



Group Fitness Schedule
SPRING 2009 (Starts April 1st)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am (45 min) Spinning Jessica		6:00am (45 min) Spinning Elizabeth			9:00am (45min) Spinning Chad	
	9:30am (45 min) Spinning Elizabeth	9:00am (55 min) Total Body Breakdown Michael (FIA Board Certified Total Body Intermediate Training)		9:00am (55 min) Total Body Breakdown Michael (FIA Board Certified Total Body Advanced Training)	10:00 Body Pump Matt (Les Mills Total Body Training w/ Weights)	9:00 – 10:00 Yoga Lexi
10:00am (55min) Jump Start Michael (FIA Board Certified Beginner Level Circuit Total Body Training)	10:15am (55 min) Back 2 Basics Michael (FIA Board Certified Beginner Level Total Body Training)	10:00am (60 min) Vinyasa Yoga Gilli	10:00am Total Body Breakdown Miguel (FIA Board Certified Total Body Advanced Training)	10:00 – 11:00 Laughing Lotus Yoga Serena	11:00am (45 min) RPM Matt (Les Mills Spin Class)	
		11:00am (55 min) Mat Pilates Serena	11:00 am Jump Start Dave (FIA Board Certified Beginner Level Total Body Training)	11:00 Hardcore Miguel (FIA Board Certified Advanced Level Core Training)		11:00 – 11:45 Cardio Kickboxing Nancy
12:00 pm (60 min) Laughing Lotus Yoga Serena	12:00pm (60 min) Vinyasa Yoga Gilli		12:00 – 1:00 Vinyasa Yoga Serena		12:00 – 1:00 Yoga Deana	
6:00 pm (45min) RPM Matt (Les Mills Spin Class)	6:00 pm GUNS N HOSES Miguel & Gill (Police & Fire Only Combat Class)	6:00pm (55 min) Beatdown Gil (FIA Board Certified Advanced MMA Style Training)	6:00pm (55 min) Zumba Lauren (Zumba trademarked Latin fusion dance class)	6:30pm (55 min) Rhythm Nation Tony (Old and new Hip Hop fusion dance class)		
6:00 pm FREE Kinesis Class Mike	6:00 pm FREE Kinesis Class Mike		6:00pm (45 min) Spin Brian			
6:00 pm GUNS N HOSES Miguel & Gill (Police & Fire Only Combat Class)	7:00pm (45 min) Spin Brian	7:00pm (55 min) Total Body Breakdown Miguel (FIA Board Certified Total Body Advanced Training)	7:00pm(45 min) Knocked Out Miguel (FIA Board Certified Advanced Boxing-Cardio Training)			

<p>7:00 pm (55 min) <u>Body Combat</u> Matt (Les Mills Cardio Kickboxing class)</p>	<p>7:00pm (55min) <u>Hardcore</u> Miguel (FIA Board Certified Advanced Level Core Training)</p>					
<p>8:00 pm (60 min) <u>Body Pump</u> Matt (Les Mills Total Body Training w/ Weights)</p>	<p>8:00pm (60 min) <u>Vinyasa Yoga</u> Gilli</p>	<p>8:00pm (45 min) <u>Spin</u> Chad</p>	<p>8:00 – 9:00 <u>Vinyasa Yoga</u> Gilli</p>			



GROUP EXERCISE CLASS DESCRIPTIONS

AQUA SCULPT	This class has all it all. A balanced combination of cardio and toning exercise. This high- energy class has something for everyone: aerobics, running, aqua weights, tubes and abs. PLUNGE and challenge yourself with this total body workout.
BODY PUMP	It's the fastest way to shape up and loss body fat. Body pump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females who wants to add strength training into their aerobic workout. It's sure to develop strength and confidence. We recommend 2 to 3 classes a week. Allow 1 day in between.
BODY COMBAT	It's a non-combat, martial art fitness program week with movies drawn from karate, Taekwondo, kung fu, kickboxing, Muay Thai and Thai chi. It's key points are to improve heart & lung function and reduces the risk of heart disease. It will tone and shape muscle groups and improves coordination and agility. You will find that it will improve posture & stability.
BODY FLOW	This is a yoga, Thai chi, Pilates workout that builds flexibility and strength than leaves you filling centered and calm with carefully structured series of stretches, moves and poses to music witch creates holistic workout that brings the body into a state of harmony and balance.
CARDIO KICKBOX	Cardio Kickbox brings it own!!! This electric 55 minute class of boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music, awesome instructors and a group environment will keep you moving.
LATIN DANCE MIX	Sizzling hot, hot, HOT cardio dance workout! Follow Omar thru a series of sexy Latin dance moves designed to sculpt your body and elevate your heart rate. <i>No previous dance experience required.</i> Simply have a great time!
MAT PILATES	The Pilates method developed by Joseph Pilates in the 1920's is a full body conditioning program. Improved muscle control, core strength, and flexibility while lengthening and defining muscles. It develops a longer linear silhouette thru a series of integrated body movements. All levels.
PILATES/PLIES PIRouETTES	A Dancers workout. This class is designed for everyone who wants to concentrate their workout lower body and abdominals. A low impact routine that combines the fitness concepts of both Pilates techniques, and classical ballet movements. A workout specific to shaping the lower half of the body with a blend of grace and strength. Not jut for women, but for everyone. All levels.
ROCK'N ABS	Its all about your abs, isn't? Get those rock'n abs you always wanted in this 25 minute class focusing strictly on abdominal, lateral, oblique and lower back muscles. Be sure to stretch before you begin. All levels.
TOTAL BODY CONDITIONING	Total body conditioning is the next level of training that combines sculpt and cardio. A total body workout using bars, dumbbells, steps and more. You will enjoy the music and have an amazing instructor work with your personal needs. Great for all levels of fitness.
YOGA	<p>“ To Unite ” mind, body and spirit. Practice a series of Yoga postures (Asana), controlled breathing (Prana Yama), and deep relaxation in a safe environment. Relieve stress, tension and anxiety. Develop strength and flexibility. Balance hormones and improve digestion. Each of our teachers brings their own style, personality, and spirit to their individual classes creating a unique experience for the students. Different styles described below:</p> <p><u>Vinyasa</u> – Connecting Yoga postures with breath. A slow flow challenging class, using the tools of the breath and Asana to bring the mind, body heart and inspirit to alignment. Mixed levels.</p>