



Fall 2009



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		9:00-9:30 Abs Erica	9:00-10:15 Power Yoga Kevin	
12:30-1:30 Kick, Punch and Crunch Erica		10:00-11:00 All Over Toning Cari		11:00-12:00 Total Body Tone Danielle
2:30-3:30 Cardio Combat Michele	12:30-1:30 Zumba Angela		12:30-1:30 Zumba Angela	1:00-2:00 Cardio Conditioning Courtney
3:30-4:00 Crunch Time Tim		2:15-3:15 Spin & Tone Nicole	2:30-3:30 Cardio Tone Tim	
4:00-5:00 Boot Camp Maggie	3:30-4:00 Abs Maggie	4:00-5:00 Boot Camp Maggie	3:30-4:00 Abs Maggie	
6:00-7:00 Spin & Tone Nicole	6:00-7:00 Step Erin	5:00-6:00 Strength & Tone Adrienne	4:00-5:00 Kick, Punch and Crunch Erica	
7:00-7:45 B.L.T Brittany	7:15-8:15 Kick, Punch and Crunch Laura	7:15-8:15 Kick, Punch and Crunch Laura		



Class Descriptions

Abs: 30 minutes dedicated to a toned tummy and beautiful back. Learn effective moves that will give you results without the boring sit-ups.

All Over Toning: Pulling from Crossfit, a combination of different timed exercises, All Over Toning will give your body a complete tone. Incorporating exploding lunges, jumping jacks, and air squats, each week will give a variety keeping you going.

B.L.T: This isn't your usual BLT, it's Butt Legs and Tummy time!! This 45 min session is committed to toning your BLT with various toning exercises that will keep you motivated and seeing results.

Boot Camp: A total body workout incorporating a full body tone and cardio moves to get your muscles burning and heart pumping. Toning and cardio moves will alternate throughout the entire hour session to keep your heart pumping and body burning off those extra calories.

Cardio Combat: Filled with non-combat moves that will keep your heart rate up to insure efficient calorie loss. Learn basics of martial arts that will sculpt your arms, legs, and abs. The martial arts-based motions are surely effective to fend off approaching attackers! You will leave this class feeling like a lean, mean, fighting machine!

Cardio Conditioning: A high energy class combining upbeat dance and aerobics with a full body tone. We will break down the exercises into short circuits that will cover arms, legs, back, and abs. A fun overall workout that you will feel the next day!!

Cardio Tone: Thirty minutes of non-stop motion, followed by a toning session concentrating on the abdominal muscles.

Kick, Punch & Crunch: High and low impact class with cardio kickboxing moves. Get your heart rate up and burn fat with 45 minutes of kickboxing and 15 minutes of abdominal work. Get ready for a fun, high energy workout with new moves and great music!

Power Yoga: Strength, flexibility, and calmness of mind built through a practice 3000 years in the making. Learn how synchronizing your breath with movements can create power and balance through natural neurological pathways, or just come for some relaxing fun!

Spin and Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Spin is sure to leave you sweating and feeling great at the end of this workout, giving attention to every muscle you could imagine.

Strength and sculpt: Invigorate your body as we define and sculpt all muscle groups. This challenging, yet motivating experience will have you looking and feeling great!

Total Body Tone: Focusing on strengthening and toning most muscle groups throughout your body, such as your legs, arms, butt, abs, and back. We will use different types of weights as well as exercise balls to help tone each part of your body. Incorporating a variety of moves, from squats and lunges to focus on the leg muscles, to bicep curls and rows to focus on your arm muscles. Total body tone will give you an excellent workout.

Zumba: Ditch your traditional workout and come join the party! Zumba is a Latin-Inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! Burn up to 1200 calories in this party-like environment!