

# Group Exercise Schedule

## September 1-December 18, 2009

**FIRST WEEK IS FREE SEPT 1-6**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	11:00-12:15pm INC & Core-Lara		11:00-12:15pm INC & Core-Lara			8:00-8:45am INC-Sheila
10:00-11:15am Yoga-Rob	11:30-12:00 noon Ab Express - Anthony		11:30-12:00 noon Ballet Booty Bar-Courtney M		11:30-12:00 noon Cardio Express - Christine	
11:30-12:15pm INC-Stephanie	12:30-1:15pm INC-Courtney F	12:30-1:15pm INC-Megan	12:30-1:15pm INC-Anthony	12:30-1:15pm INC-Stephanie	12:30-1:15pm INC-Christine	9:00-9:45am Pilates-Corrine
	12:30-1:15pm S&E-Laurie	12:30-1:15pm Cardio Core-Jill	12:30-1:15pm Pilates-Crista	12:30-1:15pm Kick n Step-Crista	12:30-1:15pm Groove & Tone-Courtney M	10:00-10:45am Kick n Tone-Samantha
	4:30-5:00pm Ab Express-Christine	4:30-5:00pm Kick Express-Courtney M	4:30-5:00pm Ab Express-Christine	4:30-5:00PM Power Express-Courtney M		11:00-12:00 noon Yoga-Rob
6:00-7:00pm INC-Courtney F	5:10-5:50pm Body Blitz-Marcus	5:10-5:50pm Circuit Boxing-Khari	5:10-5:50pm BOSU-Megan	5:10-5:50pm Kick n Tone-Samantha	5:00-6:00pm Yoga-Heather	
6:15-7:15pm 20/20/20-Lisa	5:00-5:45pm INC-Megan	5:00-5:45pm INC-Courtney F	5:00-5:45pm INC-Jeanine	5:00-5:45pm INC-Constantine	5:00-6:15pm INC & Upper-Verna <b>*No class Sept. 4</b>	
<b>Please check for an updated schedule the week of Dec. 15-18 as it is Finals Week for our students .</b>	6:00-6:45pm S&E-Christine	6:00-6:45pm Pilates-Corrine	6:00-6:45pm Groove & Step-Courtney M	6:00-6:45pm Cardio Kickboxing-Kelby		<b>We reserve the right to cancel any class due to low attendance or other unforeseen circumstances.</b>
	7:00-7:45pm ZUMBA-Brienne	6:15-7:00pm INC-Sara	7:00-7:45pm Yoga-Heather	6:15-7:00pm INC-Sara		
	7:00-7:45pm INC-Jenna	7:00-7:45pm Kickboxing-Kaitlin	7:00-7:45pm INC-Jenna	7:00-7:45pm ZUMBA-Brianne		
	8:00-9:30pm Yoga-Heather		8:00-8:45pm Cardio Kickboxing-Kelby			
		8:00-8:45pm Groove & Tone-Courtney M	9:00-9:45pm Fitness Hip Hop - Rich			

**live. learn. PLAY!**

**TRY ONE PASS** - \$3.00 Stu/\$4.00 Mem    **5 SESSIONS** - \$12.00 Stu/\$15.00 Mem    **SEMESTER PASS** (Sept. 7-Dec. 18) - \$45.00 Stu/\$55.00 Mem

**CANCELLED CLASSES - ALL CLASSES Thurs-Sun Nov. 26-29 : Friday December 4 - 5:00 Yoga and 5:00 INC n Upper**

**AB EXPRESS/AB ATTACK:** A 30-minute blast of the core—great to get that 6-pack and keep your back healthy at the same time. (ALL LEVELS)

**BALLET BOOTY BAR :** A blend of basic ballet exercises, pilates, and toning to sculpt your lower body into tight, shapely form. No dance experience needed!

**BODY BLITZ:** A combination of cardiovascular, strength and stretching. A perfect combination for a total workout. (ALL LEVELS)

**BOSU:** A 45-minute power- packed cardiovascular and strength endurance workout that will assure fun and sweat. (ALL LEVELS)

**CARDIO CORE:** A low-impact, high intensity class combining dance, core training and toning exercises. A packed 45-minutes that will guarantee an overall body work-out and burn. (ALL LEVELS)

**CARDIO EXPRESS:** 30 minutes of cardiovascular work a day is all that is required to keep you heart healthy. Come enjoy a 30-minute blast where you are assured to have fun and get your requirements in.

**CIRCUIT BOXING:** A combination of traditional boxing moves, cardiovascular, and strength training exercises. Get an opportunity to punch and kick mitts and bags as you move from station to station during times rounds and receive a complete fitness experience. (All LEVELS)

**GROOVE N STEP:** A combination workout of cardio dancing and strength endurance that is fun, exciting and will make you sweat . (ALL LEVELS)

**GROOVE AND TONE:** A combination workout of cardio dancing and strength endurance that is fun, exciting and will make you sweat . (ALL LEVELS)

**HIP HOP :** Learn the latest hip hop moves while getting a great cardiovascular workout. You won't even know you're working out, you will be having so much fun. No dance experience necessary (ALL LEVELS)

**INC/INC & CORE/INC N UPPER:** Follow the instructor through hills, sprints and all out fun while listening to motivational music to get you through your 45- minute intense bike ride. On noted classes you will perform core and upper body strength exercises during or at the end of class. (ALL LEVELS)

**KICKBOXING/KICK EXPRESS:** A workout that combines cardiovascular, agility and body toning while learning self defense tactics. Improve strength, muscle tone and endurance while reducing body-fat and lowering stress. The Kick Express is the same great workout, just in 30 minutes. (ALL LEVELS)

**KICK/STEP:** A combination of kickboxing and step. (ALL LEVELS)

**PILATES:** Discover the true meaning of stretching and core strength. This class will teach you the correct way to stretch and the ultimate way to firm up your core. Originally developed to condition professional dancers and athletes, pilates guides you through a multitude of core strengthening and stretching positions. (ALL LEVELS)

**POWER EXPRESS:** Enjoy an intense cardiovascular and strength routine all in 30 minutes. A great class for people with limited time to exercise but need the whole package. (ALL LEVELS)

**S&E (Strength and Endurance):** This class takes the weight room into the aerobics room for an intense, fat-burning and fun work-out. You'll use everything from dumbbells to resist-a-bands to resist-a-balls to medicine balls as an aid in strengthening and firming your muscles. (ALL LEVELS)

**YOGA:** This ancient natural method for achieving physical, mental and emotional health is the hottest form of exercise right now. This class includes classical yoga postures, warm-ups, breathing techniques, and relaxation methods. Benefits include: stress release, weight control, improved body alignment and flexibility and better concentration. (ALL LEVELS)

**ZUMBA :** HATE TO EXERCISE BUT LOVE TO DANCE? Created for people like you, Salsa, Merengue, Cumbia, Cha-Cha. Not only great for the body, but is also great for the mind. It is a "feel-happy" workout. Dance, lose weight and relieve stress all at the same time. It's FUN, the type of exercise you'll want to do everyday and feel good about doing it! (ALL LEVELS)