

# CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		<b>Spin</b> Eileen		<b>Spin</b> Cam			
6:30		*** <b>(6:45)</b> Reformer 1 Donna			***Functionally Fit Amy	*** <b>(6:45)</b> Reformer 2 Donna	
7:00		*** <b>Road Runners</b> Eileen		*** <b>Reformer 2</b> Donna *** <b>Road Runners</b> Eileen			
8:00		*** <b>Reformer 1</b> Donna *** <b>"Hollywood" Trim &amp; Tone</b> Adam	*** <b>Reformer 2</b> Judy	<b>Body Blast</b> Amy *** <b>Reformer 1</b> Donna	*** <b>Reformer 2</b> Judy	<b>Pilates with an Attitude</b> Donna	<b>Spin</b> Jane
8:30	<b>(8:55)</b> - Spin Cam				<b>Core Endure</b> Ximena		<b>Advanced Abs</b> Chris
9:00	<b>Just Physique 55</b> Shari	<b>Fusion</b> Les  <b>Spin</b> Shari	<b>Yoga (90 Minutes)</b> Julian *** <b>Tower/Chair</b> Judy	<b>Spin</b> Pam <b>Pilates with an Attitude</b> Donna	<b>Fusion</b> Les *** <b>Tower/Chair</b> Judy	<b>Zumba</b> Mayra  <b>Spin</b> Pam	<b>Core and More</b> Chris *** <b>Reformer 2</b> Judy *** <b>TRX</b> Amy <b>(9:05)</b> <b>Spin</b> Eileen
9:30			*** <b>TRX</b> Eileen		*** <b>TRX</b> Eileen		
10:00	<b>Spin</b> Shari <b>Beach Body</b> Pam	<b>Mat Pilates</b> Donna	<b>(10:15)</b> <b>30 minute Spin</b> Eileen  <b>(10:30)</b> <b>Fusion</b> Les	*** <b>Reformer 2</b> Jen	<b>(10:15)</b> <b>30 minute Spin</b> Eileen  <b>(10:30)</b> <b>Basic Elements</b> Debra	<b>Core Synergy Plus</b> Ximena *** <b>Power Plate Circuit</b> Amy	<b>Hatha Yoga</b> Kathryn *** <b>Power Plate Circuit</b> Amy *** <b>Reformer 1</b> Judy <b>(10:10)</b> - <b>Spin</b> Shari
12:00			<b>Spin</b> Pam	*** <b>Reformer 2</b> Nikki	<b>Spin</b> Pam		
4:30		*** <b>Reformer 2</b> Donna			<b>Just Physique 55</b> Shari		
5:00				<b>Zumba</b> Samira	<b>(5:25)</b> - Spin Shari		
5:30		<b>Just Chris</b> Chris *** <b>TRX</b> Amy *** <b>Reformer 1</b> Judy	<b>Hip Hop</b> Maria *** <b>Functionally Fit</b> Amy *** <b>Reformer 2</b> Shari	*** <b>TRX</b> Amy <b>(5:45)</b> - Spin Shari	*** <b>Power Plate Circuit</b> Amy	<b>Core on the Ball</b> Jane	
6:00		<b>Spin</b> Walter		<b>Fusion</b> Les	<b>Step</b> Margie	<b>(6:05)</b> <b>30 minute Spin</b> Jane	
6:30		<b>Yoga-Lates</b> Michelle *** <b>Reformer 3</b> Jen	<b>Boot Camp</b> Guy <b>Spin</b> Susan & Lynn	*** <b>Reformer 3</b> Jen	<b>Spin</b> Walter		
7:30			<b>Kripalu Yoga (90 Minutes)</b> Daniella		<b>Kripalu Yoga (90 Minutes)</b> Kathryn		

\*\*\*Additional Fees are required for Power Plate Circuit, Functionally Fit, TRX, & Pilates Reformer Training Classes.

Sign up at front desk 72 hours in advance.

You must have classes on your account to reserve your place.

(954)-584-1081

# MENU OF CLASSES:

**Advanced Abs/Ab Solutions:** This serious class is designed to work your midsection to the max! Traditional crunch exercises, as well as core stabilization techniques will be used all while throwing in a few extras to get ultimate results!

