

Fall 2009 Group & Instructional Fitness Classes

Schedule effective from September 21-December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:30-8:20am Wake-Up Circuit-Coe	7:30-8:20am BODYSTEP™-Teuta	7:30-8:20am Wake-Up Circuit-Coe	7:30-8:30am BODYATTACK™-Regina
12-12:50pm ZUMBA-Giancarla	12-12:50pm Body Bar Blast-Regina	12-12:50pm BODYSTEP™-Giancarla	12-12:50pm Body Bar Blast-Regina
	1-1:50pm Low & Tone Lunch-Ginny		1-1:50pm Low & Tone Lunch-Ginny
5:30-6:20pm BODYSTEP™-Teuta	5-5:50pm Butts & Guts-Anna/Ana	5:30-6:20pm Cardio Kickboxing-Jarod	5-5:50pm Butts & Guts-Anna/Ana
6:30-7:30pm BODYATTACK™-Regina	6-6:50pm ZUMBA-Giancarla	6:30-7:20pm NEW! Ab Attack/Booty Blaster-Susan	6-6:50pm ZUMBA-Giancarla
	6:50pm-7:10pm 20 Minute Abs-Giancarla	7:30-8:30pm BODYATTACK™-Lori	6:50pm-7:10pm 20 Minute Abs-Giancarla

CLASS DESCRIPTIONS

AB ATTACK/BOOTY BLASTER—A full-on toning workout for the abs, glutes, hips and legs guaranteed to make you “feel the burn”.

BODYATTACK™—A sports-inspired cardio workout for building strength and stamina. This high-energy interval-training class uses a variety of movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone - from the weekend warrior to the competitor - toward their fitness goals.

BODY BAR BLAST—An always changing, full-body toning workout to music that uses body bars, dumbbells and more to strengthen muscle groups. Finish with an intense abdominal circuit as you build your strength and boost your metabolism!

BODYSTEP™—BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step, on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push you to the next gear followed by muscle conditioning tracks that shape and tone your body.

BUTTS & GUTS—This class combines a variety of power-packed exercises for the legs, glutes and abs with short cardio intervals.

CARDIO KICKBOXING—This class packs intense cardio and strength intervals into a 1-hour workout to music - it's guaranteed to burn fat! Join Jarod for a change from your usual fitness routine.

LOW & TONE LUNCH—This low-impact aerobics class will strengthen your cardiovascular system without impact to your joints. We use stability balls, weights and resistance bands to strengthen your muscles for a full-body workout.

PUNK ROPE—A playful mash-up of recess and boot camp, which combines creative calisthenics, group conditioning drills, and fun music and insanely fun themes.

WAKE-UP CIRCUIT—This morning class promises a complete upper and lower body workout while exercising the cardiovascular system using tubes, dumbbells, balls and steps. No experience necessary—this is simple training to rev your metabolism and build muscle.

ZUMBA—Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that's fun and easy to do. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor to your ZUMBA!

REGISTRATION

Annual/Semester Passes and Punch Cards are accepted in any Group Fitness class. Participants MUST show their pass/card at the time of class. There will be NO REFUNDS on punch cards or passes. Semester passes expire on 12/18/09; all punch cards/annual passes are valid through 12/18/09.

Annual Pass-\$300
Semester Pass - \$120
Semester GF/Spin Pass - \$140
Semester GF/Spin/Yoga Pass-\$225
12 Punch Card - \$55
24 Punch Card - \$85
36 Punch Card - \$100