

# Session 8 Class Schedule

4 weeks ■ 8/2/10 to 8/28/10

MONDAY		TUESDAY		WEDNESDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:15am Muscle Building for Women II Rebecca		5:15AM 20/20/20 Rebecca	5:15am Bells and Balls Miranda	5:15AM Muscle Building for Women II Rebecca	5:15am Cardio Attack Miranda
8:30AM Dynamic Strength Gretta		8:00AM Core Challenge Gretta		8:30AM FIT Gretta	
9:30AM Summer BootCamp Gretta		9:00AM Fit Kids Gretta	9:00AM Core and Flexibility Rebecca	9:30AM Summer BootCamp Gretta	
10:30AM 55+ Fit Gym Gretta				10:30AM 55+ Fit Gym Gretta	
5:30pm FIT Gretta	5:30PM Power of Pink Rebecca	5:30PM Bells and Balls Miranda		5:30PM On the Ball Strength and Core Gretta	
6:30pm ZUMBA Mark T	6:30PM Cardio Boxing Rebecca	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 20/20/20 Rebecca		5:15AM Cardio Attack Miranda		7:00AM Cardio Boxing Rebecca	
8:00AM Body Fusion Gretta		8:30AM Step Mix 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 Body Groove 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			
6:30PM 20/20/20 Rebecca					

# Session 8 Class Descriptions

<p><b>20/20/20</b> - 20 minutes of cardio, 20 minutes resistance, and 20 minutes of core makes up a well-rounded class for all fitness levels.</p>	<p><b>Fit Kids</b> - 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><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>On the Ball Strength and core</b>- 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><b>Bells and Balls</b> - Uses kettle bells, medicine balls and stability balls for a series of fun exercises that blast calories and boost your metabolism.</p>	<p><b>Muscle Building II</b> - A continuation of Session 7's Muscle Building...a high weight/low rep weight class to challenge your muscle fibers and stimulate growth &amp; definition. Mon &amp; Wed class is recommended for best results. (muscle building I <b>not</b> a pre-requisite for this class)</p>
<p><b>Body Fusion</b> - Mind and body with a twist! Body Fusion is a combination of moves inspired by Pilates and traditional strength training. Body Fusion will push your limits of core strength, balance and flexibility in an exciting way. If you're looking for a new direction and challenge from your traditional core and strength routine, this class is for you!</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 Attack</b> - A high energy choreographed aerobic class that uses fun music, intense movements, and ply metrics to scorch calories.</p>	<p><b>Saturday Drop In Workout</b> - 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><b>Cardio Boxing</b> - Combining the challenge of Combat Boxing, intense cardio drills and a traditional boxing abs workout to make for an intense, calorie burning, total body challenge!</p>	<p><b>Step Mix</b>- This 60 minute workout will give your fitness level a boost through the use of different types of step training. You may do intervals, choreographed step, or step with weights. There will never be a dull minute in this high intensity cardio class!</p>
<p><b>Core Challenge</b>- Let that mid-section take a fast, intense and direct hit with this class. You'll work the major muscles of the torso, including the abs, obliques, lower back and glutes, all in 60 minutes. Are you up to the challenge?</p>	<p><b>Strength Circuit</b> - 60 minute total body workout that will change from week to week. A fun high energy circuit using dumbbells, barbells and body bars.</p>
<p><b>Core &amp; Flexibility</b> - A yoga-based class to tighten your core and improve your flexibility. Basic yoga poses and core exercises used to challenge and energize you.</p>	<p><b>Summer Boot Camp</b> - 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. We will head outside when weather permits.</p>
<p><b>Dynamic Strength</b>- No choreography here - just a full body workout using free weights, tubing, med balls, body resistance and more. This non-cardio class will not only build muscle strength and endurance, but also target problem-areas and give your body definition.</p>	<p><b>Yoga Body Groove</b> - 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><b>Express Weights</b> - 30-minute concentrated total body weight workout. Bands, med balls, dumbbells and barbells will all be used. Join in for just \$3 each Saturday.</p>	<p><b>Yoga For Everyone</b>- 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><b>F.I.T.</b>- Fitness Interval Training is an aerobic and anaerobic class using bursts of power, balance, agility, and fun to create a great full body workout! Give your mind and body a new challenge!</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>