

GROUP FITNESS



WINTER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INDOOR CYCLING 5:30am – 6:30am Sue L.	PILATES/BALL 5:45am – 6:30am Kimm	INDOOR CYCLING 5:30am – 6:30am Sue L.	“30/30” CARDIO & CIRCUIT 5:30am – 6:30am Kimm	INDOOR CYCLING 5:30am – 6:30am Debbie	
YOGA** 6:45am- 7:45am Sarah 1/2/12 thru 2/6/12	INDOOR CYCLING** 7am-8am Kimm 1/3/12 thru 2/7/12	YOGA** 6:45am- 7:45am Sarah 1/4/12 thru 2/8/12			
PILATES 8:00am – 9:00am Mary	ZUMBA** 8:15am – 9:15am Colleen 1/3/12 thru 2/7/12	PILATES 8:00am – 9:00am Mary	BARBELL BLAST 8:15am – 9:15am Michelle	PILATES 8:00am – 9:00am Mary	INDOOR CYCLING 8:15am – 9:15am Sue/Debbie
INDOOR CYCLING 9:15am – 10:15am Tammy	CIRCUIT TRAINING 9:15 – 10:15am Linda	GLUTES, GUNS & GUTS 9:15am – 10:15am Linda	CIRCUIT TRAINING 9:15 – 10:15am Linda	INDOOR CYCLING 9:15am – 10:15am Melissa/Colleen	INST. CHOICE 9:20am – 10:20am Linda/Sue
	BOOTCAMP** 10:30am-11:30am Kristan 1/3/12 thru 2/7/12		ZUMBA** 10:15-11:15am Colleen 1/5/12 thru 2/9/12		Fun & Fitness for Kids** 10:30am-11:30am Michelle 1/7/12 thru 2/11/12
STEP & STRENGTH 5:30pm – 6:15pm Kimm	INDOOR CYCLING 5:30pm – 6:30pm Debbie	SIMPLY STEP** 5:30pm – 6:15pm Kimm 1/4/12 thru 2/8/12	INDOOR CYCLING 5:30pm – 6:30pm Debbie	HIP-HOP CARDIO 5:30pm – 6:15pm Brittany	
		500 ABS** 6:15pm-6:30pm Kimm 1/4/8 thru 2/8/12			
CORE VALUES 6:15pm – 6:30pm Kimm	CARDIO KICKBOXING 6:45pm – 7:15pm Michelle	ZUMBA 6:45pm – 7:45pm Mo/Colleen	BARBELL BLAST 7:00pm – 8:00pm Michelle	GYM HOURS: Monday-Friday: 5:00am – 11:30pm Saturday: 6:30-8:00pm Sunday: 8:00am – 8:00pm DAYCARE HOURS: Monday – Friday: 8:00am – 8:00pm Saturday: 8:00am – 2:00pm Sunday: 11:00am – 2:00pm	
HIP-HOP CARDIO 7:30pm – 8:15pm Brittany	BARBELL BLAST 7:15pm – 8:15pm Michelle	BOOTCAMP** 8pm-9pm Kristan 1/4/12 thru 2/8/12	YOGA** 8pm-9pm Jenny 1/5/12 thru 2/9/12		

BARBELL BLAST This compact barbell workout is sure to challenge ALL fitness levels. You will be taken thru a total body workout using barbells to strengthen and tone all muscle groups. Taught by a Certified Personal Trainer.

BOOTCAMP This full body workout is excellent for anyone looking to change up their workout regimen or kick start a new routine.

CARDIO KICKBOXING This multi-level class will take you through a regiment of cardio moves, punching and kicking. Prepare to SWEAT!!

CIRCUIT TRAINING Challenge yourself with cardio conditioning, strength training and functional fitness. Equipment such as stability balls, medicine balls, tubing and bands, Gliding and BOSUs, along with weights will be used.

CORE VALUES Short but intense core/ab workout that goes beyond traditional crunches.

GLUTES, GUNS & GUTS Sculpt the area that you really want to target in this creative chiseling challenge. Move from lower body into core and then upper body with transitioning combos using a variety of equipment. Class is multi-level.

HIP-HOP CARDIO Dance away unwanted fat and calories. You'll be blown away by all the fun you're having dancing to the latest music.

INDOOR CYCLING Please arrive 15 minutes early if you are a "first time" participant to be properly fitted to a bike and receive instruction on riding safety. Water bottles are required.

INSTRUCTOR'S CHOICE The instructors who teach this class will challenge you with any one of our classes listed except Indoor Cycling. Class choices will be posted a few weeks prior to the class. See class descriptions for classes posted.

PILATES ON THE BALL Tone, strengthen and stretch your muscles in this dynamic and innovative total body workout utilizing the stability ball. Bring your own sticky mat.

PILATES This class conditions the body from the inside out. Core stabilization, muscle balance, proper alignment, strength and flexibility with mindful fluidity and grace. A sticky mat is recommended.

STEP & STRENGTH This dynamic cardiovascular workout takes you through creative bench step combinations and strength segments to build and tone muscles. Class formats will vary to keep your workout challenging and effective!!

****New Class**

SIMPLY STEP This is a 45 minute nonstop cardio challenge followed by **500 ABS** a 15 minute ab class that will have you doing 500 ab sculpting exercises.

YOGA Unite the mind and body with exercises to promote strength, flexibility, balance and relaxation.

ZUMBA/STRENGTH A fusion of dance aerobics & strengthening exercises set to Latin & International music from a variety of dance genres. Strength segments will include power moves, squats and lunges with the use of weights. Even if you have "two left feet" you'll have a BLAST while working up a sweat.

"30/30" CARDIO & CORE 30 minutes of cardio and 30 minutes of intense core on the ball. A format designed to burn calories and improve cardio health, followed by ab and core exercises on the stability ball to emphasize strength and balance.

CLASS CANCELLATION POLICY:

We make every effort NOT to cancel any class. HOWEVER, we reserve the right to do so if circumstances are beyond our control. We will try to fill in the spot with something else if we can not find someone who can teach the class being cancelled. Thank you for your understanding.

INSTRUCTOR CERTIFICATIONS:

Brittany	Choreographer/Dance Teacher
Colleen H.	Madd Dogg Spinning
Colleen K.	AFAA, Pilates, Zumba
Debbie	Madd Dogg Spinning
Jenny	AFAA, AFAA Personal Training, YogaFit, Zumba
Kimm	Madd Dogg Spinning, AFAA
Kristan	NPTI Personal Training
Linda	AFAA, AFAA Personal Training, Gliding, Zumba, Drums Alive
Maggie	Madd Dogg Spinning, AFAA Personal Training
Mary	Advanced Pilates, AFAA
Melissa	Madd Dogg Spinning
Michelle	AFAA, AFAA Personal Training, Black Belt: Tae Kwon Do, Drums Alive
Mo	Madd Dogg Spinning, ACE, ACE Personal Training, Yogafit
Sarah	RYT (Registered Yoga Instructor) w/ the Yoga Alliance
Shannon	Madd Dogg Spinning, Black Belt: Tae Kwon Do, AFAA, Kickboxing,
Susan	Madd Dogg Spinning, AFAA
Sue F.	Madd Dogg Spinning, YogaFit
Tammy	Madd Dogg Spinning
Yolanda	Pilates Certificate