**Basic Elements:** A work out designed to tone and strengthen muscles throughout the entire body using a variety of "basic" and "elementary" movements.

**Beach Body:** A strength class designed to target the parts of the body that MUST look good on the beach. (Legs, Butt, Abs, and some arms) The exercises will firm and tighten those spots to make sure you look good in that bathing suit.

**Body Blast:** Circuit style class including cardio kickboxing and total Body Sculpting.

**Core Endure:** 30 minutes of exercises focused on the body's center of gravity where all movement begins... the core!

**Core on the Ball:** 30 minutes of a variety of exercises focusing on the core on the stability ball.

**Core Synergy Plus:** Full body toning and sculpting with an emphasis on the core incorporating a variety of light weights, bands & steps.

**Fusion:** A "unifying" class for your whole body merging a diverse combination of exercise disciplines to help you reach your fitness goals.

**Hatha Yoga:** (90 minute class) Introduction to basic breathing techniques and asanas necessary to achieve grace, beauty and balance. Instruction flows from Lyengar and Anusara traditions. The class ranges from mildly to moderately challenging, and emphasizes each individual's true expression.

**Hip Hop:** This class teaches rhythm, musicality, coordination, and hip hop choreography with no suggestive music/movement. This is an excellent class for those with high-energy who want to take a fun dance class.

**"Hollywood" Trim & Tone:** 60 Minutes focusing on trimming and toning the body in all the right places.

**Just Physique 55:** 55 minutes of body work combining pilates, yoga, and weight training.

**Kripalu Yoga:** (90 minute class) Yoga with a focus on alignment, breathing, & consciousness. Practice holding postures along with meditation.

**Mat Pilates:** A series of exercises performed on a mat, based on a regimen designed by Joseph Pilates. "...develops the body uniformly, corrects posture, restores physical vitality, invigorates the mind and elevates the spirit." J. Pilates.

**Pilates with an Attitude:** All the power of your core plus cardio, strength training and flexibility. Now that's a balanced body!

**Step:** A step class designed to challenge your body with advanced choreography set to great music. You'll have so much fun learning "the moves" that you forget you are working out.

**Vinyasa Yoga:** (90 minute class) This yoga class focuses on natural alignment, deep breathing and ends with meditation.

**Yoga-lates:** 60 minute class combining Pilates and Yoga to give you an all over body workout while focusing on the core.

**Zumba:** A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**SPIN:** 60 minute cycling class taught by certified Johnny G instructors. Some instructors use a virtual road, or music videos to help put you in the zone. Towel and plenty of water is required. Sign up at front desk 72 hours in advance.

\*\*\*Please remember to **cancel 2 hours** prior to class beginning to avoid a non-cancelation fee.

**SEMI-PRIVATE TRAINING:** \*\*\*Additional Fees are required (Please remember to **cancel 24 hours** prior to class beginning.)

\*\*\***TRX:** Suspension training designed by a Navy Seal; whole body work out using your own body weight.

\*\*\***Functionally Fit:** Extremely fast paced circuit class combining multifaceted exercises to help you perform every day functions.

\*\*\***Power Plate Circuit:** A fast paced total body work out on the NASA designed Power Plate (located in its own studio outside the aerobic room) Combines new technology with total body sculpting. Get more for your workout in less time! Additional fee and sign up required. See front desk.

\*\*\***Road Runners:** Join Marathon Runner, and our very own personal trainer, in semi-private training session designed to teach you strategies and improve your running (outdoor and in) with the goals of running a 5K, 10K and half marathon.

**PILATES REFORMER TRAINING:** \*\*\*Additional Fees are required (Please remember to **cancel 24 hours** prior to class beginning.)

\*\*\***Tower/Chair:** A core challenge on the Pilate's tower and chair designed to work the entire body.

\*\*\***Reformer 1:** Beginner: A class for those new to Pilates, teaches you basic moves on the reformer.

\*\*\***Reformer 2:** Intermediate: Beginners and intermediate are both welcome to take this class, must have basic knowledge of Pilates Reformer.

\*\*\***Reformer 3:** Advanced: Designed for those with experience on the reformer. Instructor Approval Required.