

Group Fitness Class Schedule				September 7-December 18, 2010			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	Ball & Body Blast Alesya		Core Fusion Denisse				
9:00-10:00am	TBC Alesya	Core & Posture Fit Denisse	Zumba Alesya	Cardio Core Circuit Alannah	Latin Vibe Denisse	Circuit Training Mike	
10:15-12:45pm	Dance & Stretch* Gayl 10:15-11:15am	Refit** Maggie 10:15-11:30am	Stretch & Flex Alesya 10:15-11:15am	Refit** Maggie 10:15-11:30am		Class Schedule Subject To Change	
				Dance & Stretch* Gayl 11:45-12:45pm			
6-7pm & 6:15-7:15pm		Jazzercise Kristy	Athletic Intervals Deborah	Jazzercise Kristy			

Please note -

Different fees:

*Dance and Stretch: \$6.50/drop-in or \$58.75/10 visits

**Refit: \$3.75/drop-in or \$32/10 visits.

Ball & Body Blast:

Enjoy this new way to get in shape under your belly!! This class combines cardio and strength training in an easy to follow program with smooth low-impact exercises. Come join us and have a blast.

TBC (Total Body Conditioning):

Sweat, sculpt and stretch - this class has it all! This hi/low class uses some basic step moves, weights and tubing to increase intensity. Look fabulous and have fun!

Dance & Stretch:

Great world music, easy to follow routines and a fun group of participants. Includes a gentle stretch portion.

Cardio Sculpt:

A fun Latin infused cardio class that will inspire your Latin vibe, combined with a total body sculpting experience that will have your body fit in no time!

Core & Posture Fit:

The total anti gravity body conditioning work-out. Specifically designed to strengthen front and back core and to straighten the spine. Finish with a deep stretch and relaxation to get stress points relieved so you can stand taller and straighter in all confidence!

Refit:

A mild level class great for older adults, as well as people who are new or returning to fitness.

Yogalates:

Yogalates is the perfect mix of Pilates and Yoga.

It is a total body workout focused on core conditioning and strength, followed by Yoga poses for flexibility and stress relief.

Core Fusion:

A great workout of strength, flexibility, and relaxation using yoga, core training, balls and weights. This multi-level class will leave you feeling blissfully energized!

Zumba:

Get fit salsa style! Includes Latin music and moves for the hottest and latest cardio and lower body workout.

Stretch & Flex:

Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body!

Athletic Intervals:

Burn fat & increase cardiovascular fitness with Athletic Intervals. High-intensity intervals of low-choreography STEP or HI-LOW coupled with muscle-conditioning drills. Challenging and fun!

Cardio Core Circuit:

If you want to tone up, this class is for you! A mix and combination of cardio on the step, muscular endurance and strength training.

Latin Vibe:

Get fit salsa style! Includes Latin music and moves for the hottest and latest cardio and lower body workout.