

# FALL 2009 CLASS SCHEDULE



## GROUP EXERCISE CLASSES STUDIO A

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>6:00 am</b> Cardio Circuit	<b>6:00 am</b> Body Flex	<b>6:00 am</b> Bench Blast	<b>6:00 am</b> Body Flex	<b>6:00 am</b> Rip & Ride		
<b>8:15 am</b> Bench Blast	<b>8:15 am</b> Body Flex	<b>8:15 am</b> Bench & Sculpt	<b>8:15 am</b> Body Flex	<b>8:15 am</b> Bench Blast	<b>8:15 am</b> Bench Blast	
<b>9:15 am</b> Power Abs	<b>9:30 pm</b> Rip & Ride Combo	<b>9:15 am</b> Power Abs	<b>9:15 am</b> Zumba	<b>9:15 am</b> Power Abs	<b>9:15 am</b> Body Flex	
					<b>10:30 am</b> Zumba	
	<b>Noon</b> Body Flex (45 minutes)		<b>Noon</b> Body Flex (45 minutes)			
<b>4:30 pm</b> Bench Blast	<b>4:30 pm</b> Body Flex	<b>4:30 pm</b> Bench & Sculpt	<b>4:30 pm</b> Body Flex			<b>3:00 pm</b> Cardio Circuit
<b>5:30 pm</b> Zumba	<b>5:30 pm</b> Zumba	<b>5:30 pm</b> Body Flex	<b>5:30 pm</b> Zumba			

### **BENCH AND SCULPT:**

This interval class combines weight-conditioning segments with bench-stepping for a complete workout.

### **BENCH BLAST:**

A one-hour class based on the stair-climbing concept. It combines leg and arm movements to give a low-impact/high-intensity workout.

### **BODY FLEX:**

A one-hour barbell class utilizing a three-pound bar and adjustable weights for a complete strength training/fat-burning workout. Can be adapted to any fitness level.

### **POWER LEGS :**

An intense thirty minute class targeting the lower body, utilizing power and endurance moves.

### **CARDIO CIRCUIT :**

You get it all in this class; 100 percent calorie burning cardio, balance challenges, strength training and powerful core training.

### **POWER ABS :**

A thirty minute class designed to strengthen both your abs and low back. A great follow up to any cardio class!

### **ZUMBA:**

Dance your way to fitness! Zumba is a high energy, fat burning and body sculpting workout that combines unique

latin and international dance rhythms. Zumba is a motivating way to lose weight, workout and have fun!

### **RIP & RIDE:**

Interval class utilizing spin bike and weights. Workout will be focused on both cardio and core strength training.

- All classes are coed.
- Child care is available during specified times.
- Class schedule effective Sept 2009, subject to change.