

WINTER/SPRING 2010 CLASS SCHEDULE

NO CLASSES SATURDAY, JANUARY 23, 9:00 AM - 1:00 PM

ALL CLASSES ARE ONE HOUR
UNLESS OTHERWISE INDICATED



GROUP EXERCISE CLASSES STUDIO A

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 am Cardio Circuit	6:00 am Body Flex	6:00 am Bench Blast	6:00 am Body Flex	6:00 am Rip & Ride		
8:15 am Bench Blast	8:15 am Body Flex	8:15 am Bench & Sculpt	8:15 am Body Flex	8:15 am Bench Blast	8:15 am Bench Blast	
9:15 am Power Abs	9:15 pm Cardio Circuit	9:15 am Body Flex	9:15 am Zumba	9:15 am Power Abs	9:15 am Body Flex	
					10:30 am Zumba	
	Noon-12:45 Body Flex		Noon-12:45 Body Flex			
4:30 pm Bench Blast	4:30 pm Body Flex	4:30 pm Bench & Sculpt	4:30 pm Body Flex	4:30 pm Bench Blast		3:00 pm Cardio Circuit
5:30 pm Zumba	5:30 pm Zumba	5:30 pm Cardio Circuit	5:30 pm 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.

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:

60 minute 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 Jan 2010, subject to change.