

<b>Group Fitness Class Schedule</b>							
January 4 - March 31, 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00-9:00am</b>	<b>Ball &amp; Body Blast</b> Alesya		<b>Core Fusion</b> Denisse				
<b>9:00-10:00am</b>	<b>TBC</b> Alesya	<b>Core &amp; Posture Fit</b> Denisse	<b>Zumba</b> Alesya	<b>Cardio Core Circuit</b> Alannah	<b>Latin Vibe</b> Denisse	<b>Circuit Training</b> Mike	
<b>10:15-12:45pm</b>	<b>Dance &amp; Stretch*</b> Gayl 10:15-11:15am	<b>Refit**</b> Maggie 10:15-11:30am	<b>Stretch &amp; Flex</b> Alesya 10:15-11:15am	<b>Refit**</b> Maggie 10:15-11:30am		<b>Class Schedule Subject To Change</b>	
				<b>Dance &amp; Stretch*</b> Gayl 11:45-12:45pm			
<b>6-7pm &amp; 6:15-7:15pm</b>	<b>Cardio Sculpt</b> Denisse	<b>Yogalates</b> Alannah	<b>Athletic Intervals</b> Deborah	<b>Yogalates</b> Denisse			

Please note -

Different fees:

\*Dance and Stretch: \$6/drop-in or \$55/10 visits

\*\*Refit: \$3.50/drop-in or \$30/10 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.