


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:25 am <b>Heather</b> SPIN!	7:15-8:15 am <b>Jena</b> SPIN!	7:00-7:55 am <b>Rachel</b> SPIN!	7:15-8:15 am <b>Jena</b> SPIN!	7:00-7:55 am <b>Liz</b> Pilates	10:00-11:00 am <b>Kathleen</b> SPIN!
	11:00-11:45 am <b>Hilary T.</b> Guns, Buns and Abs	11:30-12:25 am <b>Sarah</b> SPIN!	8:30-9:00 am <b>Jena</b> Core Complete		11:00-11:55 am <b>Kayla</b> Pilates
1:15-2:10 pm <b>Linnea</b> SPIN!	11:45 am-12:15 <b>Hilary T.</b> All Abs	1:15-2:10 pm <b>Linnea</b> Yoga Core Meltdown		1:00-1:45 pm <b>Karolina</b> Guns, Buns and Abs	
2:15-2:45 pm <b>Linnea</b> All Abs		2:15- 2:45 pm <b>Linnea</b> All Abs		2:00-2:25 pm <b>Karolina</b> All Abs	
3:00- 3:55 pm <b>Lynnea</b> Zumba	3:00-3:55 pm <b>Liz</b> Pilates		3:00-3:55 pm <b>Jordan</b> Zumba		
4:00-4:55 pm <b>Kayla</b> Pilates	4:15-5:00 pm <b>April</b> TKO		4:00-4:55 pm <b>Katrina</b> Turbo Kick		
4:15 -5:10 pm <b>Hannah</b> SPIN!	5:00-5:25 pm <b>April</b> All Abs	4:00-4:55pm <b>Lily</b> Yoga	5:00-5:25 pm <b>Katy</b> All Abs	4:00-4:55 pm <b>Katrina</b> Booty Lift	
5:00-5:25 pm <b>Katy</b> All Abs	5:30-6:25 pm <b>Lily</b> Yoga	5:00-5:55 pm <b>Hannah</b> Power Hour	5:30-6:25 pm <b>Katy</b> HIT		
5:30-6:15 pm <b>Katy</b> HIT	6:00-6:55 pm <b>Hannah</b> SPIN!	6:00-6:25 pm <b>Hannah</b> All Abs	5:30-6:25 pm <b>Heather</b> SPIN!	5:00-5:55 pm <b>Kayla</b> Pilates	
5:30-6:25 pm <b>Rachel</b> SPIN!	6:30-7:25 pm <b>Jordan</b> Zumba	6:30-7:25 pm <b>Hilary/Katrina</b> Turbo Kick	6:30-7:25 pm <b>Hilary T</b> TBC		
6:30-7:25 pm <b>Katrina</b> Hip Hop Cardio	7:30-8:25 pm <b>Hannah</b> Body Sculpt	7:30-8:25 pm <b>Katrina</b> Booty Lift	7:30-7:55 pm <b>Hilary T.</b> All Abs		
7:30- 7:55pm <b>Liz</b> Pilates Abs	7:45-8:45 pm <b>Kathleen</b> SPIN!	8:00-8:55 pm <b>Heather</b> SPIN!	7:30-8:25 pm <b>Kathleen</b> SPIN!		
7:15-8:15 pm <b>Hilary S.</b> SPIN!		8:30-9:25 pm <b>Lynnea</b> Zumba	8:00-8:55 pm <b>Lily</b> Yoga		
					<b>SUNDAY</b>
					10:00-- 10:55 am <b>Nicole</b> Pilates
					1:00-1:55 pm <b>Hannah</b> SPIN!
					5:00-5:55 pm <b>Liz</b> Pilates
					6:00-6:55 pm <b>Katy</b> TBC
					7:00-7:55 pm <b>Lynnea</b> Zumba
					7:30-8:30 pm <b>Kathleen</b> SPIN

**Group Fitness classes begin January 17th –April 27th.**

## CLASS DESCRIPTIONS FOR SPRING 2012

**Total Body Conditioning (TBC):** Ready for a total body make-over? Tone up from head to toe with this class. Cardio and Toning included.

**All Abs:** An intense class focused on working those abs. A great addition to your current workout!

**Zumba:** Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Ditch the work-out, join the Party!

**Yoga (1 Hour):** This ashtanga yoga class focuses building strength, relaxation and deep stretching as participants flow from one pose to next for a complete yoga practice.

**Core Complete:** A complete 30 minute workout focused on tightening your abdominals, strengthening your lower back and conditioning your glutes!

**Body Sculpt** This class uses the half-sizes stability ball for a variety of toning and cardio exercises! Nothing is off limits as this class will challenge your cardio system, increase your balance and sculpt your body. Cardio and Abs included.

**Booty Lift:** Feel like reshaping your derriere? This class will kick your backside into shape while toning your entire body with a combination of calorie blasting cardio moves and lower body sculpting.

**Spin!:** This indoor cycling class will take you on a ride through a variety of terrains for the ultimate physical challenge! Water bottles are recommended!

**Pilates:** Pioneered by the late Joseph Pilates, this exercise method focuses on the postural muscles of the abdomen and lower back, while providing a total body workout.

**Buns, Guns and Abs:** Ready to shake up your normal lifting routine? This class is dedicated to toning and shaping your arms, abs and glutes! No cardio included.

**HIT:** The newest addition to our schedule! This class is based on the Tabata training principles used to blast calories!! Each exercise is divided into 4-minute segments to torch the maximum amount of calories! Think 4-minutes sounds easy? Give this class a try! Cardio and Abs included

**TKO:** This 45 minute cardio kickboxing class is designed to get your heart rate up and your adrenaline pumping! Cardio and Abs included.

**Hip Hop Cardio:** This dance class features moves found in music videos and pop culture for a cardiovascular workout. Everyone welcome!

**Power Hour:** This class focuses on 55 min of cardio intensive moves aimed to keep the heart working at a level guaranteed to burn calories and improve your cardio vascular health! Abs included!

**Turbo Kick:** Turbo Kick will maximize your workout with ab sculpting moves and fat burning cardio! This unique fusion of kickboxing and hip hop is perfectly choreographed to build your endurance!

**Pilates Abs:** This class uses the basics of pilates to sculpt your mid section. No cardio included.

There will be no classes on the following dates:

Monday, January 16th

March 3rd-11th

Classes beginning at 3:00 pm and later April 5th-8th

A special FINALS SCHEDULE will be released the last week of classes.