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| <b>GROUP FITNESS SCHEDULE</b> |
| Winter 2011                   |

| TIME     | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | TIME    | Saturday   | Sunday |
|----------|--|---|--|---|---|---------|--|--------|
| 5:30 AM  |  | <b>Circuit Training</b><br>Ellie  |  | <b>Circuit Training</b><br>Ellie  |   |         |  |        |
| 9:00 AM  | <br>Karen |   | <br>Karen |   | <br>Karen | 9:30 AM | <br>Megan |        |
| 10:00 AM |  |   | <b>Turbo Kick®</b><br>Karene   |   |   |         |  |        |
| 6:00 PM  | <b>Turbo Kick®</b><br>Karene   | <br>Danielle | <br>Amy   | <br>Danielle |   |         |  |        |
| 7:00 PM  | <br>Amy   | Yoga/Pilates<br>Judith  |  |   |   |         |  |        |

**CLASS DESCRIPTIONS**



A rapid fat-burning class that uses barbells to give you the faster way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by the University of Auckland for providing the fastest body fat loss of any fitness class.

**Turbo Kick®**

The fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!



A fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Circuit Training**

A full body conditioning workout designed to lead to a more toned and defined body. Increase your cardio fitness, build strength, abdominal and core muscles. Cardio warm-ups followed by a circuit format with short bursts of skills drills, sport conditioning, and strength training exercises using a variety of equipment such as resistance bands, exercise balls, jump ropes, and more.

**Pilates**

Pilates is highly effective for training good posture and strengthening all the muscles in the body, most specifically the abdominals, back and hips.

**Yoga**



Enhance your flexibility and strength while moving through a variety of poses using deep breathing and facilitating a relaxation response in both mind and body.