

2012 FEBRUARY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15am	Power Cycling (Main Floor) <i>Debbie</i>	Body Sculpting (Studio) <i>Sarah</i>	Power Cycling (Main Floor) <i>Bonni/Debbie</i>	Body Sculpting (Studio) <i>Chantelle</i>	
11:30-12:15pm Studio	Cardio Pump <i>Michele</i>	Cardio Mix <i>Sarah/Julie</i>	Total Body Blitz <i>Michele</i>	NEW! Butts & Guts <i>Lana/Sheena</i>	Step n' Core <i>Nicole/Julie</i>
11:30-12:15pm Main Floor	Power Cycling <i>Debbie/Lisa</i>	Boot Camp <i>Darrel</i>	Power Cycling <i>Annie/Bonni</i>	Boot Camp <i>Darrel</i>	Cycle & Core <i>Bonni</i>
12:00-12:50pm Outside		Running Group (Continuous Run) <i>Kory</i>		Running Group (Hill/Interval Run) <i>Kory</i>	
12:20-1:05pm Studio	Fusion <i>Michele</i>	Butts & Guts <i>Sheena</i>	Fusion <i>Michele</i>	Mixed Level Pilates Last class March 8 th <i>Jolene</i>	Vinyasa Flow Yoga Last class March 9 th <i>Colleen</i>
12:20-1:05pm Main Floor	Martial Arts & Fitness NEW! <i>Christina</i>	Power Cycling NEW! <i>Annie/Nicole</i>	Cardio Kickboxing <i>Christina</i>	Power Cycling <i>Lana</i>	Core Connection <i>Joanna</i>
1:10pm – 1:55pm Main Floor	TBS <i>Darrel</i>	Core Express (20min) <i>Annie</i>		Core Express (20min) <i>Annie</i>	
1:10pm – 1:55pm Studio		Multi-Step Last class March 6 th <i>Michele</i>			
4:30pm – 5:30pm Studio		Ashtanga Fusion Yoga Last class March 6 th <i>Tracie</i>			
After Work Main Floor	Cycle & Core (5:15-6:15pm) <i>Annie/Chantelle</i>		Sweaty Feat (5-6pm) <i>Alicia</i>	Endurance Cycle (5:15-6:15pm) (90min February 23 rd) <i>Dan</i>	

No Classes on Monday February 20th (Family Day)
are 8-week registered programs

CLASS CANCELLATION

Unfortunately, when there are consistently less than 5 people attending a class, it will be cancelled. We will provide you with a minimum of one week's notice.

Class Descriptions:

BOOT CAMP (Advanced Level) gives you an anaerobic plus muscle-strengthening workout. Through the use of basic athletic movements, you will definitely feel like you got worked! Don't be shy; you can work at your own pace.

BODY SCULPTING: Looking to tone up your body? 45 minutes weight training in the studio. Lift, lift, and lift until it burns! All fitness levels welcome.

BUTTS & GUTS: Targetting two most wanted areas in the body. You will work muscular strength and endurance in your abdominal and gluteus regions. You will work until you cannot do any more reps!

CARDIO PUMP: This class design strives for muscular strength and endurance while maintaining a continual cardiovascular workout. We use steps, bars, dumbbells, and tubing as well as a variety of training techniques.

CARDIO MIX: Get ready to sweat and burn major calories in this interval based cardio class. Using the step, traditional hi/lo and athletic drills, you will rev up your heart rate and have a great time.

CORE CONNECTION: A fun class that integrates core work throughout a full body workout. It will keep you on your toes with excitement the whole class and challenge any fitness level. This class will use various equipment from dumbbells and tubing to stability balls and BOSU.

CORE EXPRESS: This is a 20 min class that focuses on building endurance and strength in the abdominals, obliques and back muscles!

FUSION: A beautiful blend of 3 disciplines: Tai chi, Yoga and Pilates. Focus on strength, flexibility, balance and breath. Experience physical challenges, while finding inner-strength and focus.

MARTIAL ARTS & FITNESS: Best of two worlds come together! Learn how to punch & kick, then bring your heart rate up with a bootcamp style high intensity workout using variety of equipment. All fitness levels welcome.

POWER CYCLING: Put your head down and ride! Motivating music & little voice in your ear telling you to go, go, go. 45-60 minutes of steady high intensity cardio. If you like to cycle this one's for you – bring your water bottles and towel! All fitness level welcome!

RESIST & RELEASE: A functional workout designed to target large muscle groups, burn calories and keep your heart rate up with cardio intervals. An extended stretch too!

STEP N' CORE: This class is packed with Step choreography and interval drills. It's designed to improve your cardiovascular fitness and challenge your body with a variety of moves. An extra core component at the end rounds out the class! All fitness and experience levels welcome.

SWEATY FEAT: Using different types of equipment in a conditioning and strength mix, this hour-long class allows participants to work at their own pace and intensity. With instruction on technique and varying class formats, this class promises to challenge everyone with strength, core stability and cardiovascular exercises while boosting metabolism for the afterburn effect.

TBS (Total Body Systems): TBS is a muscular strength and endurance class based upon 3 minute intervals of strength, followed by 3 minutes of aerobic fitness, and ending with core training. This is a low weight, high repetition class, in which you choose the intensity, by the weight you select, and the instructor will control the repetitions. Proper lifting technique is shown and with a little hard work gains in strength and endurance are quick to follow.

TOTAL BODY BLITZ: Tone and strengthen your total body without gaining the muscle bulk. This class will help increase your entire body strength and help provide the "Hollywood" sculpted look.

Registered Program Class Descriptions:

Ashtanga Fusion Yoga:

A flow based class, incorporating breath, movement and body awareness. Condition your entire body through a sequence of poses designed to create heat and improve strength and flexibility.

Mixed Level Pilates:

A must-do class for anyone looking to improve core strength or back health. Learn to stabilize, engage, and challenge your core musculature. All levels welcome.

Multi-Step:

A think and move class. This unique, creative advanced step class focuses on variety. You will be using multiple steps and moving in unison from one step to another. Some Step experience required.

Vinyasa Flow Yoga:

This invigorating yoga class involves moving steadily from one posture to the next. Challenge your balance, core strength and flexibility with this popular style of yoga.