

# Session 3 Class Schedule

3/8/10 - 4/3/10 • 4 weeks

MONDAY		TUESDAY		WEDNESDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:15am Muscle Step Plus REBECCA	5:15am H.I.T. Gretta	5:15AM Interval Intensity REBECCA		5:15AM Muscle Step Plus REBECCA	5:15am Resist It Gretta
8:30AM Cardio/Strength Boost Gretta		8:30AM Resist It Gretta		8:30AM Cardio/Strength Boost Gretta	
9:30AM Retro Muscle Step Rebecca		9:30AM Resist It Gretta	9:00am Yoga for all Levels Rebecca	9:30AM Retro Muscle Step Rebecca	
10:30AM 55+ Fit Gym Gretta				10:30AM 55+ Fit Gym Gretta	
		4:15PM Teen Fit Adelei			
5:30pm Community Ed BootCamp Gretta	5:30PM POWER OF PINK Rebecca	5:30PM Yoga Body Groove Rebecca	5:00PM Core-lates Pilates inspired workout Adelei	5:30PM Community Ed BootCamp Gretta	
6:30PM Resist It Gretta	6:30pm ZUMBA Mark T	6:30pm Kickboxing Plus Lisa		6:30PM H.I.T. Gretta	

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THURSDAY		FRIDAY		SATURDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:30AM Interval Intensity Rebecca	5:30AM Alignment Yoga (3/11, 3/18, 3/25) Jacalyn	5:15AM Cardio Body Sculpt Adelei		7:00AM Combat Boxing Rebecca	7:00AM BootCamp Circuit (\$3 drop in) Adelei
8:30AM H.I.T. Gretta	8:00AM Core-lates Pilates Inspired Workout Adelei	8:30AM Cardio/Strength Boost Gretta			8:00AM Yoga For Everyone 45 min (\$3 Drop In) Rebecca
9:30AM H.I.T. Gretta	9:00am Toy-Yoga Rebecca	9:30AM Basic Step Gretta		9:00am Express Weights 30 min (\$3 Drop In) Rebecca	9:00am - Gym Running Group (\$5 Drop In) Gretta
		10:30AM 55+ FIT GYM Gretta			
6:30PM Muscle Step Plus Rebecca					

# Session 3 Class Descriptions

<p><b>55+ FIT GYM</b> - Age friendly fitness! This class is designed for all fitness levels using free weights, resistance bands, and body weight to strengthen core muscles, increase flexibility and improve balance. All fitness levels are encouraged to attend. Class uses upbeat music in a very friendly and fun atmosphere.</p>	<p><b>Kickboxing Plus</b> - Great kickboxing workout coupled with intervals of strength worth. Designed to work your whole body and burn calories!</p>
<p><b>Alignment Yoga</b> - 3 Thursdays in March - Alignment Yoga helps to alleviate back pain, headaches and other issues brought on b</p>	<p><b>Muscle Step Plus</b> - Cardio and upper body strength training simultaneously, using light hand weights and basic step choreography combined with strength training intervals using heavier weights or barbells. Great cardio, great strength to work up a great sweat!</p>
<p><b>BootCamp Circuit</b> - BootCamp stations in a circuit style format will get you up and ready for your Saturday. A great workout to challenge your body in a circuit format that is do-able by every fitness level. Drop in for just \$3.</p>	<p><b>Power of Pink</b> - Breast Cancer Survivor Fitness...recurrence rates are greatly reduced with regular exercise. Cardio, weights, yoga &amp; more will make up each fun filled 60 minute workout.</p>
<p><b>Cardio Body Sculpt</b> - Fast paced cardio intervals with strength training and body weight exercises to challenge your muscles and build endurance. Lots of different equipment used in this fun new class.</p>	<p><b>Retro Muscle-Step</b>—Cardio and upper body strength training simultaneously, using light hand weights and basic step choreography set to fun retro music! A blast from your past for your body!! Leg warmers, leotards and sweatbands are optional!!</p>
<p><b>Cardio/Strength Boost</b> - Burn it up during this 60 minute workout. All types of cardio and weights to challenge your heart and muscles to get your metabolism burning!</p>	<p><b>Resist It!</b> - A total body weight workout to challenge your muscles in different ways. In this hour class we will be using bars, dumbbells, med balls, body resistance and bands to shape and tone your entire body.</p>
<p><b>Combat Boxing</b> - Punch, kick, block, thrust, jab, and knee your way through this great cardiovascular workout!! Strengthens core, burns calories and fat! Mitts and gloves used in this one on one boxing challenge. Proper technique and form are stressed for safety. Previous boxing or kickboxing experience recommended.</p>	<p><b>Step</b> - basic, no frill, step routines to get your heart pumping and your body moving. Emphasis on doable step patterns that everyone can master. All set to fun music.</p>
<p><b>Core-lates</b> - A Pilates inspired workout targeting your core, back and glute muscles. Create long lean muscles, a strong core and strong foundation for every day functional life. If you are a fan of Pilates you will love this new class!</p>	<p><b>Teen Fit</b> - Calling all Teens! Join us every Tuesday for a great workout including cardio, kickboxing, strength training, core training and more with new instructor Adele!</p>
<p><b>Express Weights</b> - 30 minute concentrated total body weight workout. Bands, medballs, dumbbells and bars will all be used.</p>	<p><b>Toy-Yoga</b> - Nope, nothing to do with cars...this class will combine yoga poses and movements with small equipment/gym toys to give you a great workout for your entire body. Always a great stretch and relaxation to finish off class.</p>
<p><b>H.I.T.</b> - High intensity cardio training to get you heart pumping! This hour long class will challenge your cardio endurance. We will mix it up with steps, bootcamp drills, aerobic squares, interval challenges and more! You will push yourself out of that comfort zone you have gotten used to and really challenge yourself.</p>	<p><b>Yoga Body Groove</b> - a gentle cardio dance workout and active yoga sequencing to work your entire body in a low impact way. Improve flexibility, core strength and get your groove on all at the same time.</p>
<p><b>Interval Intensity</b> - like the fast pace of cardio and strength intervals? This class will combine both of these types of exercises in different interval lengths and speeds. Burn lots of calories and get sweaty!</p>	<p><b>Yoga (all levels)</b> - A very non-purist form of yoga. Based on Hatha and Active Yoga principles that has a little bit of everything. Classes may include a great stretch, active movement, balance, and relaxation!</p>
<p><b>Kickboxing</b> - A combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down.</p>	<p><b>Zumba</b> - is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</p>