

Session 7 Class Schedule

4 weeks ■ 6/28/10 to 7/24/10

MONDAY		TUESDAY		WEDNESDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:15am Muscle Building for Women REBECCA		5:15AM Summer BootCamp Rebecca		5:15AM Muscle Building for Women REBECCA	
8:30AM Chisel Gretta		8:00AM On the ball Gretta		8:30AM PACE Gretta	
9:30AM Muscle Step and Core Rebecca		9:00AM Fit Kids Gretta	9:00am Basic Yoga Stretch Rebecca	9:30AM Muscle Step and Core Rebecca	
10:30AM 55+ Fit Gym Gretta				10:30AM 55+ Fit Gym Gretta	
5:30pm PACE Gretta	5:30PM Power of Pink Rebecca	5:30PM Summer Sculpt II Miranda		5:30PM Chisel Gretta	
6:30pm ZUMBA Mark T		6:30pm Summer BootCamp Miranda			

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THURSDAY		FRIDAY		SATURDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:15AM Summer BootCamp Rebecca		5:15AM Summer Sculpt II Miranda		7:00AM Boxing Blast (cardio boxing, mitting & punching, core drills)	
8:00AM Abs/Glutes Gretta		8:30AM Step and Core Gretta		8:00AM Saturday Drop In Workout! Gretta	8:00AM Yoga For Everyone 45 min (\$3 Drop In) Rebecca
9:00AM Fit Kids Gretta	9:00am Yoga Meltdown Rebecca	9:30AM Strength Circuit Gretta		9:00am Express Weights 30 min (\$3 Drop In) Rebecca	9:00am - Gym Running Group (\$3 Drop In) Gretta
		10:30AM 55+ FIT GYM Gretta			
5:30PM					
6:30PM Summer BootCamp Rebecca					

Session 7 Class Descriptions

<p>55+ FIT GYM - 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>Power of Pink - Breast Cancer Survivor Fitness...recurrence rates are greatly reduced with regular exercise. Cardio, weights, yoga & more will make up each fun filled 60 minute workout.</p>
<p>Abs & Glutes - Simply stated, this 60 minute class will focus on toning and building our core and glutes using body resistance, bands and some weighted balls.</p>	<p>Saturday Drop In Workout - a fun weekend workout to burn calories, burn fat and get your heart pumping. Different format and focus each week. Join us for just \$3 each Saturday.</p>
<p>Boxing Blast! - Combining the challenge of Combat Boxing, intense cardio drills and a traditional boxing ab workout to make for an intense, calorie burning, total body challenge!</p>	<p>Step & Core - Power stepping with core training. This 60 minute workout is guaranteed to make you sweat and burn.</p>
<p>Chisel - this high energy workout will improve your strength and endurance using lots of props including: resistance tubing, dumbbells and bands and body bars: activate large and small muscles while chiseling your body! Your body will love it!!!</p>	<p>Strength Circuit - 60 minute total body workout that will change from week to week. A fun high energy circuit using dumbbells, barbells and bodybars.</p>
<p>Express Weights - 30 minute concentrated total body weight workout. Bands, medballs, dumbbells and barbells will all be used.</p>	<p>Summer Boot Camp - Come enjoy a great full body workout! This class will challenge you in new ways to build lean muscle and test your cardio endurance. We will be using our own body weight to challenge us and push us to a new level of fitness. It will also include cardio and some resistance work for a rounded workout. Assessments will also be part of the fun!</p>
<p>Fit Kids - Let your kids have fun and get exercise at the same time! During this 45 minute class your kids will play games, do agility courses and simply have fun! Ages 3-7</p>	<p>Summer Sculpt II- A high energy class focused on building up both muscle endurance and strength to enjoy all your summer time activities injury free. Perfect for gardeners, water skiers, triathletes, volleyball players, swimmers and more. All abilities welcome.</p>
<p>Muscle Building Challenge (for women) - Want to focus on your strength and muscle growth this month. This class is for you. High weight low rep will be used to challenge your muscle fibers and stimulate growth & definition. Mon & Wed class is recommended for best results.</p>	<p>Yoga Melt Down - active yoga sequencing to work your entire body in a heart rate raising low impact way. Improve flexibility, muscle endurance, and core strength. Expect to sweat through this challenging class.</p>
<p>Muscle Step and Core - We're heading to the step using small hand weights to challenge and sculpt our muscles while improving coordination. We will also throw in core intervals to blast our middles.</p>	<p>Yoga Stretch - A very non-purist form of yoga. Based on Hatha and Active Yoga principles that has a little bit of everything. Classes will include a great stretch, balance, and relaxation set to calming music.</p>
<p>On the Ball - Get on the ball and feel like a kid again! Class will include muscle toning, core (i.e. abs, backs and bottoms) and balance all using the stability ball.</p>	<p>Zumba - 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>
<p>PACE - Performance and Conditioning Exercises is sports conditioning for all athletes. Work at your own PACE. Cross train and maximize caloric expenditure working the entire spectrum of cardiovascular and muscle fitness: core conditioning, stability, balance, coordination and agility.</p>	