



Group Fitness Schedule

February 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 am	PUMP		PUMP				
8:15 - 9:15 am	Total Body	R.I.P.P.E.D.	Power Muscle Step		KDANZE	Total Body	
9:15 - 10:15 am	PUMP	KDANZE NO Limits	PUMP Yoga 9:30	KDANZE NO Limits	Power Muscle Step Yoga** 9:30	PUMP	
10:30-11:15	KDANZE light	Core FLEX 10:15-10:45	KDANZE light	CoreFLEX 10:15-10:45	ZUMBA!	Yoga <u>Cardio Box</u>	
11:15-12:00	ZUMBA! Nia (12:00) 2/6 and 2/20		ZUMBA! R.I.P.P.E.D. 12:00		PUMP 12:00		ZUMBA! 12:30
4:15 - 5:15 pm	PUMP	R.I.P.P.E.D. 4:30	ZUMBA!	Power Muscle Step			
5:30 - 6:30 pm	Power Muscle Step Yoga (2/6 and 2/13 only)	Yoga Begins 2/14!	PUMP	Yoga**			
6:00pm	Cardio Box 6:30	ZUMBA!	R.I.P.P.E.D. 6:30	ZUMBA!			

Class Descriptions:

Step/Strength Training : (choreography based)

- **POWER MUSCLE STEP:** Power up your heart rate with this interval step class combining fun step moves with challenging muscle sets using a variety of equipment.
- **TOTAL BODY CONDITIONING:** This high-powered workout adds dance aerobic moves off the step in addition to step, BOSU, and muscle interval sets.

Strength Training Classes:

- **PUMP:** One of our most popular formats, this class is an effective way to improve muscular strength, function, endurance, and shape. A simple, easy to follow, yet demanding class that works every major muscle group using high repetitions.
- **NO Limits:** An athletic-based cardio/strength interval class which will challenge you with non-stop speed, plyometric and agility drills. There are no limits to what you may do in this class!

Fitness Mind/Body Classes:

- **YOGA classes:** We offer Ashtanga style fitness yoga class. You will find Yoga will help develop strength in your core, upper and lower body, and will help you find the calm within yourself. Classes with ** are limited to 20 participants. We encourage you to bring your own mat.
- **Gentle Yoga:** A more relaxed style yoga class.

Dance-inspired classes:

- **KDANZE:** Rhythmic beat and style! Cardio aerobics to the beat with emphasis on dance featuring Top 40, Jazz, Country, Hip Hop and more! Strength routines for arms, legs, and core included before the cool-down. KDANZE light has the same features only with less intensity.
- **ZUMBA:** Move your hips and increase your heart rate in this fun dance-inspired class with a salsa flair! You'll have so much fun you won't believe it's exercise!

Specialty classes:

- **Cardio Box:** Develop new skills while discovering strength and ATTITUDE! An intense cardio workout with controlled jabs, punches, and boxing drills led in easy to follow combinations.
- **NEW! R.I.P.P.E.D.:** This awesome high energy class combines resistance, intervals, power, plyometrics and endurance kickboxing for one great workout!!
- **NEW! NIA:** Connect your mind, body and emotions in this sensory based movement practice that incorporates dance, yoga, and martial arts. Love your body, love your life, love Nia!! Meets in the classrooms.

