

JULY 2010

SPORTS AND FITNESS CENTER

Group Exercise



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1700 STEP LAURA 1800 ZUMBA JENNY	2 FAMILY DAY	3 1000 ZUMBA JENNY
4 	5 FAMILY DAY	6 1645 ABS/CORE JENNY 1730 ZUMBA JENNY	7 1200 BODY BLAST COLLEEN	8 1700 STEP LAURA 1800 ZUMBA JENNY	9 1700 YOGA COLLEEN	10
11	12 1700 YOGA COLLEEN	13 1645 ABS/CORE JENNY 1730 ZUMBA JENNY	14 1200 BODY BLAST COLLEEN	15 1700 STEP LAURA 1800 ZUMBA JENNY	16 1700 YOGA COLLEEN	17 1000 ZUMBA JENNY
18	19 1700 YOGA COLLEEN	20 1645 ABS/CORE JENNY 1730 ZUMBA JENNY	21 1200 BODY BLAST COLLEEN	22 1700 STEP LAURA 1800 ZUMBA JENNY	23 1700 YOGA COLLEEN	24 1000 ZUMBA JENNY
25	26 1700 YOGA COLLEEN	27 1645 ABS/CORE JENNY 1730 ZUMBA JENNY	28 1200 BODY BLAST COLLEEN	29 1700 STEP LAURA 1800 ZUMBA JENNY	30 1700 YOGA COLLEEN	31 1000 ZUMBA JENNY
						FIP: FITNESS IMPROVE- MENT PROGRAM

ABS/CORE

A workout that strengthens your core for better posture & optimal body alignment to reduce fatigue in the long run.

STEP / STEP & TONE

A classic work-out that burns calories and takes it up a notch. This class uses a step with or without risers so the level of difficulty can be adjusted. It provides a more intense leg work-out than most aerobic classes & uses weight to maximize results! Suitable for all fitness levels.

BOOT CAMP

A grueling workout ranging from running & jumping jacks to push-ups, squats & sit-ups. Appeals to people with busy schedules who need to pack a hard workout in 45 minutes.

YOGA

A blend of strength training & stretching for a total body fitness experience. This class builds muscles in all areas of the body & helps keep you flexible for increased mobility. A final relaxation at the end of each class helps unwind & calm the mind.

ZUMBA

A fusion of Latin rhythms that featured interval training sessions combined with training resistance to sculpt & tone your body while burning fat.

BODY BLAST

An exhilarating hour of cardio intervals intermingled with abdominal, strength, and flexibility work. Some dance moves, some step moves, some high energy movements, and lots of core work create a full body energy blast to improve your overall fitness level, burn lots of calories, and create a wildly fun workout.



CLASSES OR INSTRUCTORS ARE SUBJECT TO CHANGE

