 45 min Amy	Stretch 45 min Amy	Stretch 45 min Amy	Stretch 45min Amy	<b>8:00am</b> Stretch 30 min Martha	<b>New Class!!</b>
<b>8:45 am</b>	Circuit Challenge 60 min Julie	Gentle Yoga 45 Min Liz	Circuit Challenge 75 min Erica	Gentle Yoga 45 Min Liz	<b>NEW TIME</b> <b>9:00am</b> <b>Step/ Bosu</b> <b>Drills &amp; Intervals</b> 60 min Denise	
<b>9:30 am</b>		Absolutely Ripped Liz 25 min	<b>10:00am</b> Absolutely Ripped 15 min Erica	Absolutely Ripped Liz 25 min		<b>2 New Class Offerings!</b>
<b>10:00 am</b>	Stability Ball/ Sculpt 60 min Julie	Power Yoga 45 min Liz	<b>10:15am</b> Full Body Sculpt 45 min Erica	Power Yoga 45 min Liz	<b>Core Sculpt</b> <b>80 min</b> 50 min of Full Body Sculpt / 30 min of Pilates' core Denise & Karen	<b>SUNDAY:</b> <b>11:30</b> Instructor's Choice 45min
<b>11:00 am Studio</b>	<b>"Guts &amp; Butts"</b> 45 min Julie	Cardio Challenge 60 min Denise	<b>A.B.C.</b> <b>Abs, Back, and Core</b> 45 Min Karen	<b>11:15am</b> Total Body Circuit 60 minutes Kat		<b>12:15</b> Instructor's Choice 45 min
<b>12:00 pm</b>	Circuit Challenge 60 min Julie	Power Pump 60 min Denise				<i>See Schedule Posted in Studio!!!</i>
<b>4:45 pm</b>		Total Body Circuit Kat	<b>5:00pm</b> Stability Ball 45 min Julie	Yogalates 45 min Sydney		Each week will change so you can
<b>5:45 pm</b>		Power Pump 60 min Sydney	<b>5:45pm</b> Zumba Mix 60 min Martha	Power Pump 60 min Sydney		Be sure to never get tired of the
<b>6:15 pm</b>	Intro to Yoga 60 min Daniella	<b>6:45pm</b> Absolutely Ripped 20-30 min	<b>6:45</b> Stretch 30 min	Weight room 101 See Below....		Same old work out!!
<b>7:15 pm</b>		Yogalates 45 min Sydney				<i>Child Care available for both classes on Sundays!</i>

Classes to begin

**Feb 2<sup>nd</sup> 2009**

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**Weight room 101**  
Must Sign Up in the weight room prior to class.

**Tuesdays at 1:00pm**  
45 min  
Denise

**Tuesdays at 5:00pm**  
45 min  
Sydney

**Wednesdays at 11:00am**  
45 min  
Erica

**Thursdays at 6:50pm**  
60 min  
Sydney

# Class Descriptions:

## **A.B.C.**

Focus on the abdominals, the lower body and Back, and ultimately the core. A stretch concludes the class. Strengthen those areas vital to taking your "game" to the next level!

### **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 Sculpt**

This challenging workout focuses on your entire body increasing strength and improving your definition while working muscular endurance and flexibility. First 50 minutes is a traditional full body sculpt emphasize using hand weights, barbells, etc. The last 30 minutes brings the benefits of pilates. With the basic Pilates principles of focused breathing and proper alignment, you will move through various stretches and movements with attention to individual needs. Get it all done in one 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**

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.

### **Total Body Circuit**

A class that is designed to improve strength, flexibility and cardiovascular fitness through a variety of different exercises. The exercises performed in the class can be modified to range from beginner to challenging, depending on your fitness level and goals.

### **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.

### **YogaLates**

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

### **Instructor's Choice**

Each week, our staff will rotate to offer you a variety of class experiences....Give it a try! 60 minutes

### **Weight Room 101**

This beginning class provides basic information about weight training exercises using single-station machines and free weights. Emphasis will be on using proper exercise techniques and correct use of the machines in the weight room. If you want to learn how to best use the machines in the fitness studio, this is for you! You must sign-up ahead of time. Sign-Up book is upstairs in the studio. If you need a different time, contact Denise Wagner @ [wagnerx4@hotmail.com](mailto:wagnerx4@hotmail.com), Erica Strey @ [ricojr88@aol.com](mailto:ricojr88@aol.com) or call the club and leave a message in fitness.

### **"Guts & Butts"**

Using a variety of equipment to tone your mid-section and your backside, this class will leave you feeling 'the burn'!

